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A Comprehensive Guide to Managing and Reversing the Condition

## Water Front Development

## Fashion Trends among College Youth

From Campus Cool to Wedding Royalty

## BMC ELECTION – RESULTS 2026 –





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# Editorial...



**J**anuary always brings a sense of pause and possibility. It's a time when we look back, take stock, and quietly decide how we want the year ahead to unfold. This January issue of TownParle reflects that mood across Vile Parle.

In these pages, you'll find stories that touch everyday life — families beginning honest conversations about money, students making us proud through their achievements, insights on health and lifestyle, changing fashion trends among the youth, and thoughtful perspectives on urban development. Together, they show a neighbourhood that is learning, growing, and adapting with time.

The recently concluded **BMC Elections 2026** have also marked an important moment for Vile Parle. With new corporators taking charge, residents naturally look forward to better roads, cleaner surroundings, smoother civic services, and a more transparent and responsive local administration. The coming months will set the tone for this new civic journey.

As January gives way to the sacred **Magh month**, Vile Parle's temples come alive with devotion and tradition. Events like the **Maghi Ganpati Utsav at Parleshwar Mandir** remind us of the faith and cultural bonds that continue to hold our community together.

This issue is a small reflection of that shared spirit — awareness, participation, and quiet optimism — as Vile Parle steps into 2026 with hope and responsibility.

**CHANDA MANTRI**

Editor - Townparle.in



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# BEYOND WINNING SEATS

## BMC ELECTION RESULTS 2026

As Vile Parle steps into **2026**, the New Year brings more than personal resolutions and renewed optimism. It ushers in a **new civic chapter** for the suburb — one shaped by the recently concluded **Brihan Mumbai Municipal Corporation (BMC) elections**.

With new corporators elected to represent Parle's wards, the responsibility of local governance now rests on fresh shoulders. For residents, this transition is deeply significant. Decisions taken at the ward level directly affect everyday life — **roads, water supply, cleanliness, safety,**

**What Vile Parle Expects from its New Civic Leadership.**

**YOUR WARD, YOUR VOICE**

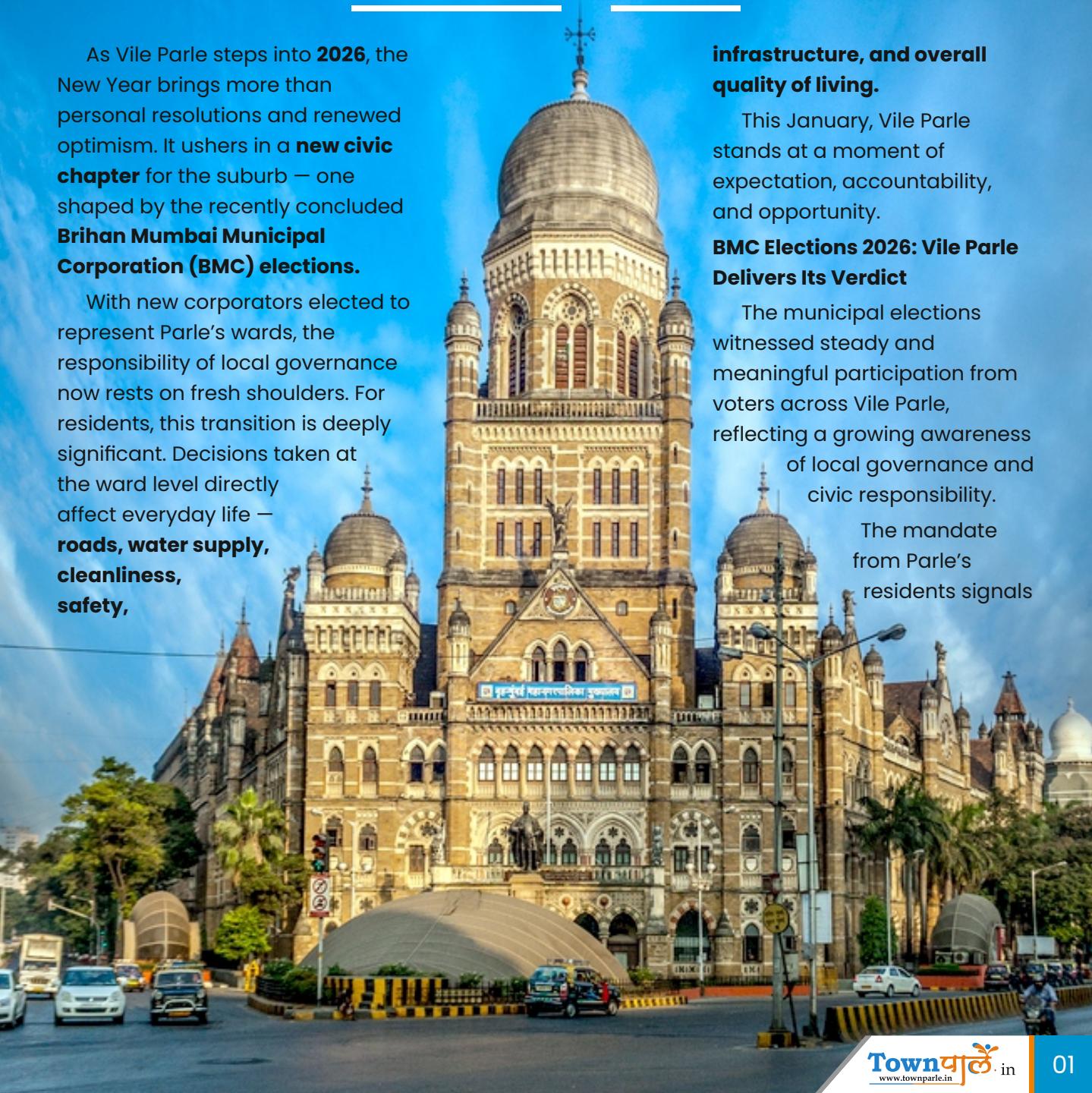
**infrastructure, and overall quality of living.**

