

e-Magazine of Vile Parle

MARCH • 2026

# Townपार्ले in

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In this Issue...

## India's Modern woman

Celebrate strength to strength

## Refreshing Summer Drinks

A Taste of Tradition and Health

## Gokhale's Shri Ram Mandir

A Legacy of Faith Since 1913



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# Editorial...



This issue brings together reflections that are both personal and evolving—reminding us that discipline, through small and consistent actions, shapes not just our habits but our future.

At the same time, the achievements of Vile Parle students across academics, sports, and global platforms fill us with pride, showcasing the spirit of dedication and excellence within our community.

As Mumbai continues to grow vertically, we take a closer look at high-rise living and how it is redefining urban lifestyles and city planning.

Marking Women's Day, this issue also highlights the importance of health and self-care—from oral wellness across life stages to everyday practices like hair and scalp care that contribute to confidence and well-being.

With summer approaching, we revisit traditional, refreshing drinks that not only cool the body but reconnect us with our roots and simple living.

In a world often unsettled by conflict and uncertainty, these stories gently remind us of the value of stability, discipline, and a strong, connected community like ours.

At TownParle.in, we remain committed to bringing you stories that reflect the spirit of Vile Parle—grounded, progressive, and deeply connected.

**CHANDA MANTRI**

Editor - Townparle.in



# TABLE OF CONTENTS

March 2026

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01 | ● **High Rise Buildings...**

- Ar. Rashmi Phulkar

03 | ● **India's Modern Woman**

Celebrate strength to strength

- Arvind Prabhu

07 | ● **March-Discipline**

The Strength of Consistency

- Prakash Joshi

11 | ● **Gokhale's Shri Ram Mandir**

A Legacy of Faith Since 1913

13 | ● **Hair**

Crowning Glory

- Dr. Vrushali Nadkarni

15 | ● **Oral Health and Women**

Caring for Your Smile at Every Stage of Life

- Dr. Medha Pethe

17 | ● **Refreshing Summer Drinks**

A Taste of Tradition and Health

- Rashmi Mavlankar

21 | ● **Parle in Focus**

News, Events & Updates

# — High-rise — Buildings...

We live in a city of high rise buildings. They are the crowning glory that dictates the skyline of Mumbai. High-rises define the city scape, the kind of living and lifestyle of the people living here. Their status and position all are rendered as a silhouette of grandeur in the sky of Mumbai against the

backdrop of a vast expanse of the sea. The higher you are from the ground level, the more extravagant is going to be your living style.

The marvel of such tall buildings are measured by their colossal heights, the external features, color, the circlet design, their facade treatment, texture and the way they sparkle in the splendor of the evening sky. Each building glimmers as though as to endure as a spectacle not only on ground but also in the airspace.



**Ar. Rashmi Phulkar**

Phulkar & Phulkar Architects  
(Practicing Architect, Vile Parle E)





### Malpani Marigold (Borivli)

Picture Courtesy  
Phulkar & Phulkar Architects

The determination to go high comes from the fact that either it is a lack of ground space as an answer to the crowded metropolitan areas, or a trend to tower above the sea. The sea forms the utility sales products here. With a beautiful sea view, long enduring sea breeze, the calmness it brings after a hectic day all consolidate the aptness to rise above others and claim the horizon.

The design, planning and construction parameters change variedly if the building is to be a high-rise one. Firstly anything beyond 32.0m high would be termed as a high-rise.

The most generic precondition is having a 9.0m wide road abutting the plot

required to access such a building. A high-rise also induces high load of occupancy of people, vehicles, amenities which leads to more precautions, safety measures, efficient emergency entry and exits, obstruction free traffic movements. Planning evidently becomes the prime recognition for any project with many intricacies.

Additionally number of fire requisites is made mandatory given the stance of fire break outs. This includes fire lifts, fire evacuation lift, smoke stop lobbies, refuge areas, service ducts, Sprinkler systems and many more.

Structurally too the vertical and lateral movements of the buildings need to be closely calculated. As height increases, lateral forces (wind and earthquake) dominate design over gravity loads. The length to width slenderness ratio, the materials used for construction, structural seismic safety against



### Shradha Imperial (Mahim)

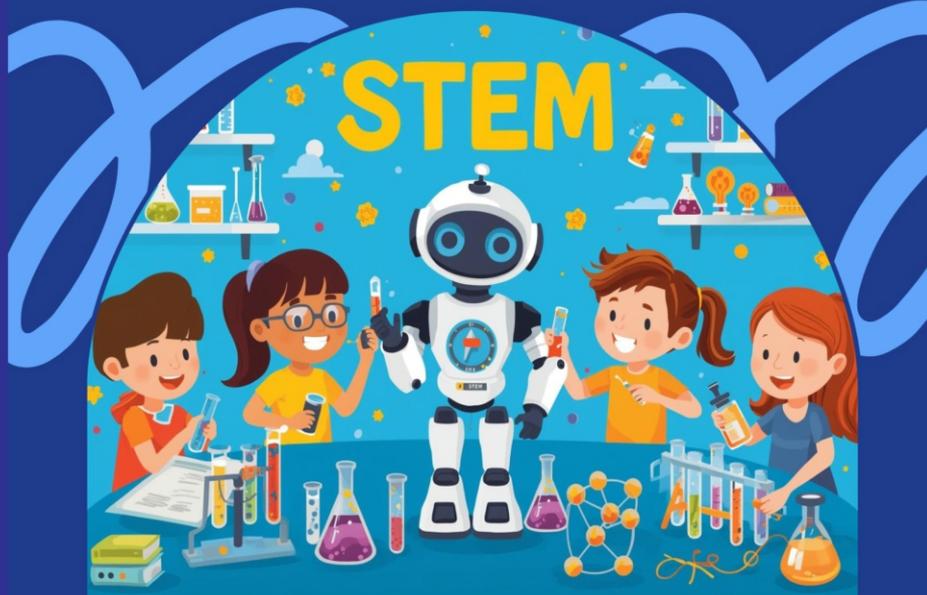
Picture Courtesy  
Phulkar & Phulkar Architects

cyclone / wind storms all can dictate the form and aesthetics of the structures.

