



INDIAN MEDICAL ASSOCIATION

VADODARA BRANCH -

The Monthly Bulletin I

March 2024



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IMA, VADODARA BRANCH

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Advisory Board

- Dr. Darshan Banker
- · Dr. Mahesh Patel
- · Dr. Bhikhubhai Patel
- · Dr. Satish Pandva
- · Dr. Krutesh Shah
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| WELCOME | NEW MEMBERS | TOTAL MEMI | BER5: 3630 |
|--------------------------|-----------------------|-------------------------|----------------------|
| SLN | V: | CLM : | |
| Raulji Seema | Kapuriya Dharmesh P. | Thakar Nirav Ashokkumar | Bargri Puneetkumar B |
| Jonwal Kamaxi Chhotelal | Rathwa Alaukika N. | Vani Prachi Paragbhai | Pareek Vrinda |
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| Prajapti Nirav S. | Vaidya Neel R. | Kasuhdra Shalyi S. | Choudhary Mahina |
| Murlidhar Venu B. | Dalal Kirti D. | Ponda Vikas V. | Joshi Yavatesh T. |
| Parmar Sheetal Y. | Shahu Sheetalben A. | Shah Vidhi R. | Gor Riddhi D. |
| Patel Nirav N. | Shah Krima V. | Doshi Milan C | Joshi Sagar J. |
| Shah Krunal K. | Shah Harvy N. | Doshi Darshana M. | Patel Shruti H. |
| Rathwa Vanrajkumar | Thakrar Harsh V. | Sonaiya Tusharkumar R. | Rana Parit R. |
| Desai Nirajkumar R. | Dalal Janmejay K. | Tanna Dharaben B. | Rana Nidhiben G. |
| Joshi Hardik P. | Patel Aayushiben R. | Sharma Pankajkumar A. | Mahida Jalpalsinh R. |
| Dalal Chirag V. | | Arora Anisha | Gohil Asmitadevi J. |
| Dattani Disha R. | | Joshi Bhargav V. | Goel Gaurav G. |
| | | Shah Palak P. | Gupta Shilpi |

Doctors, digits and dilemma

Dr Vivek Jain vivekdr@gmail.com

I've been persistently getting this feedback that the puzzles here are quite difficult. Believe me it's not so and neither is that my aim. Just some patience, logic and serious thought is often required. Here are 2 simple ones. What comes in place of the ? ?

| Α | | | |
|---|----|---|---|
| 5 | 10 | 9 | 4 |
| 7 | 4 | 5 | 8 |
| 3 | 2 | 5 | 6 |
| 1 | 8 | 9 | ? |

 5
 3
 4
 5
 7
 8

 8
 12
 14
 6
 ?
 13

 7
 5
 2
 9
 6
 9

Answer - Feb 2024

- 25 X 24 = 600 different tickets
- 175 X 2 = 350, 50 X 3 = 150, 25 X 4 = 100 (total 600) (Both had 600 as the answer)

(You can access the previous puzzles/answers on the site imavoadodara.org – Publication)





Dear Friends.

उषाग्रव्ययता जलं सूचिका सूर्यश्च सूयते । जलं खान्ति सचन्द्रो गर्भाणां चान्तरं तथा।।

Just as the sun evaporates water through its rays, the moon cools and nourishes the earth with its gentle light. Both the sun and the moon play a crucial role in sustaining life on earth during the summer season.

Summer is a season that brings warmth, sunshine, and longer days, but it also comes with its own set of health challenges. Staying healthy during the summer months requires a combination of hydration, sun protection, and overall care for your body.

Overall, staying healthy during the summer requires a combination of hydration, sun protection, nutritious eating, and regular exercise. By following these health tips, you can enjoy the warm weather and outdoor activities while taking care of your body and overall well-being.

Friends, as we all know that we are now approaching Parliament election. Voting is a fundamental pillar of a functioning democracy, as it allows citizens to express their preferences and participate in the decision-making process of their nation. When individuals cast their votes, they are able to voice their opinions on important issues and elect representatives who they believe will best serve their interests.