This January, Vile Parle stands at a moment of expectation, accountability, and opportunity.

**BMC Elections 2026: Vile Parle Delivers Its Verdict**

The municipal elections witnessed steady and meaningful participation from voters across Vile Parle, reflecting a growing awareness of local governance and civic responsibility.

The mandate from Parle's residents signals



## WARD-WISE ELECTION RESULTS: VILE PARLE



**Anish Makwaney**

Ward No. 70 • Party: Bjp



**Anjali Samant**

Ward No. 84 • Party: Bjp



**Milind Shinde**

Ward No. 85 • Party: Bjp



**Sonali Sabe**

Ward No. 83  
Party: UBT-Shiv Sena

These results mark the beginning of a **five-year civic journey**—one that will define Parle's urban development well into the next decade.

clear expectations – stability in leadership combined with visible action on the ground. While political preferences may differ ward to ward, one sentiment remains common: citizens want results.

### Voices from Vile Parle: Shared Hopes Ahead

Municipal corporators play an important role in everyday civic life. Their work directly supports neighbourhood infrastructure, essential services, and the overall quality of living in Vile Parle.

#### Key Areas of Civic Work

- Roads, footpaths, drainage, and water supply
- Cleanliness, waste management, and sanitation
- Schools, hospitals, gardens, and playgrounds

- Addressing local concerns and ward-level issues
- Thoughtful use of ward development funds
- Representing citizens' voices in civic discussions

#### What Residents Look Forward To:

- Visible improvements such as better roads, lighting, and cleaner public spaces
- Clear communication on civic projects and timelines
- Approachable and responsive leadership
- Continued focus on cleanliness and hygiene
- Inclusive facilities for senior citizens, women, and children
- A Shared Responsibility
- A better Vile Parle grows when civic leadership and citizens work together. While

corporators guide development, residents support progress by staying informed, following civic rules, and participating in community initiatives.

#### Shared Aspirations

- Civic-focused governance
- Transparency and accountability
- Steady, visible progress
- More usable and well-maintained open spaces
- A cleaner and safer Vile Parle is built through cooperation and mutual respect.

Have expectations, feedback, or civic issues you want us to highlight?

Write to us at  
[townparle@gmail.com](mailto:townparle@gmail.com)



# WATER

## FRONT DEVELOPMENT



**Ar. Rashmi Phulkar**  
Phulkar & Phulkar Architects

A Sea view has always been enthralling. The calmness of the rhythmic waves, the limitless gaze of the horizon, the swirls of renewed air, and the sounds of the sea always brings a sense of peace and cheer. Such is the impact of the sea.

Blessed is The City of Mumbai which is abutting the Arabian Sea. With its wide network of roadways,

flyovers, skyscrapers, metro and bullet trains it still enjoys an expansive sea front.

Throngs of people visit the beaches at any hour of the day. The sea front forms a hub for entertainment. People come alone or assemble in bunches for relaxing, strolling, leisure sea viewing, and star gazing and not to forget snacking. The settling paces of the people, the traffic surrounding it, and their grazing joints all are relevant to the chaos the city's sea front has to provide.

The open spaces adjoining the water front are the only breathing spaces in a rapidly developing city. This water front needs to be recognized for both its ecological preservation as well as for its community enhancement.

This stretch needs to be constructed as well as adorned.

It should be developed in such a way that public is spoilt as per their need for merriment.

