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## MESSAGE

**Heartiest congratulations to Kokan Welfare Society, Kuwait for organizing the 5<sup>th</sup> edition of Kokan Mela on 5<sup>th</sup> April 2019. This cultural and social event is an opportunity to showcase the Kokani traditions and also to familiarize the people with Kokani cuisine.**

**The Embassy of India extends warm felicitations to Kokan Welfare Society, Kuwait and conveys its Best wishes for the success of the Kokan Mela.**

**(Yashwant Chatpalliwar)**

**Second Secretary (Community Affairs)**

**25.03.2019**

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Assalamu alaikum

On the occasion of our 5<sup>th</sup> Kokan Mela, I extend my heartiest greetings and best wishes to all the members of our Kokani community in Kuwait. Kokan Mela is a bustling event which provides an opportunity to Kokani people to gather on a large basis and to acquaint with each other. It exhibits the Kokani's food, hospitality, tradition and culture. It also provides fun and enjoyment for the women and children.

Over the last seven years, Kokan Welfare Society (KWS) has become the sole representative of the Kokani community in Kuwait and I am proud to be a part of it. Surely, due to the Kokani people's trust in our society, KWS has become representative of Kokani people's aspirations, which provides a common platform for joy, sorrow and for a better tomorrow.

As years pass by, and from the experience, our concerns towards the community augmented and we have been continuously improving our services to the community. This year we have launched the "KWS Privilege Card" scheme, turning to be the highlight and the means of connecting and improving brotherhood and supporting each other when required the most. Today people sense that they have some organization to back them in case of emergency.

KWS activities and schemes have been mentioned in this Souvenir for information and familiarization.

I thank the Kokani community for their wholehearted support to each and every activity and project of KWS.

Also, I take this opportunity to thank H.E. the Ambassador of India to the State of Kuwait for providing us the embassy support.

I thank His Highness the Amir of Kuwait, the Crown Prince of Kuwait and the Prime Minister of Kuwait for the opportunity of work and participation in social activities.

Finally, I am thankful to all my Executive members, coordination and organizing committee and well wishers for their dedicated efforts, meticulous professional planning and execution.

May Allah bless us all with prosperity, good health and peaceful life.

**Salim Desai**  
**President**  
**Kokan Welfare Society**  
**Kuwait**

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Maulana Javed Karjekar	Yacoub Solkar	Abdul Majid Jalgaonkar	Akbar Bade

		
Maulana Zameer	Hasrat Walile	Farook Bade

		
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Salim Kazi



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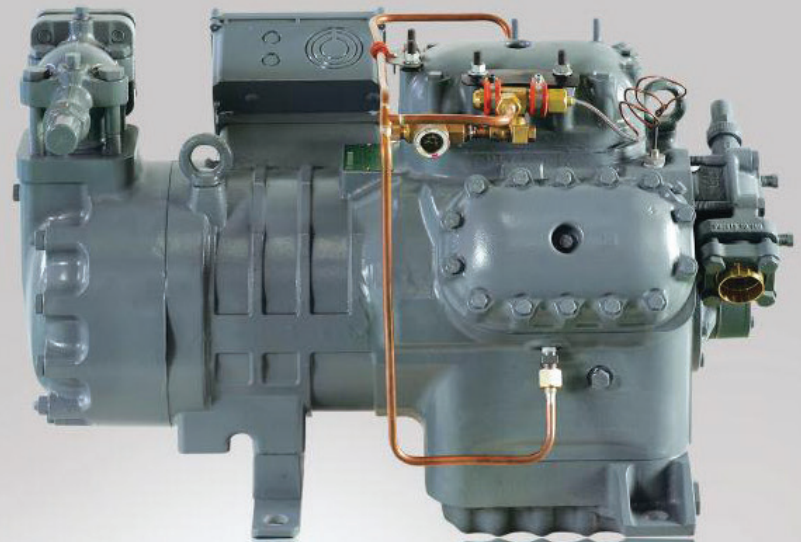
**Creative work by KWS children...**





