

# Listen and learn

In the podcast *The Travelling Professor's Diary*, Siddharth Deshmukh, in an amicable style, analyses current topics, from social media to learning

By SRAVASTI DATTA

Professor Siddharth Deshmukh, ex-dean of MICA, Ahmedabad, received a good response from an episode he did with *The Filter Koffee* podcast (Karthik Nagarajan) and a Marathi podcast on gol gappa with Trupti Khamkar. "I guess IVM Podcasts (a podcast network in India) and I both realised that hey! I can do this," says Siddharth over the phone from Mumbai.

Thus began the *Travelling Professor's Diary* podcast, in which Siddharth analyses – enhanced by his amicable style

– on his observations and travels to MICA, SP Jain, Symbiosis, FLAME, upGrad, and Talent age. Some of the topics he has given insightful perspectives on are 'the politics beyond our social media bubbles,' 'How to beat toxicity with science', and 'design your entertainment'. Siddharth has been a professor for 20 years and has taught at various institutes, including SP Jain, Symbiosis and Ahmedabad University.

He is widely known in the academic community, but his podcast reaches people who have never attended his lectures, but will gain from his knowledge.



So why podcasts and not Youtube? "I think podcasting allows you to reach a new set of people that you typically can't reach on YouTube, or any other visual medium. But that doesn't mean I am averse to doing Youtube videos."

There are times when I put up my own video on Instagram or on LinkedIn and cross link it with my podcast. But I believe the message can be different on a podcast because the structure of the conversation or the kind of rant that I do on my part is unstructured, and the uncertain nature of the conversation makes for a different kind of listening pleasure. Also, a lot of people just put on YouTube and listen to it."

Speaking about the idea behind the podcast, Siddharth says: "I was always

the travelling Professor on Instagram and LinkedIn. The moment I started teaching at different institutes, I realised that my personal brand is not a specific institute, it is more to do with the joy of teaching and of connecting with students and learning. Then I realised I am

fairly interesting and unique (laughs). While travelling, you realise there are many things you discover across different cultures and you assimilate them."

Ideas come to Siddharth in various ways, from conversations to observations. "I am quite a curious mad hatter. So, I keep looking at various things and start pontificating about them and that's always fun to do. I look at something that has made me curious, either in a negative or a positive way... that can come from media, day-to-day living, within

the classroom, meeting parents, and even meeting other teachers. So even though the social circles are different, it has to lead to some either positive or negative observation.

And then rumination on it typically happens. I make a few notes. I then record my podcast and send it for editing to IVM." Social media is full of noise, where people swing between extremes, does Siddharth think that podcasts are an anti-thesis to that? Does it allow for slowing down, relaxing and being open to learning?

"The next evolutionary step is to encourage a social media structure that allows for more nuanced conversation" he agrees and adds: "It makes for more fun, peaceful and empathetic discussion. So I thought my podcast can allow people to become a little more aware of themselves."

You can listen to the podcast here: [ivmpodcasts.com/the-travelling-professors-diary](http://ivmpodcasts.com/the-travelling-professors-diary)

## A Space Marketing Feature



## Mindful Eating

Mindfulness means focusing on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and bodily sensations. The tenets of mindfulness apply to mindful eating as well, but the concept of mindful eating goes beyond the individual. Mindful eating is a technique that helps you gain control over your eating habits. It has been shown to promote weight loss, reduce binge eating and help you feel better.

Mindful eating can help in identifying unhealthy behavior patterns around food; for example, eating too much, or eating when you're not actually hungry and don't need to eat. Mindful eating is learning to pay attention. Instead of eating mindlessly, putting food into your mouth almost unconsciously, not really tasting the food you're eating... you notice your thoughts, feelings, and sensations. Mindful eating can be effective in reducing binge-eating disorders (commonly involving emotional eating) when compared to no treatment. Eating has become a mindless act, often done quickly. This can be problematic, since it takes the brain up to 20 minutes to realize and make you feel that you are full.

It's well known that most weight loss programs don't work in the long term. Around 85% of people with obesity who lose weight return to or exceed their initial weight within a few years. Binge eating, emotional eating, external eating, and eating in response to food cravings

have been linked to weight gain and weight regain after successful weight loss. Chronic exposure to stress may also play a large role in overeating and obesity. The vast majority of studies agree that mindful eating helps you lose weight by changing your eating behaviors and reducing stress.