Some may want to enjoy the tranquility and some want to relish food. The water front should transition aesthetics and comforts. This not only adds to the significance of the city's global outlook.

Many Countries have specially reclaimed land around the water front and included remarkable attractions to enjoy the sea front view. Some countries have gone to the extent of colorful pyrotechnics





launched at midnight to celebrate the New Year.

By constructing elevated promenades alongside the sea, the urban functions will link the city with its social function, at the same time preserving the pristineness of the waters. The food kiosks can be restricted to these promenades thus preventing plastic waste and food left overs strewn all over. Outdoor activities can be encouraged in the form of cycling and jogging track. Amphitheaters can invigorate art forms. Though we have succeeded in creating the Bandstand, Marine drive or the Bandra Reclamation areas, yet it lacks in basic parking, access woes and recreation.

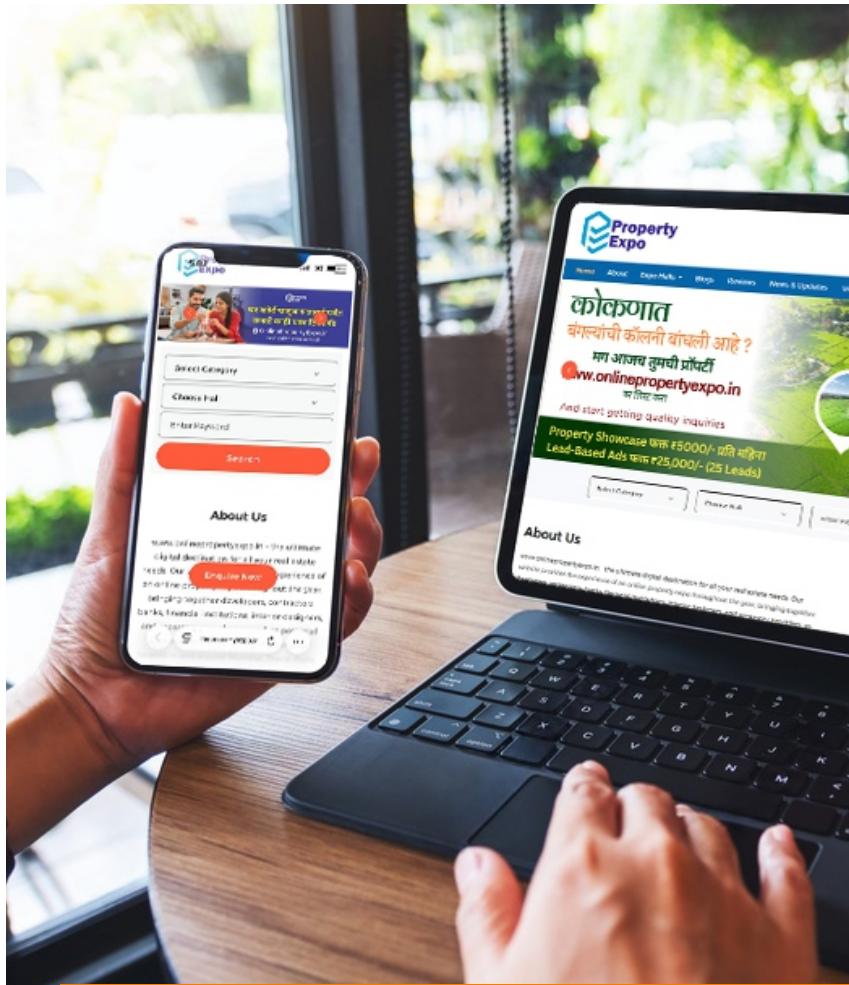
We should take cues from the Devka Beach

development, Sabarmati River and Daman Ganga river front development. The Beautifully lit promenade overlooking the sea, followed by a wide road with adequate parking bays and an elevated promenade with kiosks show distinguished specimen of a water front development.

Since the ancient days, the river Ghats were designed along a water body in such a way that they would be used intermittently as places for social gatherings, religious traditions and other spiritual rituals.

In current times too, the most visited places on this planet are the beaches. If the water bodies are of such significance, then it should be catered to.





## TOWNPARLE WEB SPOTLIGHT

A Monthly Feature on Useful, New & Upcoming Website

— Aarti M.

In an increasingly digital world, websites and online platforms are playing a crucial role in shaping how we live, work, learn, and connect. From local services and startups to innovative national platforms, the internet continues to introduce

new tools that simplify everyday life. **TownParle Web Spotlight** is our monthly feature that highlights useful, emerging, and noteworthy websites — helping our readers discover digital platforms that are making a real difference in their respective fields.