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## Privilege Member

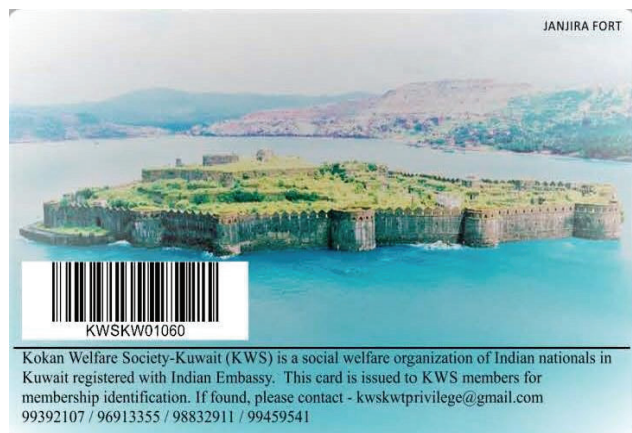
Kokan Welfare Society, Kuwait (KWS) is always pioneer in community service. Alhamdulillah, KWS is working relentlessly for more than 6 years for community benefits, especially in education, social and economic fields whereas Kuwait has history of Kokani associations fading out quickly.

In quest of innovation, mass participation and benefits of the majority members, KWS always thought of establishing collective power of the community in Kuwait. Hence this time, KWS has come up with unique "**KWS PRIVILEGE CARD**" which will establish Kokani community as collective economic force and will bring **SOCIAL AND COMMERCIAL BENEFITS** to participant members on sustainable basis.

In Sha Allah, this unique program will benefit members in saving their money, availing best services from various service providers, traders, medical centers, restaurants, Educational Institutes and above all will provide an **OPPORTUNITY TO SUPPORT** to less privileged community member and his family in case of his bad time.

The strength of this program will come from maximum participation of Kokani community members and follows the set rules for the program.

KWS is trying it's best to reach maximum people and by this letter, we appeal to all community members to join us and actively support us to reach maximum Kokani community in Kuwait.



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# Where we stand...

## Strengths

- Community's existence in Kuwait for many decades
- Influential and well placed people
- Estimate of more than 25000 people

## Opportunities


- Untapped large s so great potential to have
- Huge bargaining power
- Community benefit schemes

## Threats to community

- Changing medical facilities rules in Kuwait
- policy to reduce expats

## Weakness

- Scattered through small groups
- Little or no coordination on important issues
- Lack or mismatching skillset for jobs



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# Kokan Welfare Society (KWS), Kuwait “Empowering Community”



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## Benefits to the community

### Social Benefits

- Membership Benefit scheme
- Educational Scholarship Program
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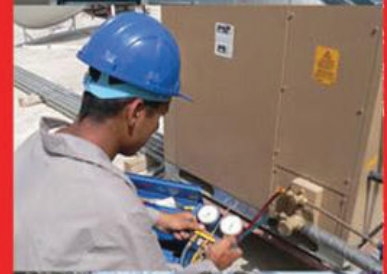
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# The Mother: Celestial Blessings

Salim Desai

“God can’t be everywhere, so therefore He made Mothers” what a beautiful proverb.

Mother...One word which may be pronounced differently in different parts of the world but the feeling behind is divine and same everywhere. Mother...Through whom God creates the world. Be it human or animal. We all are a creation of her body and soul.

Mother...Who protects us more than her life when we are born little and defenseless in this world. Mother...We submerge in the warmth of her love and hugs.

Mother...is the first word, usually children speak.

Mother...who holds our finger when we put our first step to walk. She is the one who keeps us from falling.

Mother...Whose arms are made of tenderness and children sleep soundly in them.

Mother...Whose fingers in our hair give a soothing touch.

Mother...Whose shoulder is the best place to put your head on and cry.

Mother...Whose one kiss heals all wounds either physical or psychological.

Mother...Whose one pat is inspiring to conquer the world.

Mother...Whose beating or scolding never hurts her child.

Her attribute of sacrifice is matchless. Her sacrifice starts when she holds the baby in her womb. She sacrifices her sleep, her meal and her time. Baby can feel her tender love even in the belly. Mother understands everything and forgives everything.

Forgiveness is her virtue, and I am sure that no one can match that quality of mother. A mother’s heart is always with her children. This story proves it. Once there was a man who wanted to be rich instantly, so he went to one magician. He tells the man to go and get his mother’s heart for some ritual and then he will become rich and famous. So that greedy man kills his mother and takes out her heart to the magician. On the way, he stumbles on a stone

and falls. His mother’s heart also slips from his hand and lands on the ground. Oh! The mother’s heart speaks out” son, did u get hurt? Be careful my dear”.

Even though her son killed her, she cares for him. The only mother can show this kind of forgiveness. She will forgive her children’s gravest mistakes and will never have any grudge towards them. Mother is ultimate in love for her children. She wants them to grow, prosper and reach great heights. She loves her child unconditionally and without any expectations in future. She loves her child, be it dark or fair, smart or slow, handsome or ugly. She feels that her child is the best as it is part of her body.