Apart from this an Environment clearance is needed to assess and mitigate environmental impacts like increased traffic, waste generation, and water usage. This is crucial for minimizing ecological impact, thus promoting community well-being. ●●●



# STEM INNOVATION LAB



**The Bombay** Public Charitable Trust  
**Mothers and Children** established in 1919  
**Welfare Society**



## STEM INNOVATION LAB@ Pannalal Lohe Day Care Center (An initiative of The Bombay Mothers and Children Welfare Society)

In an age where children are increasingly surrounded by screens, the STEM Innovation Lab offers a refreshing space where learning becomes an exciting hands-on experience.

A STEM Science Lab introduces children to Science, Technology, Engineering and Mathematics through practical experiments and interactive activities. It helps young minds develop curiosity, logical thinking and real-life problem-solving abilities.

Designed for children from 6 to 18 years of age, this weekend programme encourages students to explore science through interesting experiments, creative projects and guided discovery, rather than merely learning from textbooks. Aligned with the vision of the National Education Policy, the lab promotes experiential learning, innovation and scientific thinking in a lively and encouraging environment.

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# India's Modern **WOMAN**

## Celebrate **Strength to Strength**



**Arvind Prabhu**

Few civilizations celebrate the many dimensions of womanhood as vividly as India does through its mythology, history, and lived experience. In the grand narratives of our culture, a woman is not confined to a single identity; she is strength, wisdom, compassion, prosperity, and resilience all at once. The feminine divine is revered as Shakti, the embodiment of universal power; as Lakshmi, the symbol of abundance and well-being; as Saraswati, the fountain of learning and the arts; and as Parvati, the epitome of devotion and determination. These archetypes are not distant myths; they mirror the strengths that Indian women embody in everyday life.

History, too, offers powerful reminders of women who shaped the nation with courage and conviction. The valor and foresight of Jijabai laid the foundation for a visionary empire. The fierce bravery of Rani Lakshmi Bai became a rallying cry for resistance. The legendary





sacrifice associated with Rani Padmini continues to inspire tales of honor. Leaders such as Kittur Chennamma, Sarojini Naidu, and Indira Gandhi demonstrated that women could lead movements, shape public discourse, and guide a nation's destiny.

Today, women have stepped confidently into arenas once considered exclusively male domains. They run for the highest offices, lead global institutions, travel into space, command armed forces, and steer multinational corporations. The modern Indian woman is visible in boardrooms, laboratories, classrooms, courtrooms, and on global platforms. Yet, behind these achievements lies a quieter, often overlooked reality—particularly in the bustling metros of India.

Consider the life of a woman in a metropolitan city.

Whether she is a working professional or a homemaker—or often both—she seamlessly shifts between roles: daughter, sister, wife, mother, caregiver, mentor, and manager of the household. Her day begins before dawn and often stretches late into the night. She balances deadlines with dinner plans, school projects with office presentations, and family expectations with personal aspirations. In her dedication to nurturing everyone around her, her own needs are frequently postponed.

It is not uncommon for the urban woman to neglect her physical and mental well-being. The demands of family life, children's education, aging parents, career responsibilities, and social obligations can accumulate into chronic stress. Health statistics paint a sobering picture: rising cases of breast, cervical, and ovarian cancers,

alongside increasing diagnoses of lifestyle-related ailments among women under 50. Sedentary routines, irregular eating habits, sleep deprivation, and unmanaged stress quietly erode long-term wellness.

Health challenges rarely appear overnight. They build silently through years of self-neglect. Persistent fatigue, joint pain, weight gain, hormonal imbalances, anxiety, and low immunity are often dismissed as "normal." Over time, however, deteriorating health can affect not just the body but also self-esteem, confidence, and economic independence.

The principle of self-care is simple yet profound: one must secure one's own oxygen mask before assisting others. A woman who is physically strong, emotionally balanced, and financially secure is far better equipped to nurture her family and pursue her ambitions.

Financial wellness, in particular, is an often-overlooked dimension of empowerment. Just as she ensures her family's health, education, and comfort, she must also ensure her own long-term security. Adequate health insurance protects her from unexpected medical burdens. Life insurance safeguards her family's future and preserves their lifestyle in

her absence. Thoughtful investments and retirement planning create a steady income stream for her later years, ensuring independence and dignity.

Financial planning is not merely about money; it is about peace of mind. It is about ensuring that illness does not derail savings, that emergencies do not disrupt children's aspirations, and that aging does not bring dependence. The earlier this planning begins, the stronger the foundation for confidence and choice.

