

Mumbai Monsoon & Me

CURA-CATENA

सांवंध

आरोग्य तुमचं,
काळजी आमची...



Steaming Cups, Stories, Sniffles With **Cura**

There's something about the rain in Mumbai that turns even grown-ups into wide-eyed kids. Suddenly, the honking drowns in the pours, the trees & the city washed by the rain, and there's magic in watching raindrops race on the window.

But let's be honest—monsoon in Mumbai is as chaotic as it is charming. Umbrellas flip. Autos disappear. Shoes stay soaked. And children? They treat puddles like playgrounds.

This is also when we see the real Mumbai resilience:

Families walking through the drizzle for a vaccine, a fever, or just peace of mind. It's not just inspiring—it's why we love what we do.

At Cura Clinic,
monsoon isn't just a season, it's a **PERSONALITY!**

- ✔ It enters as toddlers with dripping raincoats and runny noses.
- ✔ It giggles through teens escaping PT class.
- ✔ And it lingers in the waiting room— here parents wipe off glasses, sip warm water, and talk about “when we were kids.



**Laugh Louder
Than The Thunder.**

*Keep feet dry and hearts warm.
And never underestimate the power of a hot
bowl of soup and a strong immune system.*

We'll handle the sniffles. You enjoy the season.



Meet Our Star Pediatrician
& Adolescent Health Expert

Dr. Shruti Kalkekar

Consultant | Pediatrician | Teen & Adolescent Health Expert

Founder of Dr. Kalkekar's Cura Clinic, Dr. Shruti Kalkekar, combines expert care with a compassionate, preventive approach to guide families through both physical and emotional health.

CREDENTIALS:

MBBS, DCH, PGPN (Boston University), PGDAP
(Kerala University)

THOUGHT LEADERSHIP:

Featured in Times of India, Loksatta, and MAHAIAP Bulletin, and Author of a chapter in IAP AHA's adolescent psychosocial assessment.



Follow Dr. Shruti Kalkekar
On Instagram For Child Care Updates



Is
HPV VACCINATION
SAFE?

SCAN
TO WATCH
THE REEL



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एचपीव्ही लाशीविषयीचे गैसमज टाळा

-डॉ. श्रुती कळकेकर यांचा लेख
(Read More)





MONSOON ILLNESSES & VACCINATION GUIDE for Parents

The rainy season brings not just muddy shoes but also a spike in infections among children. The best protection? Timely vaccination. Here's a quick guide to common monsoon illnesses, their preventive vaccines, and the ideal age to get them, as per Indian Academy of Pediatrics (IAP):

No.	Common Monsoon Illness	Symptoms	Recommended Vaccine	Preferred Age (as per IAP Schedule)
1	Typhoid	High Fever, Weakness, Abdominal Pain, Rash	Typhoid Conjugate Vaccine (TCV)	Children >6 Months, Adults In Endemic Areas
2	Hepatitis A	Jaundice, Fatigue, Loss Of Appetite, Fever	Hepatitis A Vaccine	Children ≥1 Year, Travelers, High-Risk Adults
3	Influenza (Flu)	Fever, Cough, Body Ache, Sore Throat	Influenza Vaccine (Quadrivalent)	Annually For All >6 Months
4	Japanese Encephalitis	Fever, Vomiting, Seizures, Altered Sensorium	JE Vaccine (In Endemic Regions)	1st Dose: 9 Month 2nd Dose: 16-24 Months
5	Cholera	Watery Diarrhea, Dehydration	Oral Cholera Vaccine	High-Risk Areas, Outbreaks
6	Leptospirosis	Fever, Muscle Pain, Vomiting, Jaundice	No Routine Human Vaccine In India	Use Of Protective Gear, Antibiotics For Exposed
7	Dengue	High Fever, Rash, Body Pain, Low Platelets	Dengue Vaccine (Vaccine Under Process)	Prevention Through Mosquito Control
8	Malaria	Fever With Chills, Body Pain	No Widely Available Vaccine In India	Prevention: Nets, Repellents, Antimalarials

VACCINATION TIP:



“Timely vaccines build strong immunity. “Every vaccine is a promise of protection we give to our children.

— DR. SHRUTI KALKEKAR



SNACK SWAPS

Monsoon Edition

Craving comfort?
Let's swap junk for health —
without losing the flavor!



MAGGI ↔ DESI RAMEN

Desi Ramen – Homemade Veggie Soup with Wheat Noodles

Add garlic, turmeric, black pepper, ginger & cinnamon and veggies. Slurp-worthy & immune-friendly!

COLA ↔ LEMONADE

Spiced Lemonade with Jeera & Mint

Tangy, zingy, and actually hydrates with the cola buzz.



CREAM-FILLED BISCUITS ↔ BANANA PANCAKES

Chocolate Banana Pancake Bites (No Maida!)

Made with atta or millet flour like ragi + cocoa + ripe bananas.