Mother is the most influential person to shape the future of the child. She nurtures and teaches the values in the child. She shapes up the child’s character and outlook.

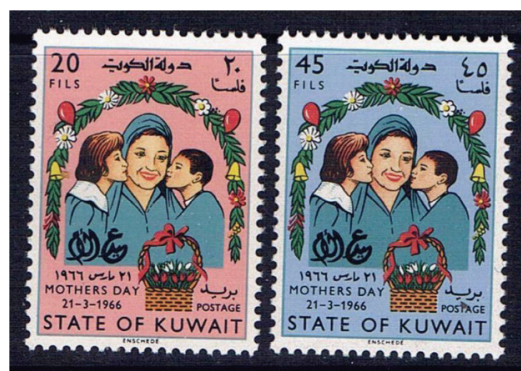
What we are today is because of our mothers. Mother is sweet... mother is tender.....mother is lovely... mother is merciful...

Someone asked Prophet Mohamed PBUH, who is the best to be adored after God and Prophet...he said mother...who is next...he said mother.....who is next...he said mother...who is next...father. So, her place is three times higher than of the father.

She has all divine qualities which are necessary for a good life in this world. Let’s seek forgiveness from her and seek her blessings. Let’s learn how to love unconditionally. Let’s take her quality of sacrifice to make this world more beautiful and peaceful. Let’s take her class of understanding to have space for all.

Friends, as I said a mother is divine, so let’s take care of her in our best ability before it's late and get some glimpses of heaven in this world only.

Published in [www.indianinkuwait.com](http://www.indianinkuwait.com)



Dr. Rubina Ali Chougale

Consultant Ob/Gyn

**Consultant Obstetrics/Gynecology & IVF**

MBBS , MRCOG , FRCOG (London), CCST (UK)

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**Kokan Health Day**



# **KWS Activities...**



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# KWS Activities...

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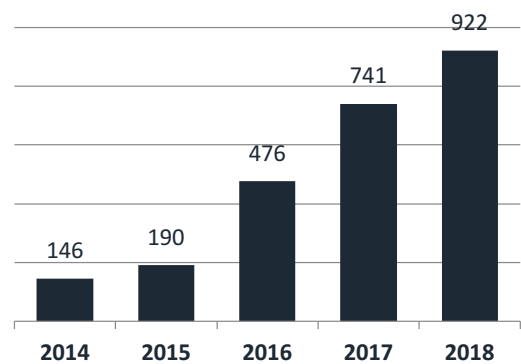
Iftar for the Kokani community



iftar Ration Distribution



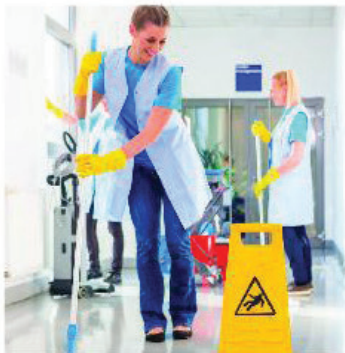
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# Breast Tuberculosis -A Need for a Diagnostic Algorithm

Research paper by Dr. Qurratulain Ali Chougale



## Abstract

Tuberculosis of the breast is assuming significant proportions in urban India. Lack of a diagnostic algorithm leads to delay in the diagnosis. Concomitant malignancy in the same breast makes it even more complicated. The editorial discusses the salient features of the diagnostic hurdles faced by the surgeon in cases of breast tuberculosis.

**Keywords:** Breast cancer; Tuberculosis; Diagnosis; Management

## Editorial

Volume 3 Issue 3 - 2016

**Ketan Vagholkar\*, Qurratulain Ali Chougale and Suvarna Vagholkar**

*Department of Surgery, DY Patil University School of Medicine, India*

**\*Corresponding author:** Ketan Vagholkar, Department of surgery, DY Patil University School of Medicine, Annapurna Niwas, 229 Ghantali Road, Thane-400602 MS, India, Tel: 9821341290; Email: kvagholkar@yahoo.com

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## Editorial

Tuberculosis of the breast once a rare entity is now assuming prominence especially in urban centres. The natural history of breast tuberculosis is variable. The clinical presentation is deceptive ranging from features of pyogenic abscess to frank breast cancer. Majority of cases of breast tuberculosis were reported from the Asian subcontinent where tuberculosis continues to be a major healthcare problem. Since the incidence of breast tuberculosis is significantly low as compared to other benign or malignant conditions of the breast and even in comparison to the incidence of tuberculosis in the other organ systems, detailed appraisal of the pathology, clinical features and diagnosis is still unavailable.