The act of voting is crucial for the progress and growth of a nation, as it ensures that leaders are selected through a fair and transparent process. By participating in elections, citizens hold their government officials accountable and have a say in shaping the policies and direction of their country.

Moreover, voting promotes civic engagement and collective decision-making, fostering a sense of community and unity among diverse populations. When citizens come together to cast their ballots, they are actively contributing to the democratic process and working towards a better future for their nation.

In order for a nation to thrive and prosper, it is essential that voting remains accessible to all eligible individuals. By upholding the fundamentals of democracy and encouraging widespread participation in elections, countries can achieve progress and growth that reflect the values and desires of their citizens.

Jai IMA..... Jai Hind..... Jai Bharat

Dr. Mehul Desai

Dr. Samir Shah imabulletin@gmail.com Dr. Pragnesh Shah



IMA ISPL 2024 IMA Inter-Speciality Cricket League

Organised by IMA VADODARA

MATCHES RESULTS



GROUP - A

- Advance Multispecialty
- 2 Ophthalmology
- Orthopaedic
- 4 Multispecialty
- 5 Anaesthesia

1st Semi-Final

Anesthesia v/s Pathology Result:

Anesthesia won by 6 wickets Mom: Dr. Hiral (Anesthesia)

Man of the Series

Or. Harsh Patel (Anesthesia) 21", 28", Jan. & II" 18", 25" Feb. 2024

VENUE: SRP-1 GROUND LALBAUG, VADODARA

4" February - 2024

VENUE: Pavilion Ground

MSU, VADODARA

2nd Semi-Final

Multi-Speciality V/s Physician Result:

Physician who by 12 runs MOM: Dr. Nirav (Physician)

> Best Bowler Dr. Harsh patel (Anesthesia)

GROUP - B

- 1 Paediatric
- 2 Physician
- 3 Pathology
- 4 Surgery
- (5) Super specialty

Final

Anesthesia v/s Physician Result:

Physician won by 6 wickets MOM: Dr. Nikunjal (Physician)

> Best Batsman Dr. Hiral Patel (Anesthesia)



IMA Vadodara Lawn Tennis Tournament



Result of Lawn Tennis -2024

| | | Winner | RunnerUp |
|---|------|--|---|
| Managara da | Open | Dr Poojan Nagriya | Dr Sachin Mungale |
| Men's Singles | 50+ | Dr Ashwini Dandekar Sir | Dr Vijay Shah Sir |
| Men's Doubles | Open | Dr Yogesh Patel & Dr Poojan Nagriya | Dr Sachin Mungale & Dr Yashesh Dalal |
| Women's Singles | Open | Dr Rupa Shah | Dr Shailee Thakkar |
| Mixed Doubles | Open | Dr Shailee Thakkar & Dr Virendra Kosamiya | Dr Rupa Shah & Dr Yashesh Dalal |





Dr. Mitesh C. Shah President IMA Vadodara, Branch drmiteshcshah@gmail.com

Dearfriends,

We are thrilled that IMA Gujarat has chosen to adopt the successful Hospital Board of India model for IMA GSB. In today's rapidly changing medical insurance landscape, staying informed about the challenges facing our institutions is crucial. The objectives of HBI Gujarat include Identifying common problems and bottlenecks in the medical insurance process, Pinpointing specific areas where our hospital's procedures may be falling short, Explore opportunities for streamlining operations and enhancing efficiency & Advocate for necessary policy changes or reforms to better serve our patients and community. It will also represent the existing laws and upcoming laws like CEA etc. related to hospitals, formulate a "Code of Ethics" for hospitals, nursing homes, pathology laboratories, radiology centers, IVF centers, to reduce capital expenditure as well as maintenance expenditure for hospitals, nursing homes and diagnostic centers & do proper representation in the concerned departments, coordinating and making representations with relevant government departments for the continuous availability of skilled staffs for the hospitals, nursing homes and diagnostic centres, setting up a framework for paramedical staff from small towns to receive training in big city hospitals, to suggest to the Government to take steps to enable the hospitals included in the Pradhan Mantri Arogya Yojana to be economically viable and provide better treatment to the patients.

