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## Mumbai Doctor Overcomes PCOS, Loses 42 kg in a Year

### Description

Weight loss demands not only unwavering determination but also a quest to become the best version of oneself, warding off obesity-related ailments and embracing a vibrant lifestyle. Gleaning motivation from others who have embarked on and conquered this journey often serves as a catalyst for change. Take, for instance, the awe-inspiring story of Dr. Mahira Menghani, a self-employed Mumbai-based doctor. Her narrative transcends mere weight loss; it epitomizes resilience, determination, and the quest for health and happiness. Within a mere eight months, Mahira shed a staggering 42 kilograms, defying the odds to embrace a rejuvenated existence. Now, as a certified nutritionist and health and mindset coach, she dedicates her life to helping others transform theirs, earning her accolades and inspiring countless individuals.

Mahira's journey commenced during her college years, where she thrived athletically. However, academic stress and tempting hyperpalatable foods eventually took their toll. Following marriage, she grappled with health issues such as PCOS and gestational diabetes during pregnancy. Post-delivery, she found herself at 105 kilograms, also contending with an umbilical hernia and high cholesterol. Resolute to reclaim her vitality and set a precedent for her son, she embarked on a life-altering journey.

Her nutritional strategy hinged on balance and mindfulness, featuring portion control and whole, nutrient-dense foods. An ovo-lacto vegetarian, she crafted healthier renditions of her favorite dishes, substituting deep-frying with air-frying and sugar with stevia or monk fruit. Mahira's fitness regimen initially included brisk walks and basic strength training, advancing to more vigorous activities over time. Eventually, she embraced running, culminating in a triumphant completion of the Tata Mumbai Marathon 2025.

For Mahira, maintaining her achievements is a lifelong commitment. She underscores the significance of a balanced diet rich in protein and nutrient-dense foods, embracing exercise as an integral part of daily life. Her message to others is clear: view fitness as a continuous journey filled with growth, resilience, and limitless potential. Taking care of one's health is not a luxury but a moral obligation. Dr. Menghani's compelling saga is a powerful reminder that transformation is attainable for those willing to commit to the process.



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## Vocabulary List:

1. **Ailments** /'eɪl.mənts/ (noun): Physical or mental disorders or illnesses.
2. **Resilience** /rɪ'zɪl.jəns/ (noun): The capacity to recover quickly from difficulties; toughness.
3. **Nutritionist** /nju:'trɪʃ.ən.ɪst/ (noun): An expert in the study of nutrition.
4. **Vigorous** /'vɪg.ər.əs/ (adjective): Strong healthy and full of energy.
5. **Mindfulness** /'maɪnd.fəl.nəs/ (noun): The quality of being present and fully engaged with the current moment.
6. **Transformation** /,træns.fər'meɪ.jən/ (noun): A thorough or dramatic change in form or appearance.

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What are medical conditions called?

- Option: Conditions
- Option: Illnesses
- Option: Ailments
- Option: Diseases

2. Change into another form or structure is known as:

- Option: Evolution
- Option: Revolution
- Option: Transition
- Option: Transformation

3. What is another word for energetic or strong?

- Option: Lethargic
- Option: Sluggish
- Option: Passive
- Option: Vigorous

4. What type of substance prevents oxidation?

- Option: Antibiotic
- Option: Antiparasitic
- Option: Antiemetic
- Option: Antioxidant

5. What is the body's response to injury or infection?



- Option: Fibrosis
- Option: Inflammation
- Option: Hemorrhage
- Option: Thrombosis

6. Which term refers to high blood pressure?

- Option: Hypotensive
- Option: Normotensive
- Option: Hypercholesterolemic
- Option: Hypertensive

7. What do we call a person who deliberately destroys things?

- Option: Hero
- Option: Villain
- Option: Saboteur
- Option: Savior

8. The process of calcite being deposited on some organic matter is called:

- Option: Ossification
- Option: Mineralization
- Option: Fossilization
- Option: Calcification

9. What is the final status after a suspicion is verified?

- Option: Doubted
- Option: Verified
- Option: Confirmed
- Option: Questioned

10. What is the act of adding something extra to complete or enhance something?

- Option: Subtraction
- Option: Multiplication
- Option: Division
- Option: Supplementation

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The \_\_\_\_\_ of a material refers to its ability to withstand and recover from stress or change.



12. The act of placing a patient in a hospital for medical treatment is known as \_\_\_\_\_.
13. The steel was \_\_\_\_\_ to prevent it from rusting.
14. The \_\_\_\_\_ of a drug refers to its ability to produce the desired effect.
15. The police have identified a \_\_\_\_\_ in connection with the robbery.
16. The smell of fresh flowers filled the room \_\_\_\_\_ creating a delightful atmosphere.
17. The power \_\_\_\_\_ caused our conversation to halt abruptly.
18. The company decided to \_\_\_\_\_ its workforce by hiring more employees.
19. His \_\_\_\_\_ led to his downfall as he failed to see the looming dangers.
20. Lifting heavy weights can put a lot of \_\_\_\_\_ on your muscles.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. A person qualified to advise on diet and nutrition is known as a nutritionist.
22. The practice of being aware of the present moment without judgment is called mindfulness.
23. Those who are susceptible to harm or attack are considered vulnerable.
24. Once a suspicion or doubt is verified to be true it is confirmed.
25. The body's defense system that protects against infections is called the immune system.
26. A type of stroke caused by bleeding in the brain is known as hemorrhagic stroke.
27. A complete change in form or appearance is referred to as transformation.
28. The ability of a product to produce a desired or intended result is its efficacy.
29. Related to the heart and blood vessels issues within this system are cardiovascular.
30. A person who deliberately disrupts or destroys things is known as a saboteur.



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## Answer

**Multiple Choice:** 1. Ailments 2. Transformation 3. Vigorous 4. Antioxidant 5. Inflammation 6. Hypertensive  
7. Saboteur 8. Calcification 9. Confirmed 10. Supplementation

**Gap-Fill:** 11. Resilience 12. Hospitalization 13. Galvanized 14. Efficacy 15. Suspect 16. Pervasively  
17. Interruption 18. Augment 19. Complacency 20. Strain

**Matching sentence:** 1. Nutritionist 2. Mindfulness 3. Vulnerable 4. Confirmed 5. Immune 6. Hemorrhagic  
7. Transformation 8. Efficacy 9. Cardiovascular 10. Saboteur

## CATEGORY

1. Health - LEVEL4

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