### How Online Property Websites are Simplifying Home Search — Featuring [OnlinePropertyExpo.in](http://www.onlinepropertyexpo.in)

In 2026, searching for a home is no longer limited to site visits, newspaper ads, or endless phone calls. **Online property websites have become the backbone of modern real estate discovery**, helping buyers, sellers, and investors make informed decisions from the comfort of their homes.

Among the many digital platforms shaping this change, **OnlinePropertyExpo.in** stands out by combining the reach of online portals with the structured experience of a property exhibition — available all year round.

### The Rise of Online Property Search Platforms

Online property platforms allow users to explore residential and commercial properties, compare locations, budgets, amenities, and connect directly with developers, agents, and service providers. These websites have become especially important in cities like Mumbai, where time, traffic, and multiple options make physical property searches challenging.

Today's buyers expect:



- Clear information
- Visual previews
- Location insights
- Easy comparison

Online platforms deliver all of this in one place.

### Key Benefits of Online Property Websites

#### • Convenience at Every Step

Users can search, shortlist, and revisit property options anytime — without pressure or time constraints. This flexibility helps families and working professionals plan better.

#### • Wider Visibility of Properties

From under-construction projects to ready-to-move homes, rentals, commercial spaces, and plots — online platforms showcase **a wide range of options across different budgets and localities.**

#### • Better Decision-Making

With photos, videos, floor plans, maps, and project

details available online, buyers can **compare properties logically** before scheduling physical visits.

#### • Access to Allied Services

Modern property platforms don't stop at listings. They also connect users with:

- Home loan providers
- Legal and documentation consultants
- Interior designers
- Vastu and property experts

This makes the entire property journey smoother and more organised.

### OnlinePropertyExpo.in Bringing the Property Expo Online

While most property websites focus only on listings, **OnlinePropertyExpo.in introduces a unique concept — a virtual property exhibition that is always open.**

#### What Makes It Different?

- **Expo-style categories** such as Residential, Commercial, Rentals, Consultants, Finance, and Allied Services.

- Dedicated digital spaces for **developers, agents, banks, and service providers.**

- **Video walkthroughs, brochures, and project details** presented like real expo stalls.

- A platform that works as a **media partner for physical property expos**, extending their reach online

Instead of searching scattered listings, visitors experience a **structured and guided property exploration**, similar to walking through a real exhibition — but digitally.

### Benefits for Buyers, Sellers & Developers

#### For Property Seekers

- One platform to explore multiple projects and services
- Easy comparison of locations, budgets, and offerings
- Access to expert guidance and financial options

#### For Developers & Real Estate Professionals

- Year-round visibility instead of limited-day exhibitions
- Targeted exposure to serious property seekers
- Cost-effective digital



presence with measurable leads

### Looking Ahead: The Future of Property Search

As technology continues to evolve, property discovery is moving towards **interactive, informative, and experience-driven platforms**. Online portals are no longer just

listing sites — they are becoming complete ecosystems.

Platforms like OnlinePropertyExpo.in represent this next phase, where **property search meets digital exhibitions**, making real estate exploration simpler, smarter, and more transparent.

### TownParle Takeaway

In a fast-paced city like Mumbai, online property platforms are not just a convenience — they are a necessity. And with innovative models like OnlinePropertyExpo.in, the future of property search is clearly **digital, organised, and user-friendly**. ●●●

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## STUDENT SPOTLIGHT

Brilliant Minds from Vile Parle Colleges & Schools Top Achievers, Unique Student Projects, Creative Talents.



### M.L. Dahanukar College Students Excel at Intercollegiate Event 'ArthGyan'

Students of **M. L. Dahanukar College of Commerce (Autonomous)** delivered an outstanding performance at **ArthGyan**, an intercollegiate event organized by KES Shroff College, held on 21st January 2026.

The event featured a range of economics-

and creativity-based competitions aimed at promoting analytical thinking, presentation skills, and innovation among students.

Several students from M. L. Dahanukar College secured top positions across multiple events. **Aadarsh Ayre** won first place in Debate and third place in Sketch a Portrait. **Aaryan Dalvi** secured first place in TEP and second place in Debate. **Prakruti Tiwari** achieved first place in TEP and Eco-Bingo, along with second place in Sketch a Portrait. **Aneesh Gore** won second place in Debate, while **Vedant Karwandikar** secured second place in Eco-Bingo.

All participants showcased commendable intellect, creativity, and enthusiasm, bringing pride and recognition to the institution. ●●●

### Parle Tilak Vidyalaya Student Wins Badminton Tournament

**Arya Kumar**, a student of Grade 5-A from Parle Tilak Vidyalaya (ICSE), secured first position in the Under-13 Girls' Singles category

at the Senior **Railway Institute Badminton Tournament 2025**, held at Santacruz (East) on 13th and 14th December 2025.