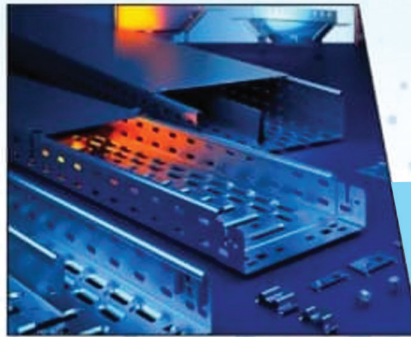
Breast tuberculosis may be primary or secondary. However, with respect to the diagnosis, this is of least concern. The clinical presentation of breast tuberculosis may range from a simple pyogenic abscess to that simulating a classical breast cancer<sup>[1]</sup>. Co-existence of tuberculosis and breast cancer has been described in various case reports adding to the complexity of diagnosing this lesion<sup>[2]</sup>. A non-lactating woman presenting with a pyogenic breast abscess should raise the suspicion of either tuberculosis or malignancy<sup>[1,3]</sup>. Drainage of the pus with biopsy from the underlying mass is essential. This can help in diagnosis of tuberculosis either by demonstrating acid fast bacilli or by demonstrating classical epithelioid granulomas studded with Langhan's giant cells. Malignancy of the breast can also be ruled out with authenticity by means of a biopsy<sup>[4]</sup>. Patients presenting with a lump with equivocal consistency pose the biggest challenge. FNAC may reveal epithelioid cells or Langhan's giant cells. The chance of identifying acid fast bacilli (AFB) by FNAC is extremely less. However, diagnosis of epithelioid cells on FNAC is enough evidence to arrive at a diagnosis of tuberculosis<sup>[5,6]</sup>. In the event of sparse cellular aspirate, an FNAC may be inconclusive. In such cases a calculated risk of dissemination of the disease process has to be taken for the sake of a tissue biopsy. In patients presenting with a mass accompanied by sinuses diagnosis becomes quite easy. Sinus tracks are pathognomonic of tuberculosis<sup>[7]</sup>. These are invariably associated with an underlying mass. FNAC from this mass is diagnostic.

No hematological or radiological investigations can guarantee a high sensitivity and specificity for diagnosis of breast tuberculosis. Majority of investigations are suggestive

but not diagnostic, making the diagnosis more complex and challenging. Various studies from the western hemisphere describe the presence of AFB as absolutely essential for diagnosis of tuberculosis. However, the chance of picking up AFB in majority of tuberculous breast lesions is extremely low. Absence of AFB from a lesion does not mean absence of tuberculosis. This is a peculiar phenomenon typical of tuberculosis. Immunological tests in majority of cases are equivocal or inconclusive<sup>[7,8]</sup>. Hence, they cannot be relied upon for diagnosis. Therefore, if FNAC is inconclusive, biopsy remains the only hope for diagnosis. Presence of epithelioid granulomas with central caseation is diagnostic.



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The traditional concept of empiric treatment for tuberculosis still holds true. As demonstrating AFB in all lesions to confirm tuberculosis is not possible, one has to rely on affirmative surrogate criteria. These include typical clinical features supported by histological features of tuberculosis as confirmed by biopsy. Commencing anti-tuberculous treatment based on these criteria continues to be termed as empiric treatment in modern day clinical practice. Empiric treatment is pivotal as it proves to be both diagnostic and therapeutic in tuberculosis of the breast. Resolution of the presenting features usually happens within 6 weeks of therapy. The duration of anti-tuberculous chemotherapy is usually 6 months. The first two months comprise of a 4-drug induction therapy followed by 4 months of maintenance chemotherapy. Majority of the lesions resolve with this treatment. However, in select few cases surgical excision is warranted. Histopathological study of the residual lump is essential as an undiagnosed hidden malignancy could be brought to light<sup>[9,10]</sup>. Concomitant tuberculosis and malignancy in the same breast remain to be a challenge to the surgeon. Delay in diagnosis of malignancy can be detrimental to the prognosis. Therefore, 6 weeks of anti-tuberculous treatment should be followed by a critical assessment of the lesion. If the response is suboptimal a true cut biopsy or formal biopsy would be best option<sup>[10]</sup>.