A sample plan taken by one one working lady age 40 is :

Save 5L for 12 years... wait for 5 years and after that earn a tax free income of 9L each year for next 30 years. And then the 60L invested is returned. Again tax free.

Another example of a single mother who took the



Savings plan on her child age 3 is:

- Save 5L for 12 years... from second year onwards 2L is returned. So effectively from second to 12th year, payment is only 3L per year.

- The 2L per year will continue till age 99 of the child... and a corpus of Rs 40 crore is built on the side too.

There are several plans, but as mentioned before, self-medication is dangerous and it is best that an advisor looks in to your current goals and selects the right plan for you.

Preventive healthcare and financial preparedness go hand in hand. Annual medical check-ups—including mammography and recommended screenings—enable early detection. Insurance coverage ensures access to timely, quality treatment without hesitation or delay. Together, they form a shield of protection—physical and financial.

Equally important is emotional support. Words of appreciation and shared

The advice and plans I suggest for a lady who just got her first job will differ from what I would suggest for someone who has 7-8 years before retirement.

Let me share a few general prescriptive tips

01

Every woman must ensure that her spouse is insured (in today's age even 1 cr life cover is small... it should be at least 2-5 crore)

02

Women should aim to save at least 20% of their income for their retirement. I recommend plans that are tax free and guaranteed, before investing into market returns.

03

Some plans require you to wait for a specific number of years before they start returning the money. Some other plans will start yielding returns from the next year onward.

04

Depending on the purpose (goal) choose a plan that returns a lumpsum amount one time or that which yields regular lifetime income.

05

Limited year savings plans help plan the number of years of cash outflow.



responsibility within the family strengthen her resolve. Partners who actively participate in planning finances, managing responsibilities, and celebrating milestones reinforce the idea that empowerment is a shared journey.

Life moves swiftly, and postponing self-care—whether physical or financial—is a risk no woman can afford. She is the cornerstone of her family’s happiness and stability. Recognizing her worth means acknowledging

that her health, security, and aspirations matter just as much as those she tirelessly safeguards for others.

This Women’s Day, let us celebrate not only her achievements but also her foresight. Let us honor her strength—and equally, her right to plan, to protect, and to prosper. Because when a woman is secure, her family is secure. And when families are secure, the nation stands stronger.



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**Prakash Joshi**

(Ex-Banker & Freelance Educator)

### CORE THEME

March teaches the Joshi daughters that discipline is not about control – it is about freedom. Freedom from stress, confusion, chaos, and regret. Freedom that comes from doing small things consistently, long before any visible results appear.

### BRIEF INTRODUCTION

March in Mumbai begins with shifting weather. Winter slips away, the afternoon heat

# MARCH-DISCIPLINE

## THE STRENGTH OF CONSISTENCY

A VILE PARLE (EAST) STORY  
**THE JOSHI FAMILY**  
(SEASON 2026)

**PURPOSE THREAD**  
TEACHING DAUGHTERS HOW SMALL, STEADY  
HABITS CREATE LIFELONG FINANCIAL STRENGTH

rises, and the city slowly prepares for exam season and financial year-end hustle. But inside the Joshi home in Vile Parle (East), March 2026 arrived with a more powerful transition – the month of discipline.

After January’s awareness and February’s emotional maturity, Prakash and Seema knew their daughters were ready for the next step:

consistency. Because awareness without consistency fades. Emotional control without consistency collapses. Savings without consistency disappear. And dreams without consistency never become real.

March would become the month the girls discovered that small, repeated actions quietly transform lives.



## MAIN STORY

### THE MONTH OF THE CONSISTENCY CHALLENGE

On the morning of March 3rd, the Joshi dining table looked unusually official. Four neatly printed sheets lay side by side, each titled: "The March Consistency Challenge." Sneha walked in and immediately narrowed her eyes. "Papa... this looks like homework. Please don't ruin March for me." Chitra followed, amused. "What is this? One of those 21-day habit challenges?" Prakash smiled proudly. "Something like that — but with purpose."

Seema placed a plate of idlis on the table. "Girls, January taught you honesty. February taught you emotional awareness. March will teach what holds everything together — discipline." Sneha groaned dramatically. "Oh no. The dreaded D-word." Chitra laughed.

"Discipline sounds like a punishment adults invented for children."

Prakash nodded. "That's why most adults struggle. Discipline looks boring... until you see its magic." Then he explained the challenge: Each family member must choose ONE discipline for March and follow it for 31 days — small, simple, and meaningful.

"Can it be anything?" Sneha asked.

"Yes," Seema said, "as long as it helps you grow."

### CHOOSING THE DISCIPLINES

Prakash went first. "My discipline: Track every rupee I spend — daily, honestly, no excuses."

Seema followed. "Mine: No impulsive grocery add-ons. Only the planned list."

The daughters giggled — Seema's "just in case" snacks were a family joke.

Chitra took a breath. "My discipline: Twenty minutes of

learning every day — money, career, or skills. No skipping."

Finally, Sneha said quietly, "My discipline: Zero unnecessary online orders. Not even small ones."

Prakash smiled. "That's courage, beta."

The challenge officially began.

### WEEK ONE — THE REALITY CHECK

The first three days were smooth. Then reality — and temptation — arrived.

#### Sneha's Test (March 6)

A notification blinked on her phone: Flash Sale — 60% OFF — last 1 hour!

Her fingers twitched. Her heart raced. Her brain whispered, "Buy!"