The tournament was organised in association with Shuttlewhizz Badminton Academy. Arya's achievement reflects her dedication, discipline, and consistent hard work, bringing pride to her school and the Vile Parle education community.



### Parle Tilak English Medium Students Shine at National Geeta Chanting Competition



Students of the Primary Section of **Parle Tilak English Medium School** achieved national-level recognition at the **National Chinmaya Geeta Chanting Competition (Chapter 15)**.

**Mauli Natu** (Group B) won the **Second Prize**, while **Nevaan Naik** (Group C) also secured the **Second Prize** at the national level.



## M.L. Dahanukar College Secures Overall First Place at 'Naandi Event 2026'



Students of M. L. Dahanukar College of Commerce (Autonomous) created history by securing Overall First Place at Naandi Event 2026, an intercollegiate cultural festival organized by H. R. College of Commerce and Economics, held from 20th to 22nd January 2026. This remarkable achievement comes after a gap of seven years.

The students displayed exceptional talent, creativity, and teamwork across a wide range of competitive events. In Essay Writing, Rucha Sunkle (T.Y. B.Com.) secured first place and was also crowned Face of Naandi. The Mobile Cover Painting event saw Sohaya Panchal (S.Y.B.A.M.M.C.) and Maithili Vartak (S.Y. B.Com.) winning first place, while Shravnee

Satope (S.Y. B.Com.) secured second place in Nail Art.

The F.Y.B.M.S. team won first place in the Short Film – Documentary category. The college also secured top positions in Dance & Drama, Fashion Show, and multiple group events. Shalavi Ambore (T.Y.B.A.M.M.C.) served as Cultural Leader (CL), with Divya Dighe (T.Y.B.A.M.M.C.) as Assistant Cultural Leader (ACL).

The outstanding overall performance of the students brought pride and recognition to the institution, marking a memorable milestone for the college at Naandi Event 2026.



## Orion School Organises Plastic Collection Drive for Environmental Awareness

The Eco Club of Orion School, in collaboration with Utkarsh Mandal, organised a Plastic Collection Drive on 19th December 2025, reaffirming its commitment to environmental protection and sustainability.

Students, known as the school's Eco Warriors, actively participated by collecting plastic waste from their homes and nearby localities. The drive aimed to spread awareness about reducing plastic usage, proper waste segregation, and responsible recycling practices.

The initiative contributed to reducing plastic pollution while reinforcing the importance of consistent individual and collective efforts to



safeguard the environment. The school expressed sincere appreciation to Utkarsh Mandal and the dedicated Eco Warriors for their continued efforts towards building a cleaner and greener future.





## JANUARY BEGINNINGS

THE COURAGE TO START



**Prakash Joshi**

(Ex-Banker & Freelance Educator)

### CORE THEME

January teaches that every wise financial journey begins with one thing: awareness. Awareness of where money comes from, where it goes, and how peace grows when a family learns to talk openly about it.

### BRIEF INTRODUCTION

January 2026 drifted into Vile Parle (East) with a gentle winter sun and the familiar

# A VILE PARLE (E) STORY

# THE JOSHI FAMILY

(SEASON 2026)

### PURPOSE THREAD

RAISING DAUGHTERS CHITRA & SNEHA INTO  
MONEYSMART YOUNG ADULTS

smell of morning chai rising from shared balconies. In the Joshi household's 2BHK, life moved with its usual rhythm: Prakash (50) leafing through old financial papers that held more dust than progress, Seema (45) reshuffling kitchen shelves with hopeful energy, Chitra (21) scrolling through job portals trying to decode adulthood, and Sneha (16) listening to a YouTube influencer

confidently declare, "Spend boldly, regret slowly."

The Joshis had long discussed money mostly during crises—fees, repairs, sudden shocks. But as the new year arrived, Prakash and Seema felt something shift inside them. The girls were growing older. Soon they would start earning, spending, and facing life's decisions alone. And both parents quietly committed to one



thought: 2026 must be the year the daughters learn how money really works. That lesson arrived in an unexpected, amusing, slightly tragic way: a dying washing machine.

### MAIN STORY

#### THE WASHING MACHINE THAT TAUGHT A LIFE LESSON

On 28th December 2025, the old washing machine began rattling like a steel dabba falling down five flights of stairs. Seema yelled from the utility area, "Prakash! The machine is doing Garba!" Sneha dramatically announced, "RIP Machine. 2012–2025. Loyal servant. Unloved but dependable." Chitra peered in and concluded, "We need a priest."