Tuberculosis of the breast therefore continues to pose the biggest diagnostic challenge. A holistic approach taking into consideration clinical signs, FNAC and biopsy reports followed by response to anti-tuberculous therapy can only lead to an affirmative diagnosis. In cases exhibiting suboptimal response to medical treatment with persistence of lump a strong suspicion of malignancy should be considered, warranting further investigations in the form of an open biopsy. Meta-analysis of case series and isolated case reports across the continents is essential to develop a diagnostic algorithm for breast tuberculosis.

#### **Acknowledgement**

We would like to thank Mr. Parth K vagholkar for his help in typesetting and editing of the manuscript.

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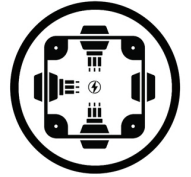
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## **Stay Fit- Mechanism to Burn Body Fat**

Many of us may be considering “burning some fat” so we feel better in our suits out at the party. What does that actually mean, though?

The fat cell exists primarily to store energy. To accommodate excess energy from high-calorie foods, our body expands the number of fat cell and the size of these fat cells. It will even go so far as to start depositing fat cells on our muscles, liver and other organs to create space to store all this extra energy from calorie-rich diets – especially when combined with a low activity lifestyle.

Anciently, fat storage worked well for humans. The energy was stored as small packages of molecules called fatty acids, which are released into the bloodstream for use as fuel by muscles and other organs when there was no food available, or when a predator was chasing us. Fat storage actually granted a survival advantage in such situations which enabled one to survive longer periods without food and had extra energy for hostile environments.

The major problem with this excess fat is that the fat cells, called adipocytes, do not function normally. They store energy at an abnormally high rate and release energy at an abnormally slow rate.

What’s more, these extra and enlarged fat cells produce abnormal amounts of different hormones. These hormones increase inflammation, slow down metabolism, and contribute to disease.

Adiposity is a term used to describe excess fat tissue in the body. Over time, this fat tissue can become enlarged and turn into “sick fat,” resulting in abnormalities that can lead to metabolic diseases such as high blood pressure and diabetes. This type of “sick fat” is referred to as adiposopathy, which is considered to be a form of heart disease by many doctors.

When a person begins and maintains a new exercise regimen and limits calories, the body does two things to “burn fat.”

- It uses the energy stored in the fat cells to fuel new activity.
- It stops putting away so much for storage.

The brain signals fat cells to release the energy packages, or fatty acid molecules, to the bloodstream which are used up by the muscles, lungs and heart, to break these fatty acids apart, and use the energy stored in the bonds to execute their activities. The scraps that remain are discarded as part of respiration, in the outgoing carbon dioxide, or in urine. This leaves the fat cell empty and renders it useless. Fat cells actually have a short lifespan so when they die the body absorbs the empty cast and doesn’t replace them. Over time, the body directly extracts the energy (i.e., calories) from food to the organs that need them instead of storing it first.

As a result, the body readjusts by decreasing the number and size of fat cells, which subsequently improves baseline metabolism, decreases inflammation, treats disease, and prolongs lives. If we maintain this situation over time, the body reabsorbs the extra empty fat cells and discards them as waste, leaving us leaner and healthier on multiple levels.

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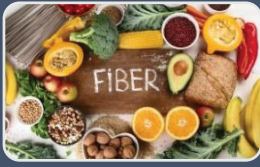
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## What foods help burn body fat?



### HIGH FIBER FOODS - Beans, Whole Fruits, Oats, Vegetables, Nuts And Seeds, Wheat Bran

# High-fiber diet improves serum lipids, total cholesterol, low-density lipoprotein cholesterol (LDL-C), high-density lipoprotein cholesterol (HDL-C), and triglycerides.



### RED PEPPERS

# Suppress hunger and make the body generate heat.

# An increase in energy expenditure



### WHOLE GRAINS- Brown rice, oatmeal, whole - wheat flour, whole grain kernel

# Increased calorie loss by decreasing the number of calories retained during digestion, while simultaneously speeding up metabolism.



### LOW- FAT DAIRY PRODUCTS

# Dietary calcium has the potential to increase faecal fat excretion to an extent that could be relevant for prevention of weight (re-)gain.

# Calcium intake is likely to increase rates of fat oxidation (burning of fatty acids from blood for energy).



### LEAN MEAT - Chicken & fish

# **More satiety:** People tend to feel fuller, on fewer calories, after eating protein than they do after eating carbohydrate or fat.