But she remembered February's rule: name the emotion first.

"Excitement... and boredom," she whispered. And put the phone down.

Seema saw it, hugged her, and said, "That is discipline."

#### Chitra's Test (March 8)

She came home exhausted after college. "No way I'm studying anything today."

But she noticed her discipline card taped to the mirror.

She sighed, set a 20-minute timer, and watched

one video on compounding and another on interview body language.

When she finished, she whispered, "It wasn't hard. Starting was."

### **Prakash's Test (March 9)**

While tracking his expenses, he suddenly frowned. "Seema... do I really drink THIS much cutting chai?"

Seema burst out laughing. "Awareness always begins with shock."

### **Seema's Test (March 11)**

At the supermarket, she reached for a "just in case" snack.

She froze. Put it back.

Sneha clapped loudly in the aisle. "Mummy wins!"

Seema blushed — but was proud.

The first week taught the girls that discipline isn't dramatic — it's daily.

## **WEEK TWO — DISCIPLINE BECOMES CONFIDENCE**

By mid-March, something subtle and powerful happened.

Chitra said, "I feel stable. Like I'm building a foundation."

Sneha added, "It feels nice to say no to myself."

Prakash noted, "Consistency is not tiring. Inconsistency is."

Seema observed,



"Discipline saves more money than discounts."

The whole family felt more focused, more intentional, more peaceful.

## **THE MID-MONTH CHECK-IN (MAR. 2017)**

They gathered in the balcony with chai.

Prakash asked, "What have we learned so far?"

**Chitra:** "Small efforts compound — like compounding interest."

**Sneha:** "Self-control feels like superpower."

**Seema:** "Planning reduces waste — and stress."

**Prakash:** "Tracking spending tells you the truth."

They were learning quietly, but deeply.

## **WEEK THREE — WHEN LIFE TESTS YOU**

Real life doesn't reward consistency — it tests it.

### **Chitra's Slip (March 22)**

A college event drained her energy. She missed her 20-minute learning. She felt guilty but remembered:

### **Vertical Reflection:**

Discipline is not perfection.

It is returning.

So she completed it the next morning.

### **Sneha's Emotional Shake (March 23)**

A fight with a friend left her upset. Perfect emotional setup for "comfort shopping."

She stared at her phone — tempted.

But walked to Seema and said, "I wanted to order something stupid. But I didn't."

Seema kissed her forehead. "That is maturity."

### **Prakash & Seema Slip (March 24)**

Prakash forgot to log an expense.

Seema bought something extra by habit.

Both admitted it openly.

Honesty strengthened the

# WHAT THE DAUGHTERS LEARNED

## THE EMOTIONAL & MORAL LAYER

**Integrity:** Being honest about their slips.



**Wisdom:** Understanding small efforts create big futures.



**Self-Awareness:** Recognizing patterns, triggers, and excuses.



**Compassion:** Being gentle with themselves and each other.



**Courage:** Choosing long-term growth over short-term comfort.



**Clarity:** Knowing the difference between “I want this” & “I need this.”



lesson: discipline isn't about flawless behavior — it is about accountability.

### LAST WEEK OF MARCH — THE BEAUTIFUL SHIFT

By March 28th, discipline was no longer a task — it was a quiet part of their lives.

Chitra felt mentally stronger, calmer, more focused.

Sneha felt more in control of impulses.

Seema felt more organized.

Prakash felt more aware of his spending patterns.

The home itself felt lighter.

**They realized something profound:**

Consistent habits don't only improve finances — they improve confidence, relationships, and peace.

### MARCH 31 — THE FINAL DAY

The family gathered again at the dining table. Prakash asked, “What did March give us?”

**Chitra:** “Future strength.”

**Sneha:** “Self-respect.”

**Seema:** “Order.”

**Prakash:** “Peace.”

Then Sneha said something unexpectedly wise:



“Discipline is hard... but being disappointed in yourself later is harder.”

Chitra added, “If we master consistency now, our future selves will thank us.”

Seema's eyes softened. Her daughters were becoming exactly what she dreamed:

MONEYSMART, aware, disciplined young adults.

### FTWC — FROM THIS WE CONCLUDE

March teaches the deepest MONEYSMART truth:

- Consistency is wealth.
- Consistency in saving.
- Consistency in learning.
- Consistency in emotional control.
- Consistency in habits.

Discipline is not punishment — it is the quiet engine that builds strong careers, stable homes, and peaceful futures.

When daughters learn discipline early, they grow into women who can navigate life with confidence, calm, and clarity.





## Gokhale's Shri Ram Mandir

— A Legacy of Faith Since 1913 —

Vile Parle may today be known for its fast-paced life, growing skyline, and bustling markets—but beneath this modern identity lies the soul of a quaint, close-knit village. For those who have seen the old Parle, memories still linger of tree-lined lanes, modest homes, and a life that moved at a gentler pace.

And perhaps what defines Parle even today is its deep-rooted spirituality.

Walk through the lanes of Parle East, and you will notice something

beautiful—almost every corner has a temple. From the quiet Sai Baba temple on Tilak Mandir Road to the ever-revered Parleshwar temple, from small Hanuman shrines in old wadis to lesser-known temples tucked into bylanes—these sacred spaces are not just places of worship, but anchors of community life.

It is this very spirit that inspires our new series, **Temples of Parle** — a journey to rediscover the stories, history, and emotions behind these temples that have silently shaped generations.