Binge eating involves eating a large amount of food in a short amount of time, mindlessly and without control.

It has been linked to eating disorders and weight gain, and one study showed that almost 70% of people with binge eating disorder are obese.

Mindful eating may drastically reduce the severity and frequency of binge eating episodes. One study found that after a 6-week group intervention in women with obesity, binge eating episodes decreased from 4 to 1.5 times per week. The severity of each episode decreased as well. By changing the way one thinks about food, the negative feelings that may be associated with eating are replaced with awareness, improved self-control, and positive emotions.

Choosing to eat mindfully does not require any major changes in your eating habits. You may just begin practicing 'Mindful Eating' with one meal a day and then gradually increase. Before eating, pause for a moment check if you are really hungry or stressed. Sometimes overstressed situations can lead to craving for food. Sit in a favorable environment away from all dis-

tractions to begin your meal.

Eating mindfully means chewing slowly and savoring the moment. Notice the colours, flavors and textures of your meal.

Pause between each mouthful and put your utensils down on the plate. You will experience a greater sense of taste and pleasure from your food by doing this. Aim to take

about 20 minutes to eat a meal mindfully. Compare it to how long you would usually take to eat a meal. Mindful eating celebrates the joy and satisfaction of eating.

### THE PAINFUL SHOULDER

#### Know your treatment options

Shoulder joint pain is not so uncommon in any age group from a young sports person to elderly population. We tend to ignore the initial pain by applying some ointments and taking few medicines in form of pain killers. Although a few of them may get pain relief but slowly becomes severe and if under looked may lead to a stage of frozen shoulders where it becomes impossible to even lift your hand thereby restricting the daily activities like wearing clothes, combing hair.

**What are the common causes of shoulder pain?**  
Shoulder joint is a big complex joint with numerous muscles, tendons and ligaments around it to support and protect it. But any form of injury or a fall or while playing sports and also in few medical conditions like diabetes, the joint and muscles around are prone for damage leading to pain. A group of four muscles called rotator cuff surrounds the shoulder joint to protect it is a very potential source of tear and pain from shoulder joint. A condition called as Frozen shoulder is mostly seen in cases of uncontrolled diabetes and also in cases of unhealed injury which passes from a stage of initial restriction of movement to complete stuck joint if not treated. Osteoarthritis of shoulder joint is not so uncommon in old age leading to excruciating pain and in most cases have to undergo surgeries.

**Are there any test to identify the pathology?**  
To get rid of shoulder joint pathologies it is important to understand and identify the pain generators and so do not wait to see your pain physician as soon as possible. The physician will perform a series of tests on the patient to find out the pain generator and if required may send for certain investigations like a MRI or ultrasound examination. A dynamic ultrasound performed seems to be the best investigation for not only diagnosis but also for treating these pathologies.

**What are the treatment options?**  
Till now even though the pain pathologies have been identified but still most of the patients suffers due to less awareness about the available treatment options. Pain killers, physiotherapy and in some cases undergoing painful cumbersome surgeries were the only treatment known to the patients.

**Know your latest treatment options**  
The latest treatment modalities yielding almost 100 percent results by simple day care non surgical procedures like Prolotherapy, Platelet rich plasma therapy, Radiofrequency ablations or as simple as a joint injection done under image guidance. Platelet rich plasma therapy is a process of healing the muscle and tendon injury with patients own blood done as a day care procedure. This procedure yields maximum results and is approved especially in cases of rotator cuff injury. One sitting of platelet rich plasma therapy takes only few days for complete healing of the tendon. The advantage of this therapy is zero complication with complete healing. This treatment does not require any rest post intervention and can resume all the activities from next day.

Radiofrequency procedures done in resistant cases of frozen shoulder with the help of specialized equipment as a day care procedure. This is the only available treatment options for patients where all other treatment modalities have failed.

Shoulder joint pain needs to be investigated and treated in the initial stages with the available non surgical treatments to for a better quality of life

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## COSMETIC GYNAECOLOGY

### GAINING POPULARITY

**Hyderabad:** following her second delivery, 38 years old Amita has been feeling very unpleasant physically. Not only did her body bloat up, but her vagina also felt extremely loose. However, due to society reasons and the inability to travel abroad for a surgery, she decided to let it go.

