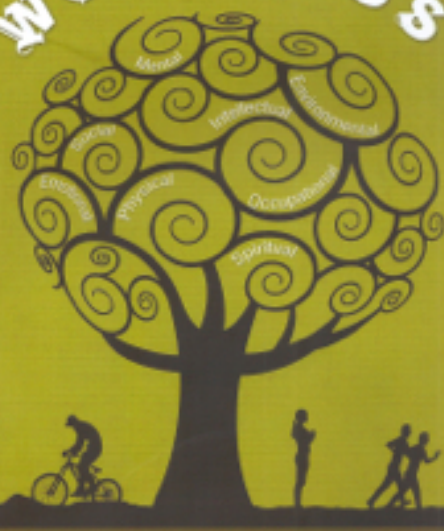


WELLNESS



Staying healthy in 2013

Running for a cause



11 doctors from Hinduja Hospital participated in the Standard Chartered Mumbai Marathon 2013



Dr. Avinash Kataria & Dr. Abhay Nene before the marathon

In just a decade, the Standard Chartered Mumbai Marathon is an event every Mumbaikar awaits with baited breath. Some run to prove; few for fun; while many for a cause. One can find celebrities, socialites, doctors...people from all walks of life running for a cause. A few doctors from Hinduja Hospital like every participated in this year's marathon too. While some ran for the first time, others have been running regularly for a cause..

The doctors who participated this year were: Dr. Phulrenu Chauhan, Dr. Murad Lala, Dr. Milind Sankhe, Dr. Uday Pawar, Dr. Roshani Sanghani, Dr. Farhad Kapadia, Dr. B K Nayak, Dr. Avinash Kataria, Dr. Abhay Nene, Dr. Charulata Sankhla and Dr. Sudhir Pillai.

Dr. Phulrenu Chauhan, Endriocrinologist, for whom this was sixth year straight participation said, "The best way to stay fit is to walk or run. I run to stay fit and healthy." On the other hand, Dr. Murad Lala, an avid participant in car rallies for the first time ran at the marathon. He said, "I have many more goals to finish. This is just a beginning."

The marathon has 3 categories: Dream Run (7kms), Half marathon (21km) and Full marathon (42km). Dr. Charulata Sankhla who was running for a cause ran the Dream Run while Dr. Phulrenu Chauhan,



Dr. B K Nayak, Dr. A. Kataria, Dr. Uday Pawar

Dr. Murad Lala, Dr. Milind Sankhe, Dr. Uday Pawar, Dr. Roshani Sanghani, Dr. B K Nayak, Dr. Avinash Kataria, Dr. Abhay Nene ran the Half marathon. It was Dr. Farhad Kapadia, a regular at the marathon and Dr. Sudhir Pillai who ran the Full Marathon.



Dr. Roshani Sanghani

Dr. Roshani Sanghani shares an interesting analogy that we can all understand. A body is like a cell phone. If you don't plug it in, it discharges. Similarly the absence of exercise leads your body muscle to turn into fat. It's no fun to be like a Discharged Battery. Run for good health.

On running the Full Marathon, Dr. Farhad Kapadia says, "I believe in running to stay fit and healthy. The only way to stay fit is exercising. Irrespective of weight consistent exercise 15 min a day is a simple way to improve health, that's 273 hours gained and 3 years of life gained or 64000% ROI the best deal in all medicine."

Dr. B K Nayak, a senior ophthalmologist at the hospital on his participation for the first time said, "It's the determination and inner - drive that makes you a winner in a long run. Benefits of health get added in itself. Run for a healthy life."



Dr. Murad Lala

"The ingredients of health and long life, are great temperance, open air, easy labor, and little care." - Sir Philip Sidney