Exciting News for IMA Members is about the opening of State-of-the-Art Gym. The IMA House gym is opening soon, offering our members access to the latest equipment and experienced trainers, all at a competitive price.

Our matrimonial site is nearing completion and will be integrated into the main website shortly. This convenient platform will connect you with potential matches from reputable families.

We have a very successful new membership drive for IMA! A whopping 131 new members have enrolled themselves in IMA Vadodara. On behalf of IMA Vadodara, I welcome all of them to the team.

Huge congratulations to Team Physicians for their undefeated victory in the IMA Cricket Tournament! We also extend our warmest congratulations to all the winners of the 2024 IMA Lawn Tennis Tournament. A big round of applause to all the sportsmen and sportswomen who actively participated and brought such enthusiasm to both the IMA Inter-Specialty Cricket Tournament and the IMA Lawn Tennis Tournament. We look forward to even more exciting sporting events in the future!

We encourage all IMA Vadodara members to consider contributing their expertise and interests to our ongoing activities. Your involvement is invaluable to our success.

The famous leader Eleanor Roosevelt rightly said,

"The future belongs to those who believe in the beauty of their dreams."



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|--------------------------|---|-------------------|---------------------|---|-------------------|
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| Education Loan Up to | ₹ | 8,00,000/- @ 8.5% | | | |

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|-----------------------------|-------|
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Dr. Mehul J. Desai Hon. Secretary IMA Vadodara, Branch mehuldesai36@gmail.com

Dear IMA Vadodara members,

Greetings to you all.

I wish you all a very colourful Holi and Dhuleti. Recently we completed IMA Vadodara interspeciality cricket tournament and lawn tennis tournament. Details regarding badminton and chess tournaments will be updated soon.

- A lot of changes are happening in functioning of IMA Vadodara and IMA Vadodara BMWMC to make it easy for members.
- It is with great pleasure i would like to say that a very well planned and equipped gymnasium is ready and membership form along with necessary details will be circulated in the bulletin.
- IMA Vadodara is celebrating Down's syndrome week for specially abled children in last week of March 2024. Details of the same will be circulated soon. All the members are requested to join the same and can donate in whatever way they want to.
- We are planning to revise the Bio-medical waste bills from 01/04/2024. All the members are requested to pay their due bills of Bio-medical waste management timely to get advantage of the same. The details of new billing will be circulated in 2nd week of April 2024. Kindly co-operate IMA Vadodara BMWMC staff for better functioning.
- → I request all the members to save IMA Vadodara office number 7984441521 and IMA Vadodara BMWMC number 9409196571 in their contact list. We are regularly sending important messages through these numbers. All the members are requested to read the messages. All the members are requested to update their contact number, WhatsApp number and email ID either on 7984441521 or on imavadodara@gmail.com. This will help them to get regular updates from the IMA Vadodara office.
- Another important thing is regarding IMA Vadodara co-operative credit society. All the members interested in seeking various loans must be members of IMA Vadodara co-operative credit society at least six months prior to applying for a loan.
- It is a gentle reminder especially for the newly enrolled members to become members of various schemes of IMA like SSS, NSSS, and HEALTH SCHEME.

Regards



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- · Pulmonary and extra Pulmonary samples

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Winner MOV Player Runners up

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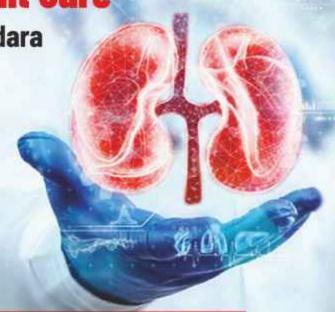
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NEW INSIGHTS INTO THE TREATMENT OF OBESITY