### This Month's Feature: Shri Ram Mandir (Gokhale's Ram Mandir)

Ram Mandir Road & Shraddhanand Road Junction, opposite Vijay Stores

There is something quietly powerful about Shri Ram Mandir. It does not demand attention—it earns reverence.

Established in **1913** by Late Vishnu



Vishwanath '**Kaka**' Gokhale, the temple was born out of a simple yet profound desire—to have Lord Ram's presence close to home. Built on his own land, this temple soon became much more than a personal place of worship; it became a spiritual nucleus for the growing Parle community.

### **A Witness to History**

Shri Ram Mandir holds a unique place in Parle's cultural history.

In **1920**, the year Lokmanya Tilak passed away, Parle witnessed its **First Public Ganeshotsav** — and it was celebrated right here, within this temple. In the following years, the tradition continued under the Parle Sarvajanic Mandal before eventually moving to Lokmanya Seva Sangh.

In many ways, the seeds of Parle's vibrant public celebrations and cultural life were sown in this very परिसर.

### **Where Devotion Comes Alive**

Step inside, and the temple instantly creates a sense of calm. The idols of **Lord Ram, Sita, Lakshman, and Hanuman** are serene and graceful, drawing devotees into quiet reflection.

For decades, **Ram Navami** has been celebrated here with deep devotion and joyous energy. The moment of Ram Janma is marked with spiritual fervour, devotional singing, and collective prayer.

There was a time when the temple would echo with the soulful kirtans of **H.B.P. Govind Buwa Dev**, bringing stories of Ramayan alive for devotees. Esteemed personalities like **Dr. C. K. Gokhale** would attend the celebrations with devotion, and the festivities would culminate in a heartfelt Mahaprasad shared by all.

### **A Legacy Carried Forward**

Like every living institution, the temple has evolved while preserving its essence.

In the mid-1960s, under trustee **Baburao Paranjape**,

the temple underwent renovation — strengthening its structure while retaining its simplicity. Over the years, it has remained a hub of spiritual activities—kirtans, pravachans, and bhajans continuing to nurture the cultural fabric of Parle.

For nearly four decades, **Kashinath Pant (Kaka Khare Guruji)** served as the temple's priest, followed by his nephew **Shankar Khare**, continuing the tradition of dedicated service.

Today, Shri Ram Mandir stands united with **Shri Datta Mandir** and **Shri Parleshwar Mandir** under a common trust—ensuring its legacy continues with the same devotion and care.

### **More than a Temple... A Feeling**

As we celebrate **Ram Navami in March 2026**, Shri Ram Mandir is not just a place we visit—it is a place we **belong** to.

It reminds us of a Parle that was simpler, closer, and deeply connected. A Parle where festivals were not events, but shared emotions. Where temples were not just structures, but the heart of the community.

In a city that never stops changing, Shri Ram Mandir quietly stands still—holding stories, memories, and faith across generations.



Source: Vile Parle Amrut Smruti Granth

# Hair

## Crowning Glory



**Dr. Vrushali Nadkarni**

Aesthetic Physician,  
Skin & Hair, Trainer  
-----

Hair is a defining element of beauty, acting as a crucial aspect of personal identity & self-expression, enhancing overall appearance & confidence.

That's why we say **"Good Hair Day"** or **"Bad Hair Day"** as it sets our mood for the day.

Hence, it's important to have healthy hair! And it starts with a healthy scalp.

Healthy scalp is essential for hair growth and acts as a foundation for strong, thick hair by ensuring proper nourishment to the hair roots.

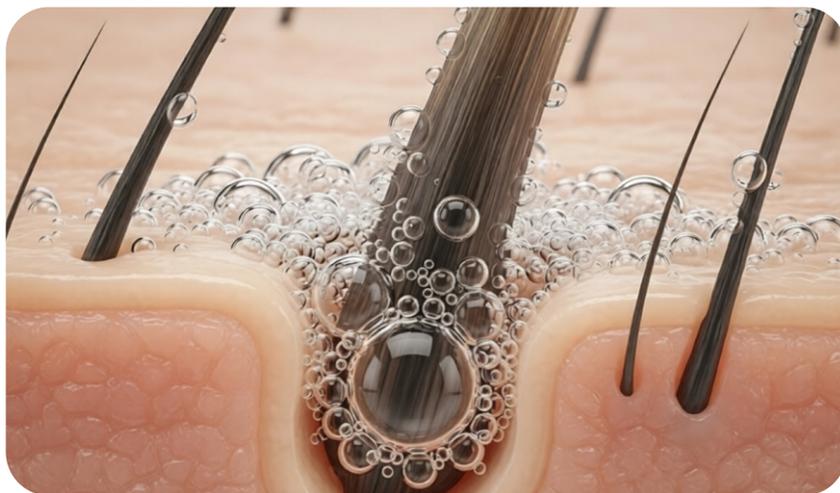
Hence comes:

- Weekly exfoliation
- Head massages
- Using anti-dandruff shampoo for specific concerns
- Keeping it moisturized
- Having a healthy diet

Reducing stress

- Avoiding harsh styling products & services





As saying goes:

“Treat scalp like soil – nourish it & it blooms, neglect it & it withers.”

Now there are different hair types:

- Straight
- Wavy
- Curly
- Coily

And they need different care.

Eg: Curly hair is more dry and needs special shampoos, conditioners, leave-in conditioners, gels etc. for styling & maintaining natural curls.