The humour collapsed the moment the technician arrived. After a brief inspection, he delivered the timeless, universal verdict used by technicians across Mumbai: "Sir, repair is waste

of money. New machine minimum ₹30,000." Silence fell. Prakash felt a knot in his chest. Seema inhaled sharply. Chitra exhaled loudly. Sneha quietly calculated how many pizzas ₹30,000 could buy.

That evening, they gathered at the dining table, still slightly shaken. Chitra finally asked the question that unlocked the year: "Dad... why does every sudden expense feel like an earthquake? Shouldn't life be less shocking?" Seema looked at both daughters. "And this," she said softly, "is exactly why we want you girls to understand money now—before life forces you to."

For the first time, the daughters weren't being lectured. They were being included.

### JANUARY 1ST

#### THE FAMILY MEETING

Prakash placed a clean notebook on the dining table and wrote at the top:

## THE JOSHI LIFESTYLE SCRIPT SEASON 2026

### A Family Journey to Raise Two **MONEYSMART** Daughters

Sneha read it theatrically. "Papa has entered TED Talk mode." Chitra laughed, but Seema's smile carried seriousness. "Girls, this isn't about us—it's about preparing YOU."

Prakash drew four columns—one for each family member. Then, together, they listed every monthly expense: rent, groceries, electricity, internet, school fees, bus passes, medical costs, gifts, restaurant outings, subscriptions, emergencies, and the unpredictable annual shocks—insurance renewals, school admissions, appliances breaking down dramatically (as recently learned). As numbers filled the page, Sneha's eyes widened. "Mummy, how do you survive this every month?" Seema squeezed her hand. "One day, you will too. But with wisdom."

Chitra looked embarrassed. "I'm 21, and I don't know any of this." Prakash gently touched her shoulder. "Beta, learning late is painful. Learning now is powerful."

### RENAMING THE "BUDGET"

The moment Prakash said, "Let's make a budget," both

daughters groaned. Sneha jumped in: "Let's call it something cooler... maybe Lifestyle Script. Like writing the life we want." Prakash's eyes sparkled. "That's brilliant." And so it became:

## THE JOSHI LIFESTYLE SCRIPT SEASON 2026

01

### MUST-HAVES

Survival & Stability

02

### NICE-TO-HAVES

Joy, but Planned Joy

03

### NOT-NOW-THANKS

Anything Impulsive, Emotional, or Unnecessary

Chitra summarized it beautifully: "So money isn't saying NO. It's saying NOT NOW." A perfect MoneySmart seed.

### THE EMERGENCY FUND LESSON

Seema spoke gently. "That washing machine wasn't a surprise. Only our unpreparedness was." Prakash added, "An emergency fund protects peace. And peace is wealth." Sneha drew a superhero piggy bank titled Captain Cushion — Guardian of Financial Peace.

Their new rule: (1)



Taught the girls emotional spending triggers

- **Prakash (50):** (i)

Organized digital and paper financial records (ii) Involved the girls in decision-making

They weren't learning through lectures. They were learning through participation.

### THE MOMENT THAT PROVED THE LESSON WORKED

One quiet evening, Sneha said, "Earlier I thought money was only about spending. Now I think money is about protecting choices." Prakash looked at her proudly. Chitra added, "I feel grown up. Like someone switched on the light." Seema whispered, "This... is our January victory."

### FTWC

### FROM THIS WE CONCLUDE

January teaches us that becoming MONEYSMART starts not with earning, but with understanding. Awareness is the foundation upon which every future financial decision stands. By inviting their daughters into the truth of household money, Prakash and Seema gave them not fear—but clarity, confidence, integrity, and responsibility. January didn't make them richer. January made them wiser. And wisdom always comes before wealth.



# FASHION TRENDS

## AMONG COLLEGE YOUTH 2026

From Campus Cool to Wedding Royalty

- Saloni P.

Fashion has become an inseparable part of college life in 2026. For today's students, style is not just about looking good—it's about expressing individuality, confidence, and belonging. Walk through any college campus and you'll notice that fashion is as much a topic of conversation as academics, career goals, or social media trends.

Every year, fashion evolves—some trends fade, some transform, and a few timeless styles return with a modern twist. College youth are highly aware of how they present themselves. Whether we admit it or not, appearances play a major role in first impressions. Before a conversation even begins, clothing often speaks for a person.

For the current generation, fashion is deeply linked to identity.

What you wear reflects your personality, mindset, and even the community you associate with. Comfort, creativity, and

confidence now matter more than blindly following trends. That's why college fashion in 2026 feels more experimental, inclusive, and expressive than ever before.