Social environmental and challenges. including stigma regarding the disease, sedentary jobs, barriers to physical activity, and ubiquity of affordable energy-dense foods, persist and dash hopes for the elimination of the global obesity epidemic. The key to effective addressing the disease is substantial and durable weight loss and long-term weight loss maintenance. Successful weight reduction exceeding 15% has significant implications such as prevention of T2D, T2D remission as well as improvement cardomrtabolic risk factors and in already developed obesity-related complications, including T2D.CV disease, hyperlipidaemia, hypertention, obstructive sleep apnoea, nonalcoholic fatty liver disease, and cancer. For years, such degree of weight loss could be achieved only by bariatric surgery. With a better understanding of the pathophysiology of obesity, new treatment approaches with an improved weight reduction effect have emerged. Among them is the recently approved semaglutide 2.4 mg, which results in mean weight loss close to 15% of body weight. Meanwhile, evidence of weight reduction 20% has been achieved with dual GIP/GLP-1RA trizepatide in people living with obesity. Other emerging antiobesity agents hold promise to further diversify the available treatment options and could be at our disposal in the near future. By utilizing a polymodal approach of combination therapy with two or more antiobesity medications, patients may be capable of achieving weight loss of 25%, or even 30%, that was previsoly possible only with bariatric surgery in a personalized manner depending on the patient's diseases phenotype. Thus, by treating obesity, we will eventually be able to tackle the root cause of a whole spectrum of "obesity diseases" and achieve the ultimate goal of effective weight management and health improvement.

- Matthis Bluher MD

NEW RSV VACCINES AND IMMUNIZATIONS

For the first time ever, after year of setbacks, there are multiple vaccines and shots available for several different groups to prevent RSV.

For adults over age 60, who are at higher risk for serious complications from RSV because immune systems weaken with age, the U.S. food and Drug Administration (FDA) approved two vaccines.

"so much focus is placed on flu and now COVID. but, each year in the U.S., we see tens of thousands of older adults hospitalized from RSV, thousands die from RSV complications," said Dr. John Brownstein, an epidemiologist and chief innovation officer at Boston Children's Hospital and an ABC News contributor.

"It still has significant public health consequences(due to universal travel) for those that are most vulnerable, and so now having a high efficacy vaccine is really a tremendous breakthrough for the last year and I think will have significant public health benefit for years to come," he added.

1 st CRISPR gene-editing technique to TREAT SICKLE CELL

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Earlier this month, the FDA approved two gene therapies to treat sickle cell disease (SCD), including the first CRISPR gene-editing therapy. SCD is a genetic condition in which red blood cells have a crescent, or sickle, shape, causing them to be hard and sticky.

"It is a disease that really lead to stroke, joint damage, cardiac ailment.

"If the disease goes unchecked, it can lead to blindness, it can lead to dialysis dependence and most of our patients may not see their 45th or 50th birthday," he continued.

One of these therapies, LYFGENIA, uses a piece of a virus to deliver a gene for fetal hemoglobin, which prevents blood cells from sticking together and constricting blood flow, which is delivered back into the patient.

The other therapy, Casgevy, used CRISPR/Cas9 to genetically edit the stem cells to produce more fetal hemoglobin, which are then also put back into the patient.

"From a scientific and medical standpoint, both of these therapies aim to do the same thing, they just do it in a slightly different way," Azar said. "So, the important thing to emphasize here is that these are not a cure for sickle cell disease. The patients will still have sickle cell disease on the other side of the intervention. The hope is that they will just have a milder from of the disease, where they can see a lot less pain and hopefully fewer complications and hopefully even a longer life."

અબુઘાબીઃ અલ રુવાઈસ

અબુધાબીમાં અલ સ્વાઇસમાં એડનોક નામની ઓઇલ રીફાઇનરી કંપનીની ટાઉનશીપ છે. અલ સ્વાઇસ અબુધાબીમાં આપણા લોકો કેવી રીતે રહેતા હશે? ગુજરાતી શાકાહારી લોકો શું ખાતા હશે? અબુધાબીમાં ટાઉનશીપ કેવી હશે? આવા પ્રશ્નો તમને થઇ શકે છે. ચાલો અબુધાબીની અલ સ્વાઇસની ટાઉનશીપનો અનુભવ કરીએ.