To make matters simple for women like Amita, Dr. Ostrezenski, a famous cosmetic gynaecologist of Florida, introduced the treatment, which slowly found its way to India, is starting off in Hyderabad.

**"This recent breakthrough in the aesthetic field will help transform the female external genitalia appearance to look younger and more natural", said Dr. Shaivalini Kamarapu, Pace Hospitals, who is an Indian and certified in this field.**

"It involves a group of procedures that is cosmetic in nature and some are medically necessary. They are performed to either improve the function or the appearance; or both", she added.

With over ten surgeries have been performed in the state, Dr. Shaivalini Kamarapu is of the hope that women will slowly become open to the idea of discussing about their sexual health with doctor. "However they are still apprehensive about society's reaction to the same", she stressed.

"I think it is the women's personal choice to make that decision for herself. If it is medically necessary, then there is no question about its requirement, said Harika, resident of Hyderabad. "As vagina is also an important part of a body, its care is essential", she added.

Cosmetic gynaecology will surely grow in Hyderabad as the population here is involving into an open mind and positive attitude.

"As a mother who has undergone natural birth with an episiotomy, it would feel great to have it cosmetically corrected", said a staff nurse and mother of 2 years old baby.

The procedure, which would cost around Rs. 1 Lakh all together in India as against an approximate of Rs. 10 lakhs abroad, include designer labiaplasty, designer perineoplasty, hoodoplasty (Clitoral hood reduction), labia majora reduction, labia majora augmentation, hymenoplasty (hymen restoration), Mon's lipo sculpturing and G-Spot (G-Spot augmentation).

"These procedures could really beneficial for the beautification and enrichment of an individual's marital life (sexual health). Post birth a women's disfigured body could lead to psychological stress", said Deepika, a mother of 2 children.

**Cosmetic Gynaecology is no longer exclusive to the rich and famous, movie stars and models. It has become readily accessible to the general public.**

24 years old women speak about loose and elongated labia majora (needs labiaplasty) complain about uncomfortable while walking and standing for longer hours.

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## PCOS – An enigma simplified

Today in this fast paced world our lifestyle has become very much sedentary. There is a complete lack of exercise and healthy diet. Also a Lot of stress at work and working in night shifts are leading to obesity and its related issues. One of the most important health issues for women today is PCOS.

PCOS stand for Polycystic ovarian syndrome. It is a condition in which women are characterized by irregular or no menstrual periods, acne, obesity, and excessive unwanted hair growth. These symptoms are due to abnormally raised Insulin and Androgen levels causing predominance of male hormones in females. PCOS women will either ovulate late or sometimes do not ovulate at all causing delayed periods and fertility issues. The exact cause of PCOS is not known. It is mainly genetic in origin and aggravated due to adverse life style. Diagnosis is made by menstrual history, physical examination, pelvic sonography and hormonal blood tests. Also, PCOS women are at increased risk of developing Diabetes, Hypertension, Heart disorders and Endometrial (Uterine)-Cancers later in life if proper measures not taken on time.

**Treatment-** Lifestyle modifications is the most important factor. Ensuring a healthy diet and daily exercise like yoga, lifting weights, aerobics, Zumba or just brisk walking for at least an hour will considerably decrease the severity of PCOS. In obese PCOS reducing atleast 10% of the body weight results in restoring menstruation and causing ovulation which helps in spontaneous conception and also help in better response to fertility drugs.

Treatment depends on Patient's choice whether she wants to conceive or just regularize her periods, as treatment varies according to her goals. If it is just to regularize periods – cyclical use of progesterone should suffice. In case of associated acne or excess hair growth Progesterone with anti-androgen activity are preferred. For fertility restoration – Most of the PCOS women do not ovulate naturally and require Ovulation Induction drugs along with hormonal injections to cause ovulation. In severe form of PCOS when there is no ovulation or pregnancy inspite of multiple treatment cycles with Ovulation Induction and Intrauterine insemination, Laparoscopic Ovarian drilling can be considered. This is a daycare surgery where 3-4 punctures are made on the ovaries using energy source and this reduces the hormonal imbalance and improves pregnancy success rates.

Each case of PCOS is different and they respond differently to the same medication. Hence it is advisable to consult an Infertility Specialist very early on in life to evaluate, assess and follow you up regularly. They will guide you by prescribing medications accordingly to individual's age and needs. Ideally the follow up with reproductive medicine specialist should continue from adolescence to menopause and may even be lifelong.

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