### Campus Fashion Trends Dominating 2026

#### Relaxed & Oversized Bottoms

Oversized pants—popularly

known as mom jeans or relaxed-fit trousers—continue to rule college wardrobes. In 2026, they've evolved into wide-leg cargos, pleated trousers, and flowy denims. These unisex bottoms are styled effortlessly with cropped tops, fitted tees, corset-style blouses, or oversized hoodies. Paired with sneakers, platform sandals, or chunky boots, they offer the perfect mix of comfort and street style.

#### Shackets & Layered Looks

The shirt-jacket hybrid, or shacket, remains a favorite layering piece. Lightweight yet stylish, shackets are ideal for transitional weather and casual outings. Students style them over tank tops, graphic tees, or coord sets, pairing them with

jeans, skirts, or leggings. Neutral shades, checks, & textured fabrics are especially popular in 2026.



## Mismatch & Experimental Styling

Mismatch fashion has moved from being “different” to being desirable. Mixing ethnic and western elements is now a strong personal style statement. Denim shirts with ethnic bottoms, crop tops with saree skirts, or kurtas styled with palazzos are commonly seen on campuses.

Accessories play a huge role in this trend. Oxidized silver jewellery, chunky jhumkas, layered necklaces, nose rings, bangles, and statement hair accessories are widely embraced. Traditional elements with a contemporary twist are no longer limited to festivals—they’re everyday fashion.

## Fusion Clothing: Tradition Meets Trend

Fusion fashion continues to thrive in 2026. Handloom and heritage fabrics like khan, ikat, and cotton silks are being reimagined into modern silhouettes—crop tops, asymmetric kurtas, wrap skirts, and jackets. Students often get custom pieces stitched to reflect personal taste.

Earthy tones, jewel shades like red, green, indigo, and mustard, paired with pearls or silver jewellery, create looks

that are both elegant and youthful.

## The Rise of Self-Styling

One of the biggest shifts in 2026 is the move towards self-styling. Youngsters no longer depend entirely on designers or boutiques for every event. From college festivals to parties and even weddings, students enjoy curating their own looks—mixing old

outfits, upcycling pieces, and adding personal touches.

Self-styling is about originality. Wearing something that feels “you” matters more than wearing something expensive or trendy.

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## Fashion Trends in Weddings

Youthful, Bold & Personal

Fashion experimentation doesn't stop at college—it extends beautifully into weddings as well.

### Co-ordinated Bride & Groom Looks

Matching outfits for couples have evolved into thoughtful coordination. Instead of identical colors, grooms now match elements like the bride's dupatta shade, embroidery patterns, or fabric textures. Safas, dupattas, and stoles inspired by the bride's lehenga or saree add a harmonious touch.

For couples who prefer contrast, bold color combinations—ivory with emerald, beige with wine, or gold with teal—are widely popular.

### Belts & Regal Groom Styling

Sherwani belts have become a key accessory for grooms aiming for a royal look. A simple sherwani paired with a statement belt and contrasting dupatta instantly elevates the outfit. The "two-in-one" sherwani trend—combining subtle and bold patterns within a single design—has also gained popularity among young grooms.

### Indo-Western for Men

Men's wedding fashion



in 2026 is versatile and stylish. Short kurtas with structured jackets, slim-fit pants, and layered silhouettes are in demand. Soft pastels, metallic tones, and rich jewel colors like blush pink, pista green, royal blue, maroon, and gold dominate wedding palettes.

Custom-designed Indo-western outfits allow grooms to balance tradition with modern aesthetics effortlessly.

### Manarkali: The Modern Classic

The Manarkali—an evolved version of the traditional Anarkali—has emerged as a popular wedding outfit choice. With longer, kurta-style silhouettes paired with churidars or dhoti pants, Manarkalis offer grace with a contemporary edge. Printed gold sherwanis and statement kurtas have also become wedding favorites, inspiring many young men to experiment beyond conventional styles.