અલ રુવાઇસનું નવું નામ અલ ધનાહ થયું છે. અમે એમાં અમારા સગાને ત્યાં દસ દિવસ રોકાયા. ટાઉનશીપમાં અડધા મકાનો વિલા ટાઇપ હતા અને અડધા ક્લેટ હતા. વિલા ટાઇપના મકાનોનો વપરાશ કંપની એ વધુ ખર્ચાને લીધે બંધ કર્યો છે અને બધા ફ્લેટમાં રહેતા હતા. અમારા સગાના મકાનની બહાર જાહેર બગીચો હતો. ઘરમાં બારીઓના કાચ ૮ કુટના ઉંચા હતા. હું બારી પાસે નાસ્તો કરવા બેસું તો એવું લાગે કે જાણે હું બગીચામાં બેઠો છું. બગીચો ખુબજ સરસ રીતે સજ્જવેલ હતો. માણસો લોનને ઘાસ કાપવાના મશીનથી નિયમીત સાફ સફાઇ કરતા રહેતા હતા. વાડ પણ ખુબજ કલાત્મક રીતે કાપેલી હતી. છોડ અને ઝાડને પાણી પાવાની પ્લાસ્ટીક કે રબરની લાઇનો બિછાવેલી હતી. ઠેર ઠેર ડસ્ટબીન મુકેલા હતા. લોકો એમાંજ કચરો નાંખતા હતા. અહીં ભંગાર કે પસ્તીવાલા નથી હોતા એટલે બગીચામાં એક મોટું ઘર બનાવ્યું હતું જેમા અલગ અલગ વિભાગમાં પ્લાસ્ટીક, લોખંડ, કપડાં, અને વપરાયેલું તેલ વિગેરેના જમા કરવાના ખાના હતા. ખુબજ સરસ વ્યવસ્થા હતી. બાગમાં એક સૌંક (માર્કેટ) હતું જેમા ખાવા પીવાની અને કપડાંની ઘણી દુકાનો હતી. ખાવા અને બેસવા માટે બાંકડા અને તેના ઉપર મોટી છત્રી લગાવેલી હતી જે તડકાથી બચાવતી હતી.

રોડ ઉપર કુટપાથની બાજુમાં પીટોનીઆના અલગ અલગ રંગના કુલો ઉગાડયા હતા. એવું લાગે જાણે કુલોની ચાદર પાથરી હોય. ટાઉનશીપમાં વડ, આમલી, ચંપાના ઝાડ અને એડનીયાના છોડ વાવ્યા હતા. નેટના ટાવર ઉભા હતા પણ તેને પામ ટ્રીનો શેપ આપ્યો હતો એટલે સુંદરતામાં વધારો થતો હતો. રોડની વાડને ક્યાંક ચોરસ, ગોળ, ડાયમંડ, પિરામીડ ઉપરથી નીચે ત્રણ પ્લેટ કે રીબનની પટ્ટી જેવો વળાંક આપ્યા હતા જેથી વાડ ખુબજ મોહક લાગતી હતી. ક્યાંય પોલીસ દેખાતી ન હતી. સી સી ટી વી કેમેરા અને રડાર કંટ્રોલથી આખા શહેર પર નજર રખાતી હતી. ટાઉનશીપમાં કે દુબઇમાં રોડ પર કોઇ લટકતા વાયર, હોર્ડિંગ કે દિવાલો ઉપર લખાણ ન જેવા મળે. રોડ પરની દિવાલો ચોખ્ખી હતી.

એડનોક કંપનીનો પ્રાઇવેટ સી બીચ છે. દરિયામાં તરવા

માટે તરતા લાલ બોલથી સરહદ બાંઘી છે, ત્યાં સુધી તમે તરી શકો છો. અડધો કિલોમીટર સુધી દરિયાનાં પાણીમાં ચાલતા જઇ શકાય એટલો છીછરો બીચ છે.