Whereas straight hair has low maintenance.

Also, different scalp issues like dryness, excess oil leading to dandruff or seborrheic dermatitis, fungal infections, allergic reactions may need proper doctor consultation and treatment.

### **Current Hair Treatments Available**

It depends upon the concern:

- **Hair loss / Hair Thinning**

GFC, Mesotherapy for hair, Dermaroller, Low-level laser therapy (LLLT)

- **Male or Female Hereditary Hair Loss**

GFC, Hair Transplant, Hair Exosomes therapy

- **Dandruff**

Hair revival therapy

- **Bond Repair Treatments**

Products like Olaplex or Redken repair damaged hair bonds

### **Nutraceuticals & Pharmaceuticals**

Hair supplements like:

Finasteride, Biotin, Zinc, Minoxidil to support hair health

### **Scalp-Focused Solutions**

For treatment of dandruff, oily scalp – medicated shampoos are prescribed.

Peptide serums for hair fall & growth are also prescribed.

Internal issues like anaemia, thyroid, PCOS etc., if any, are also treated simultaneously.

### **Conclusion**

Embracing hair ageing is about understanding and adapting to the changes; nourishing them & protecting them.

It requires customized hair care at every stage & choosing advanced hair treatments suggested by your doctor. It is possible to get healthier hair throughout life's stages.





**Dr. Medha Pethe**

# Oral Health & Women

Caring for Your Smile at Every Stage of Life



## Adolescence and Puberty

During puberty, hormonal changes can make gums more sensitive to plaque and bacteria. Many young girls experience swollen or bleeding gums during this time. Proper oral hygiene and regular dental check-ups help prevent early gum disease and cavities.

## Pregnancy and Oral Health

Pregnancy is one of the most important phases in a woman's life. Due to hormonal fluctuations, many women develop pregnancy gingivitis,

A woman's body goes through many hormonal changes throughout her life—from puberty to pregnancy & menopause. These hormonal shifts not only affect general health but also have a strong impact on oral health. Unfortunately, many women are unaware that their gums and teeth can reflect these changes.

On the occasion of **Women's Day**, it is important to highlight how oral health plays a vital role in a woman's overall well-being at every stage of life.

which leads to swollen, spongy, and bleeding gums. Studies show that nearly 60–75% of pregnant women experience some form of gum problems during pregnancy.

Recently, a pregnant woman visited my clinic during her first trimester with bleeding gums and early cavities. Fortunately, the problem was diagnosed at an early stage and was treated successfully with professional cleaning, fillings, and gum care.

Ideally, women should undergo a dental check-up before planning pregnancy and maintain regular oral care throughout all trimesters.

Healthy gums and teeth contribute to better overall health for both mother and baby.

## Hormonal Disorders and Oral Signs

Sometimes, the mouth can reveal underlying health conditions. Women suffering from hormonal disorders such as PCOD or PCOS often experience symptoms like bleeding gums, inflamed gums, or persistent bad breath. In some cases, oral symptoms may act as early indicators of systemic health problems.

## Menopause and Oral Health

During menopause, hormonal changes can cause dry mouth, gum recession, increased sensitivity, and bone loss around teeth. Proper dental care and regular monitoring during this phase help maintain strong teeth and healthy gums.

## Dental Routine: As Important as Your Daily Skincare

Just as many women follow a daily skincare or wellness routine, dental care should also be an essential part of everyday self-care.

A good dental routine should include:

- Brushing twice daily with proper technique
- Flossing to clean between teeth
- Gentle gum massage to improve gum circulation
- Using mouth rinses when recommended by your dentist



- Visiting the dentist regularly for a check-up every six months

## Back Teeth and Digestion

While front teeth contribute to appearance and speech, back teeth play a crucial role in chewing and starting the digestive process. Proper grinding of food mixes it with saliva and digestive enzymes, making it easier for the stomach to digest and for the body to absorb nutrients effectively.

When food is chewed well, it supports better digestion, helps maintain energy levels, and contributes to overall health and fitness.

## How Dental Infections Affect Overall Health

Oral infections should never be ignored because the mouth is closely connected to the rest of the body. Untreated cavities or gum infections can allow bacteria to enter the bloodstream and affect other organs, sometimes contributing to

digestive problems, heart infections, or other systemic complications. Maintaining infection-free teeth and gums is therefore extremely important for overall health.

## Smile, Personality, and Professional Confidence

Healthy teeth and gums are not only important for health but also for confidence, communication, and personality. Front teeth influence our smile and speech, while back teeth support proper chewing and facial balance.

For young women especially, a confident smile and clear communication can make a significant difference in career opportunities, interviews, and professional interactions. A healthy smile helps create a strong first impression and enhances overall personality.

## A Message for Women

Since women experience hormonal changes at different stages of life, it is advisable to have a comprehensive dental check-up at least once a year, preferably every six months.

On this Women's Day, let us remember that taking care of oral health is an essential part of self-care.

A healthy smile is not just about beauty—it reflects confidence, health, and strength.



# Refreshing Summer Drinks

A Taste of Tradition and Health

- Rashmi Mavlankar

Summer in Mumbai has its own personality. The bright sun, the warm breeze flowing through the lanes of Vile Parle, and the familiar sounds of vendors selling seasonal fruits remind us that it is the season of heat — but also the season of refreshing drinks.