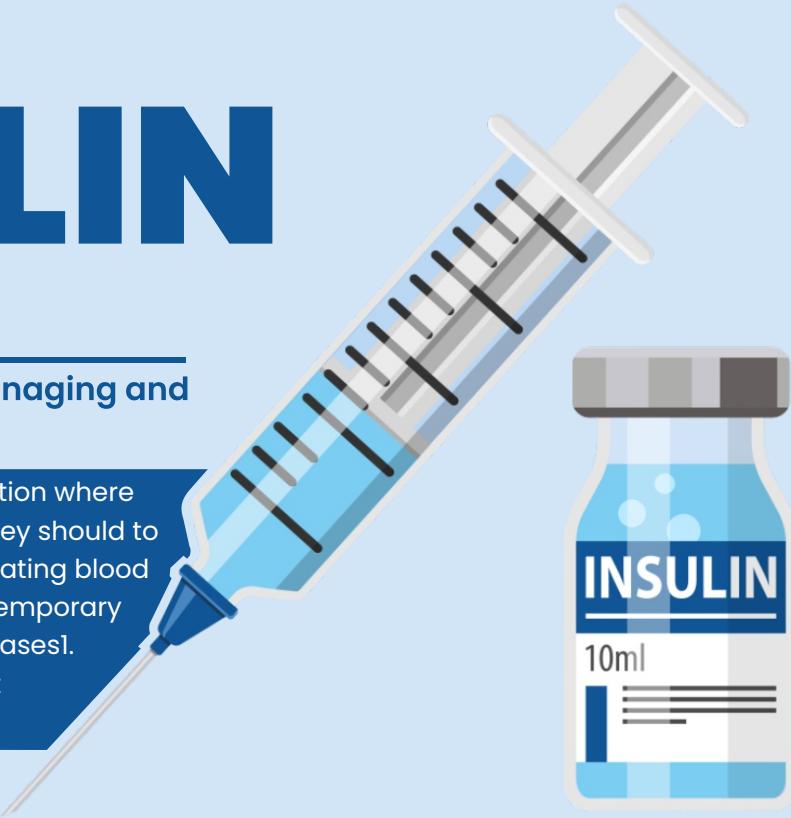
Fashion in 2026 is all about authenticity. Whether on college campuses or at wedding celebrations, today's youth are redefining style by prioritizing comfort, creativity, and self-expression. Blending tradition with modernity, embracing individuality, and wearing confidence as the ultimate accessory—this is the true fashion statement of the new generation.



# Navigating INSULIN Resistance:

## A Comprehensive Guide to Managing and Reversing the Condition

Insulin resistance is a complex condition where the body's cells do not respond as they should to insulin, a hormone essential for regulating blood sugar levels<sup>1</sup>. This condition can be temporary or chronic and is treatable in some cases<sup>1</sup>. If untreated for a prolonged period, it may lead to diabetes mellitus.



### Understanding Insulin Resistance

Under normal circumstances, insulin functions in the following steps:

- Your body breaks down the food you eat into glucose (sugar), which is your body's main source of energy.
- Glucose enters your bloodstream, which signals your pancreas to release insulin.
- Insulin helps glucose in your blood enter your muscle, fat, and liver cells so they can use it for energy or store it for later use.
- When glucose enters your cells and the levels in your bloodstream decrease, it signals your pancreas to stop producing insulin.

• Insulin resistance occurs when your muscle, fat, and liver cells can't efficiently take up glucose from your blood or store it. As a result, your pancreas makes more insulin to try to overcome your increasing blood glucose levels. This is called hyperinsulinemia.

### Causes of Insulin Resistance

The exact causes of insulin resistance are not fully understood. Predisposing factors include chronic stress, Cushing's disease, sedentary lifestyle, obesity, high blood pressure, steroid use, family history of diabetes, pregnancy, sleep problems, infection or severe illness, and previous diagnosis of gestational diabetes.

### Symptoms of Insulin Resistance

Insulin resistance does not present with symptoms until it leads to high blood sugar levels, which may cause darkening of armpits, neck, and groin, absence of menstruation, lethargy, brain fog, hunger, frequent urination, extreme thirst, and abdominal obesity.

### Diagnosis of Insulin Resistance

The doctor diagnoses the condition by reviewing patient history, performing a physical exam, and laboratory testing. Tests include fasting blood sugar (FBS), glucose tolerance test, random blood sugar (RBS), and glycated hemoglobin test.



Always consult with a healthcare provider before starting any new regimen.

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### **Treatment Options for Insulin Resistance**

Treatment mainly includes self-care practices such as physical exercise and maintaining a healthy weight. Medications like Pioglitazone and Metformin are used to treat diabetes associated with the condition. In severe cases, bariatric surgery is carried out in morbidly obese patients.

### **Diet and Insulin Resistance**

A balanced diet is crucial in managing insulin resistance. Include plenty of fruits and vegetables in your diet. Consume carbohydrates with low glycemic index such as oatmeal and non-starchy vegetables. Avoid refined foods like refined sugars and limit carbohydrates.

### **Physical Activity and Insulin Resistance**

Regular physical exercise for at least 30 minutes a day is advised to improve insulin resistance. This could include swimming, jogging, walking, or brisk walking.

Insulin resistance is a serious condition that requires immediate attention. However, with the right lifestyle changes and medical intervention, it can be managed effectively.

We're considering starting a health Q&A section on TownParle.in! Have health questions? We might be able to help! We're exploring the possibility of answering your queries through Vile Parle-based experts like diabetologists, dieticians, specialized doctors, and fitness coaches. Stay tuned for updates, and if you have questions, we'd love to hear them!

Share your questions on:  
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