POTATO CHIPS ↔ ROASTED COCONUT SLIVERS (SPICED)

Roasted Coconut Slivers (Spiced) or Roasted Spiced Makhana

Lightly spiced, slightly sweet, totally satisfying!



CURA TIP:

Let your child design their own snack plate with these swaps.

FUN = FOOD THEY'LL ACTUALLY EAT.

CURA IN ACTION: International Yoga Day

June 21st



FOR US, THIS WAS A FUN MONTH.

On June 21st, the Cura team rolled out their mats (and stress) for a special staff-only session on Mindful Yoga & Basics of Yoga, led by expert **Mr. Lakshmikant Mahajan**.

From deep breaths to easy stretches, the hour was packed with practical ways to relax, recharge, and reset—even on busy clinic days.

THE VERDICT?

Simple. Soothing. Surprisingly Effective.

“Our staff walked out calmer, happier, and a little more flexible—inside and out.”



THE SOUL OF CURA

STAFF RECOGNITION CORNER



SISTER KARUNA

Her bright smile and warm presence uplift our clinic daily. Committed to patient care, her vaccination skills have earned the trust and gratitude of patients and colleagues alike.

AWARDS



Shivjalmostav Sohla Samiti, Navi Mumbai, has honored **DR. SANJEEVKUMAR KALKEKAR** with the prestigious **Shiv Sanman Puraskar** in recognition of his contributions to the medical field. The award was presented by the esteemed historian, **DR. SHIVRATNA SHETE**.

DOCTOR'S DAY



We celebrated Doctor's Day with heartfelt messages and creative expressions of gratitude from our team and families. A small tribute to the big difference our doctors make every single day!



CURA HEARTBEAT

The Only Break Your Heart Should Take is a Dance Break.



“But I feel fine!”

Whenever someone mentions a heart checkup, that’s what everyone says, until they don’t.

The monsoon is the best time to plan your heart checkup because it brings more than just chai cravings.



Blood Pressure Spikes



Missed Workouts



Salty Snacks



Stress

CURA'S QUICK HEART CHECK GUIDE

For a healthy heart, get a checkup twice a year.

- OVER 30 AND TAKING CHANCES?
- BP? NOT CHECKED SINCE CAN'T REMEMBER WHEN?
- FAMILY HISTORY OF “BP-SUGAR-HEART”?
- LONG HOURS, SHORT SLEEP, ZERO BREAKS?
- BELLY GROWING FASTER THAN YOUR INSTA FOLLOWERS?

WHAT'S IN A HEART CHECK AT CURA?



Blood Pressure & Heart Rate



ECG (Quick & Painless)



Blood Tests (For Cholesterol, Sugar)



A Real Conversation Not A Rushed Prescription

HEART FACT:

Heart attacks don't always start with chest pain. Sometimes it's just fatigue, nausea, or jaw pain. Your body whispers before it screams —listen in.



FAMILY CORNER



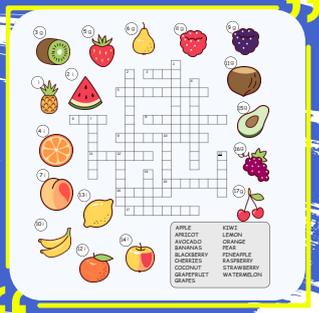
WELLNESS MEETS FUN ACTIVITY

💡 Activity of the Month: **"Food Label Detectives"**
Make grocery shopping a game!

Next time you shop, give your child a mission:

- ✓ Find something with less sugar
- ✓ Spot a whole grain ingredient
- ✓ Pick a snack with no artificial colors
- 🛒 Discuss what's healthy and what's just

"Marketed Healthy." This activity builds health awareness, decision-making, and fun conversations between parents and kids.



FRUITS CROSSWORD

DIRECTIONS:

Fill in the crossword puzzle grid with the name of each fruit following the numbers & direction indicated, use the word bank if you get stuck.

[Click here to download](#)



WHAT'S AHEAD

CURACON STEMI SYMPOSIUM

CURA Clinic, along with API and IMA Navi Mumbai, is gearing up to host a high-impact medical conference on emergency cardiac care – the **STEMI Symposium**. Stay tuned.., we'll bring you all the highlights in next month's newsletter!

FROM THE PEDIATRICIAN'S DESK:

Success story of a teen girl's recovery from dengue illness, overcoming anxiety. Stay tuned for insights on managing adolescent health challenges with a holistic approach.



Dr. Kalkekar's
CURA
Advanced Cardiac & Child Health Clinic
www.drkalkekarcuraclinic.com

Timing For Cardiac Care: Mon - Sat: 02:00 PM - 05:00 PM | Timing For Child Care: Mon - Sat: 10:00 AM - 01:00 PM
General Clinic Timing: Mon - Sat: 08:00 AM - 09:00 PM

📞 **932 311 2515 / 9769 84 2515**

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