Before air conditioners and packaged beverages became common, every household had its own traditional methods to beat the heat.

**Our grandmothers knew the secret:** simple, natural, homemade drinks that cooled the body and nourished it at the same time.

Today, many of those age-old drinks are making a comeback, while new healthy beverages are also gaining popularity.

Let us take a refreshing journey through some traditional, nostalgic, and modern summer drinks that keep us hydrated and energized.



## The Nostalgia of Traditional Summer Drinks

In the earlier days, especially in neighbourhoods like Vile Parle, summer afternoons often meant a glass of something cool prepared lovingly at home.



One of the most popular drinks was **Panha**, made from raw mangoes. The tangy, sweet, and slightly spicy taste of this drink made it a favourite during the scorching months of April and May. Raw mangoes were boiled, mashed, and mixed with jaggery, cardamom, and a hint of salt. Apart from being delicious, Panha helps prevent heat strokes and restores lost energy.



Another classic drink was **Kokum Sharbat**. Known for its deep purple colour and tangy flavour, Kokum is a natural coolant widely used in coastal Maharashtra. A glass of chilled Kokum sharbat after returning from the afternoon heat could instantly revive the body.

Then there was the humble but beloved **Taak (Buttermilk)**. In almost every Maharashtrian household, freshly churned buttermilk with roasted cumin powder, salt, and coriander leaves was served after meals. It aided digestion and cooled the body naturally.



Many families also prepared **Sattu drink, Gond Katira sherbet**, and some other style **Herbal Coolers**, which were believed to balance body temperature and maintain hydration. These drinks were simple, nutritious, and made from ingredients readily available in the kitchen.

## Fruit-Based Refreshers – Nature's Hydration

Summer is also the season when nature provides us with the most hydrating fruits. Many traditional drinks were prepared using seasonal fruits.



**Fresh Sugarcane juice**, sold by street vendors across Mumbai, has always been a summer favourite. Served with a dash of lemon and ginger, it provides instant energy and electrolytes.

**Watermelon juice** and **Muskmelon juice** are other natural coolers. In earlier days, fruits were simply blended or mashed and served chilled without added sugars. These juices not only quench thirst but also supply essential vitamins and minerals.

**Limbu Pani (Nimbu Sharbat)** remains perhaps the most universal summer drink. A simple combination of lemon, sugar or jaggery, salt, and water creates a perfect balance of sweet and salty

flavours that quickly rehydrates the body.

Even **Aamras**, though often eaten as a dessert, was sometimes diluted slightly with milk or water to create a refreshing mango drink during the peak mango season.

### The Rise of Modern & Trending Summer Drinks

While traditional drinks remain beloved, modern lifestyles have introduced a variety of new beverages that combine taste with creativity.



In cafes around Mumbai, drinks such as **Cold Brew Coffee**, **Iced Matcha**, and **Fruit Iced Teas** are increasingly popular among younger generations. These drinks are often flavoured with mint, citrus, or berries, giving them a refreshing twist.

**Smoothies** have also become a trendy option. Made with fruits like Banana, Mango, Berries, or Pineapple and blended with Yogurt or Almond Milk, Smoothies are both filling and nutritious.



Another rising trend is **Detox Water** – simple water infused with slices of fruits, Cucumber, Mint Leaves, or Herbs. This drink is light, refreshing, and helps maintain hydration throughout the day.

**Bubble Tea**, **Kombucha**, and **Herbal Iced Teas** are also gaining attention among health-conscious consumers. While these drinks come from global cultures, they are slowly finding their place in Mumbai's summer beverage scene.

### Healthy Drinks for the Modern Lifestyle

With increasing awareness about health and nutrition, many people are now choosing drinks that are both refreshing and beneficial for the body.

**Tender Coconut Water** remains one of the healthiest natural drinks available. Rich in Electrolytes and Minerals, it helps restore hydration quickly during hot days.

**Aloevera Juice**, **Amla**

**Juice**, and **Wheatgrass Shots** are also becoming popular among those looking for immunity-boosting drinks.



**Chaas with Mint**, **Turmeric Milk Coolers**, and **Basil Seed (Sabja)** drinks are modern adaptations of traditional remedies that support digestion and cooling.

Even traditional drinks like Panha and Kokum Sharbat are now being prepared with healthier alternatives such as Jaggery or Honey instead of refined Sugar.

### Bringing Back the Culture of Homemade Summer Drinks

What makes these drinks special is not just their taste but the culture and memories associated with them. Many people in Vile Parle still recall afternoons when mothers and grandmothers prepared large batches of panha or buttermilk, storing them in steel vessels in the refrigerator, ready to be served to family members and visiting guests.



Today, as people move towards healthier lifestyles, there is a renewed appreciation for these homemade beverages.

They remind us that the best solutions to summer heat were discovered long ago in our own kitchens.

Perhaps this summer is the perfect time to revive those traditions – to prepare a

refreshing glass of kokum sharbat, blend fresh watermelon juice, or churn buttermilk just like the old days.

After all, the most refreshing drink is not always the most expensive or fashionable one. Sometimes, it is simply the drink that carries the taste of tradition, health, and home.



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## Parle Tilak Vidyalaya Student Selected for INSPIRE–MANAK Award

Parle Tilak Vidyalaya (ICSE) has added another feather to its cap as **Ms. Debayani Basu**, a student of **Std. 6D**, has been selected for the prestigious **INSPIRE–MANAK Award** Scheme, an initiative by the Government of India.