> मैंने समंदर से सीखा है जीने का सलीका। चुप-चाप से बहना, अपनी मौज में रहना॥

બીચ ઉપર મારા સગાની ગાડી પાર્ક કરવાની હતી. અમને બીચના દરવાજે છોડયા. બે કાર છોડીને એક કાર પાર્ક કરવા જેટ્લી જગ્યા ખાલી હતી અમારી કાર પાર્ક કરવાની જગ્યા રાખવા માટે અમારા એક ભાઇ ખાલી જગ્યામાં જઇ ને ઉભા રહ્યા. બીજી એક કાર આવી અને ડ્રાઇવરે ના નો ઇશારો કરીને એને ખાલી જગ્યામાં તેની કાર પાર્ક કરી દીધી. અમારા સગાએ પછી દુર જઇને કાર પાર્ક

મારા સગાના મિત્રો તેમના ઘરેથી નીર ઢોંસા, પોટેટો વાંગુ, દાલ પકવાન, પક્, ચા, પોપકોર્ન, રવાના ઢોકળાં વિગેરે લાવ્યા હતા. બીચ ઉપર ગીદીંમાં એક સારી જગ્યા શોધી, લાવેલું ખાવાનું કાઢીને શરુ કરતા હતા ત્યારે મારે માટે એક સુખદ અનુભવ થયો. બે બહેનો બે કલાક પછી અમને મળવા આવ્યા અને અમારાએ વડિલની કાર પાર્કિંગ બાબતે વડિલની બે વાર માફી માંગી. મારા માટે આ આશ્ચર્યની વાત હતી કે બે ત્રણ હન્નરના લોકોના ટોળામાં બે કલાક પછી પણ એ વડિલને શોધી કાઢયા અને માફી માંગી. ધન્ય છે એમના સંસ્કારો ને!

અમે બીચ પર ગયા ત્યારે એડનોક દિવસની ઉજવણી હતી. બીચ પર ગેરેજ સેલના સ્ટોલ લાગેલા હતા. બીચ પર હજાર બે હજાર લોકો લાભ લેવા આવ્યા હતા. દરિયામાં બીના થયા પછી ચોખ્ખા થવા શાવરની સગવડ હતી. બાથરુમ સંડાસ ખાલી હતા પણ વોસ બેસીનમાં લાઇન લાગી હતી. નમાઝનો સમય હતો એટલે લોકો હાથ તો ઘોવે પણ પગ પણ અધ્ધર કરીને વોસ બેસીનમાં ઘોતા હતા. બીચ ઉપર ૧૫ થી ૨૦ બાર્બેકયુની સગવડ કરેલી હતી. બાળકો માટે રમત ગમતના સાધનો ગોઠવ્યા હતા. પાર્કિંગની ખુબજ સારી વ્યવસ્થા હતી. તંબુમાં રહેવું હોય તો તે પણ ગોઠવણ હતી. હિંચકા સજાવેલા હતા તે દરિયાના પાણીમાં લઇ જઇ ને લોકો બેસી ને ફોટા પડાવતા હતા.

બીજે દિવસે સવારે રવિવાર હતો સવારે દરિયામાં નહાવાનો પ્રોગ્રામ કર્યો. દરિયામાં કલાક તર્યા પછી એડનોક બીચ પર નહાવાની વ્યવસ્થા હતી ત્યાં નહાયા. અહીં બાથરુમ વાપર્યા પછી માણસ દ્વારા બાથરુમની રેતી તરત સાફ કરી ન્નય છે. અહીં ના સુપર મારકેટ જેવા કે લુલુ માર્કેટમાં આખી દુનિયાના ફળો અને શાકભાજી મળે. બેબી કોબીઝ, પાસ્લે, નેક્ટેરીન, લોંગન જેવા મારા માટે નવી વસ્તુઓ અહીં જેવા મળી.