# **Greater thermic effect:** It takes more energy to metabolize and store protein than other macronutrients, and this may help people increase the energy they burn each day.



### GREEN TEA

# Effective in lowering LDL cholesterol levels

# Reduces the amount of cholesterol absorbed by the body, increasing the amount of cholesterol excreted and enabling the cholesterol to be stored in the liver.



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Post Graduate Diploma in Asthma Management from Royal College of Physicians (UK).  
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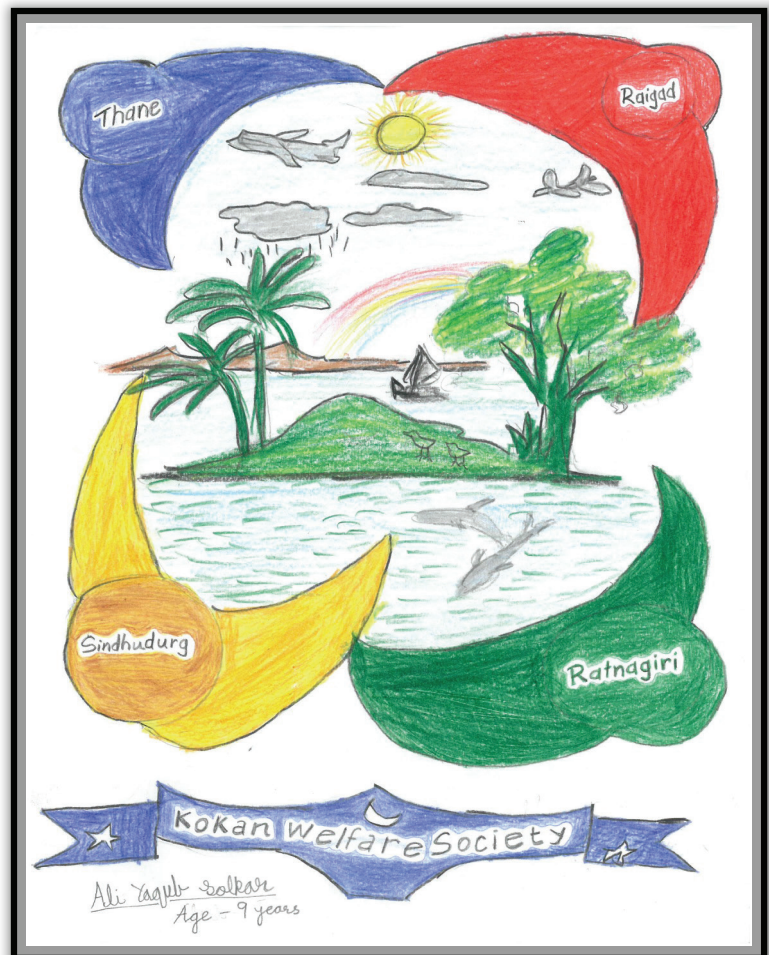
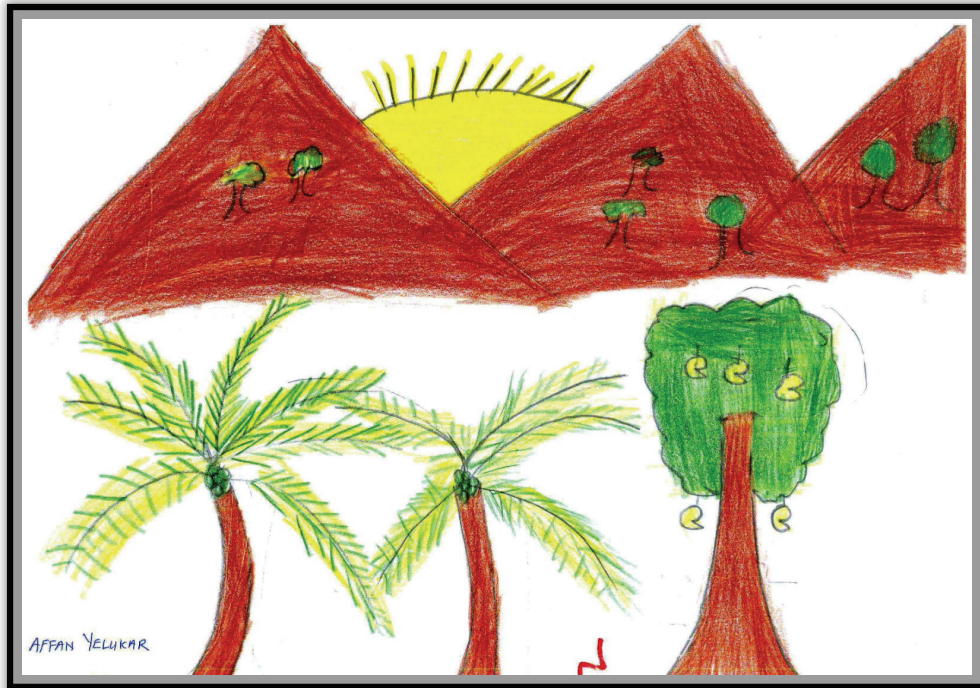
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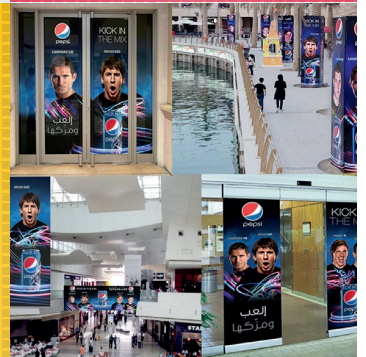
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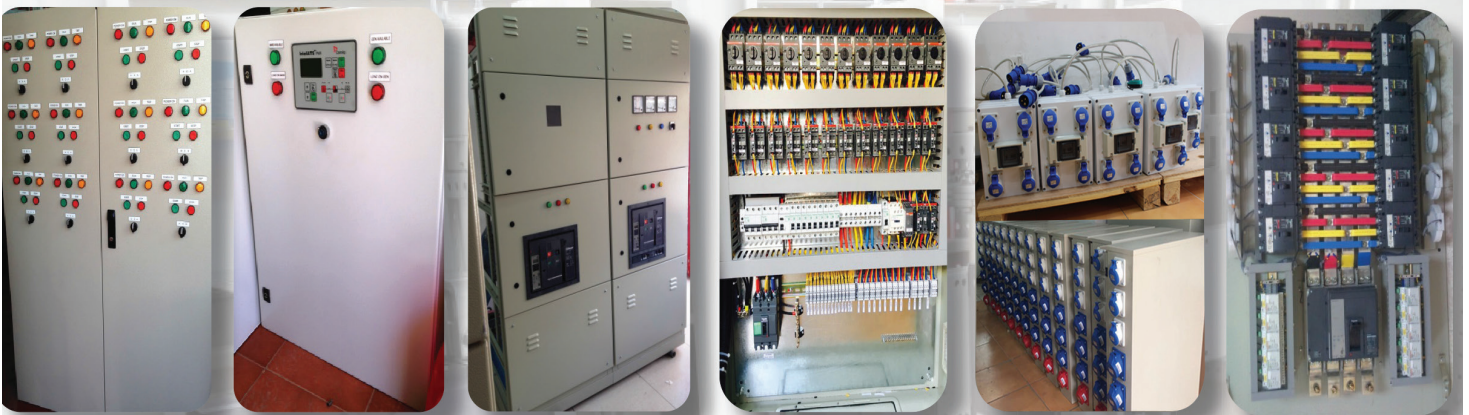
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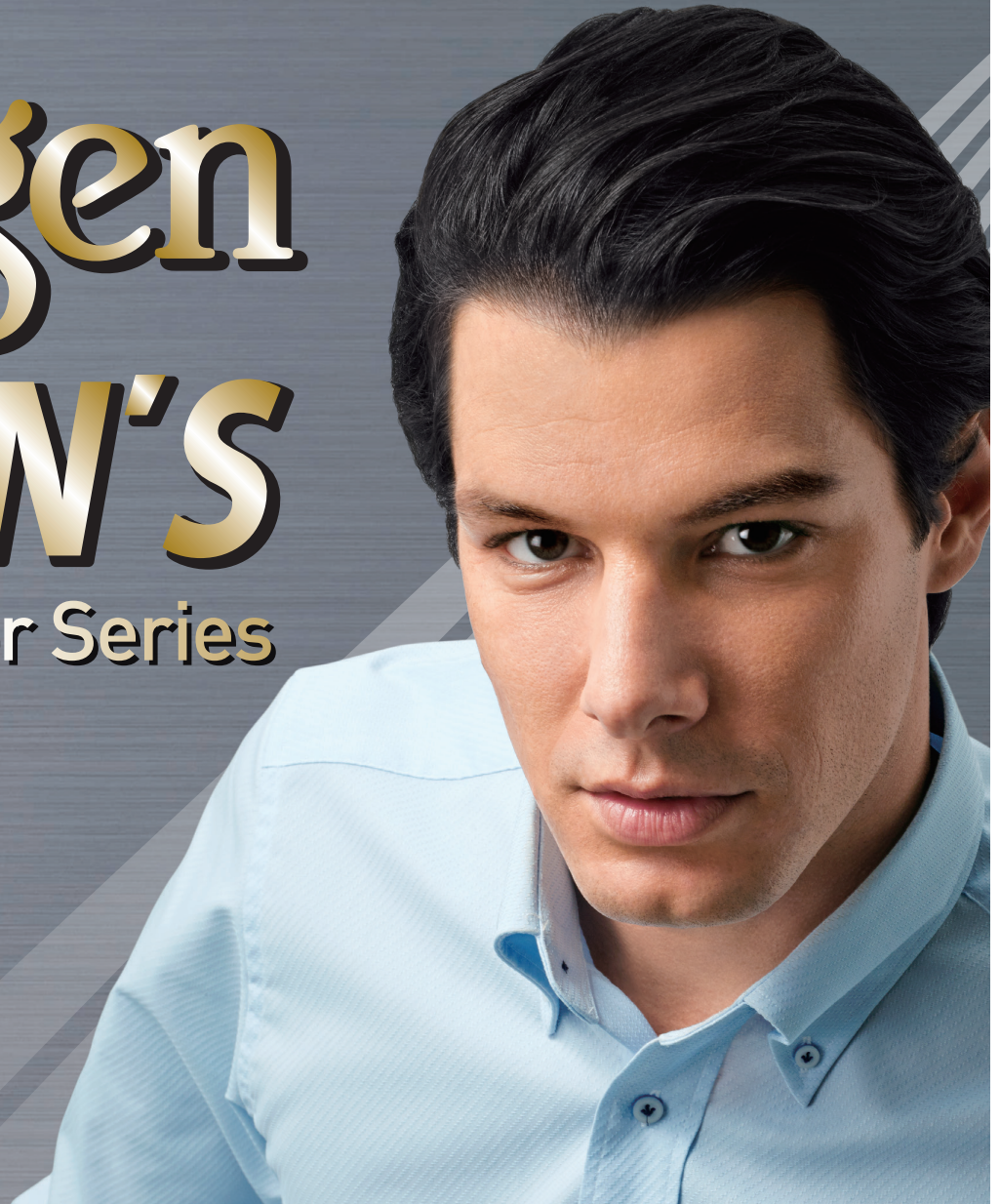