The INSPIRE (Innovation in Science Pursuit for Inspired Research) programme, a flagship initiative of the Department of Science and Technology (DST), aims to nurture scientific temperament and innovation among young minds. Under this, the INSPIRE–MANAK (Million Minds Augmenting National Aspirations and Knowledge) scheme is implemented in collaboration with the National Innovation Foundation – India (NIF),



encouraging students from Classes 6 to 12 to develop creative, science-based solutions to real-life problems.

The competition, conducted in September, invited students to submit original ideas addressing everyday challenges. Demonstrating exceptional creativity and scientific

thinking, Ms. Debayani Basu's innovative idea was selected at the first level of the competition.

As part of this recognition, she has been awarded a grant of ₹10,000, which will support her in developing a working model of her idea, taking it a step closer to practical implementation.

The school management expressed immense pride in her achievement and highlighted the importance of such initiatives in fostering innovation among students.

Parle Tilak Vidyalaya (ICSE) congratulated Ms. Debayani Basu on her success and extended best wishes for her future endeavors in science and innovation. ●●●

## Orion School Student Secures All India Rank 47 in Road Safety Olympiad

Orion School has achieved a proud milestone as its student **Krishna Paleja** delivered an excellent performance in the **National Road Safety Mission Olympiad 2026**.

The Olympiad was conducted on **February 1, 2026**, where Krishna participated in the **Grade 2 category**. Demonstrating



strong dedication and preparation, he had successfully completed the mock test on January 31, along with all revision modules well in advance. With his consistent efforts and commitment, Krishna secured an impressive **All India Rank 47**, bringing pride to the school.



## Parle Tilak Vidyalaya Student Shines at 76th Open Swimming Gala 2026

**Aarya Amit Paste**, a student of **Std. VII/B** from Parle Tilak Vidyalaya English Medium School (Secondary Section), has achieved remarkable success at the **76th Open Swimming Gala 2026**, bringing pride to her school and the local community.

The prestigious swimming competition was held at the **Cricketer Club of India on March 7 and 8, 2026**. Competing in the Under-13 category, Aarya delivered an outstanding performance



across multiple events, showcasing her skill, determination, & competitive spirit.

Her achievements include:

- **2nd Place:** 50m Freestyle
- **3rd Place:** 50m Butterfly

Stroke

- **2nd Place:** 100m Freestyle

- **2nd Place:** – 50m

Backstroke

- **4th Place:** 200m Freestyle

- **5th Place:** 200m

Individual Medley

Aarya's consistent performance across various swimming styles highlights her dedication and rigorous training. Her accomplishment has been widely appreciated by the school authorities, who praised her perseverance and sportsmanship. ●●●

## Vile Parle Student Shlok Hazare to Represent India at Grand Prix of Plzeň 2026



Shlok Hazare, an 11th-grade student of M. L. Dahanukar College of Commerce (Autonomous) and a national-level rifle shooter from Maharashtra, has been selected to represent India at the prestigious 54th Grand Prix of Plzeň in the Czech Republic.

The Grand Prix of Plzeň is a renowned international

shooting competition held in the city of Plzeň (Pilsen), located near Prague in Central Europe. The event attracts top shooters from across the globe and is considered a significant platform in the field of competitive shooting sports. The 54th edition of the competition, dedicated to air weapon events, is scheduled to take place from April 25 to May 5, 2026.

Shlok's selection to represent the country at such a prestigious international event is a matter of great pride for his college, Vile Parle, and Maharashtra.



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## M. L. Dahanukar College Students Shine at AIU National Youth Festival 2025–26



**Nihal Mishra**



**Shantanu Thawali**



**Soham Chougule**

Students of **M. L. Dahanukar College of Commerce (Autonomous)** have brought laurels to their institution by delivering outstanding performances at the **AIU 39th Inter-University National Youth Festival 2025–2026**.

The prestigious festival was held at **Sathyabama Institute of Science and Technology, Chennai, Tamil Nadu**, where the students proudly

represented the **University of Mumbai** and showcased exceptional talent in various cultural events.

The achievers and their accomplishments are as follows:

- **Nihal Mishra (SY B.Com.):**

Gold Medal in Western Group Song and Gold Medal in Cultural Procession.

- **Shantanu Thawali (TYBAMMC):**

Gold Medal in Mime and Gold Medal in Cultural Procession.

- **Soham Chougule (TYBAF):**

Gold Medal in Cultural Procession and secured 4th Rank in Creative Dance.

The college congratulates the students on their remarkable achievements and proud representation at the national level.



## 'Thet Bhet' Interaction with Newly Elected Corporators in Vile Parle

Lokmanya Seva Sangh, Parle, through its Nagarik Dakshata Shakha, has organised a special interaction session titled '**Thet Bhet**' with newly elected corporators **Milind Shinde (Ward 58)** and **Anjali Samant (Ward 48)**.

The event will also be attended by **MLA Parag Alavani**, along with officials from the BMC K-East Ward, Vile Parle Police Station, and Vakola Traffic Division.

Citizens are invited to raise their civic concerns and questions during the session. The programme is scheduled to be held on **Tuesday, March 24, 2026, at Gokhale Sabhagruha, Tilak Mandir, Vile Parle (East) at 6:45 PM**. Residents are encouraged to participate and engage directly with local representatives on important civic issues.



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