હું ચા નો શોખિન છું. ઘર સામેના જાહેર બગિચામાં દુકાનોમાં કરક ચાયનું બોર્ડ વાંચ્યું. એમની ભાષામાં કરક એટલે આપણી કડક ચા કહેવાય. દુબઇની રોડ સાઇડની દુકાનમાં જાફરાની ચા અહીં ફેમસ છે એટલે મેં ચાખવા માટે જાફરાની ચા મંગાવી. જાફરાની એટલે સેફોન અને સેફોન એટલે કે કેસર. કેસરની સુગંધ વાળી અને સ્વાદ વાળી ચા હતી. આરબો કેસરના શોખિન હોય છે અને માંસ મટનમાં કેસર નાંખે છે.

સૌરાષ્ટ્ર વાળાને છાસ વીના ન ચાલે. અલ મરાઇ ડેરીની છારા લબાનના નામે મળતી હતી. આ છાસ ખુબજ જડી હતી એટલે એમાં પાણી ઉમેરવું પડયું.

અમારા મકાનના સામેના બગિચામાં આવેલી હોટલમાં વેજ મનાકીસ અને જાતર ખાવા ગયા. મનાકિસ એક જાતનો અરબ પીઝાનો રોટલો ગણી શકો. એના ઉપર જાતર ભભરાવેલ હતી. જાતર એટલે જુદા જુદા હર્બ્સનો ભુકો હતો. વેજ માં પીઝા ઉપર ટામેટા, કાકડી ના ટુકડા હતા. આ પીઝા ઉપર ચીઝ અને બ્લેક ઓલીવ ભભરાવ્યા હતા.

અમારા સગાના ઘરે દાલ તમીઝ ખાધી, ફવા બીન એક જાતના કઠોળ છે તેમાંથી એક પ્રકારની જાડી દાલ બને છે. તમીઝ એટલે ચોળાના મોટા રોટલા પિઝા. ત્યાંના તમીઝ ને દાળમાં બોળીને ખાધા.

એક દિવસ મારા સગા એ ફલાફલ બનાવ્યું. ફલાફલ એવી વાનગી હતી કે અંદર ચનાની પેટિસ હતી અને બહાર રોટી હતી. સાથે તાહીની નામનો એક સોસ હતો જે તલ માંથી બને છે. જે ફલાફલ સાથે ખાધો.

બીજા એક દિવસ અમારા સગા એ હમસ નામનું ડીપ બનાવ્યું જેમાં રોટલી અને બ્રેડ બોળીને ખાઘી. એક દિવસ બકલાવા નામની મીઠાઇ ખવડાવી જેમા બકલાવાના વચ્ચેના ભાગમાં ખજુરનું પુરણ હતું. અમને મામુલ નામના ખજુરના બીસ્કીટ અને ડેટ ક્રાઉન નામની ખજુરની ચોકલેટ ખવડાવી.

એવું જાણવા મળ્યું કે અબુ ધાબી અને દુબઇમાં બેકરીની વાનગીઓ વધારે ખવાય છે જેવી કે સમોના બ્રેડ, જે સેંડવીચમાં વપરાય છે. બુસેટા બ્રેડ જે વચ્ચે થી કાપી એમાં પાકિટની જેમ ચીઝ બરી શકાય છે. ૧૦ દિવસ પછી બાઇ રોડ દુબઇ એરપોર્ટ પહોંચ્યા. સવારે દુબઇથી અમદાવાદ આવ્યા.

અબુ ઘાબીના અલ સ્વાઇસમાં મારા સગાનું રહેઠાણ હોવાથી શુધ્ધ શાકાહારી લોકલ વાનગીઓ જેવી કે જાફરાની ચા, લબાન છાસ, દાલ તમીઝ, ફલાફલ, બકલાવા મીઠાઇ, હમસ ડીપ, તાહીની સોસનો કંઇક અલગ સ્વાદ ચાખ્યો.



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Our Long Awaited IMA VADODARA activity for our own members. Specially designed webpage with easy access on our main website www.imavadodara.org Stay Tuned......

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