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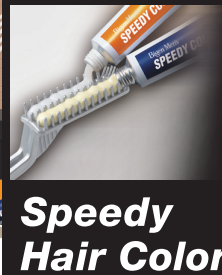
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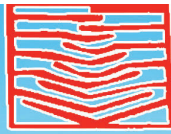
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The Kokan area is a coastal strip of land on the western border of Maharashtra.

It has admirable natural beauty that catches the eye. It is also a very well known tourist Spot. Its greenery, coconut, beautiful beaches, waterfalls, mountains and lush green valleys.

Leaves a beautiful memory of the place and capture the heart of everyone who visits Kokan.

Kokan region is well famous for its sparkling beaches. Murud beach of Raigadh district, Dapoli of Ratnagiri are the few most famous beaches of Kokan.

Kokan is also very well known for its ancient and beautiful forts. Janjira fort, Raigadh fort are some of them. Kokan is truly a naturally gifted area of the state.

The native Kokan people are peace loving, helping and friendly, which makes one feel at home. The kokni cuisine involves a vast range of delicious food that one relishes forever. The cuisine mostly consists of sea with homemade spices. The dishes have been passed from one generation to another are

Saandan, khajuri, sakhrawle, ghawne and ghaari are some of them famous kokni dishes.

Monsoon makes the kokan all the more beautiful and is the most awaited season of koknis.

Another most season is the mango season. Mangoes are naturally grown in the lands of koknis.

Once fully grown are distributed among family and friends and sold in the market.

The koknis are fun loving, enthusiastic and live together as one big family. Kokan gives one a feeling of home, which is cherished by everyone.

I am proud to be a kokni and kokan will always be in my heart and will held a special place in my life.

Forever. Residing here in gulf makes my heart yearn for its lush green trees and villages.

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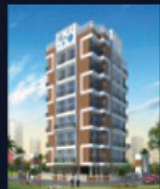
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