

***"80% OF LIFE IS
SHOWING UP"***

Woody Allen,
American Film Maker



IS NIMBA WORTH IT?

Dr. Bappaditya Mukherjee
PhD (University of Maryland, USA)



IT DEPENDS...

- DISPOSABLE RESOURCES AVAILABLE TO YOU
 - ✓ TIME
 - ✓ MONEY
- FAMILY CIRCUMSTANCES
- PERSONAL COMMITMENT
- PRE-EXISTING HEALTH CONDITIONS
- LUCK

PERSONAL BACKSTORY

**I WENT FROM
THIS...**



Year 1993

AGE

20 yrs

WEIGHT

70 kg

(154 lbs.)

TO THIS...



Year 2014

AGE

41 yrs

WEIGHT

101 kg

(222.2 lbs.)

- ❑ In 21 years, net weight gain of 31 kgs(68.2 lbs)
 - Afflicted with three major diseases
 - High cholesterol
 - Bulging disc
 - Pre-diabetic

**HOW THE HELL
DID THIS
HAPPEN?**

TOTAL DISREGARD FOR HEALTH

- UNLIMITED CAFFEINE -TEA AND COFFEE
- SNACKS -SAMOSAS AND BISCUITS GALORE
- EATING WHATEVER AND WHENEVER -NO PORTION CONTROL
- MILD EXERCISE IN PHASES
- TOTAL DEPENDENCE ON PAIN KILLERS

MY TYPICAL WORKDAY IN US

- **7:00 AM** LEAVE FOR COLLEGE
 - Mc Donalds Drive Thru: Coffee and breakfast
- **3:30 PM** RETURN HOME FOR LUNCH
 - Nap for minimum 2 hours
- **6:00 PM - 9:00 PM** STUDY FOR NEXT DAY'S LECTURE
- **9:00 PM:** SWIMMING AND WALK FOR 30 MINS
- **MIDNIGHT:** DINNER
- **12:30 AM - 3:00 AM** STUDY

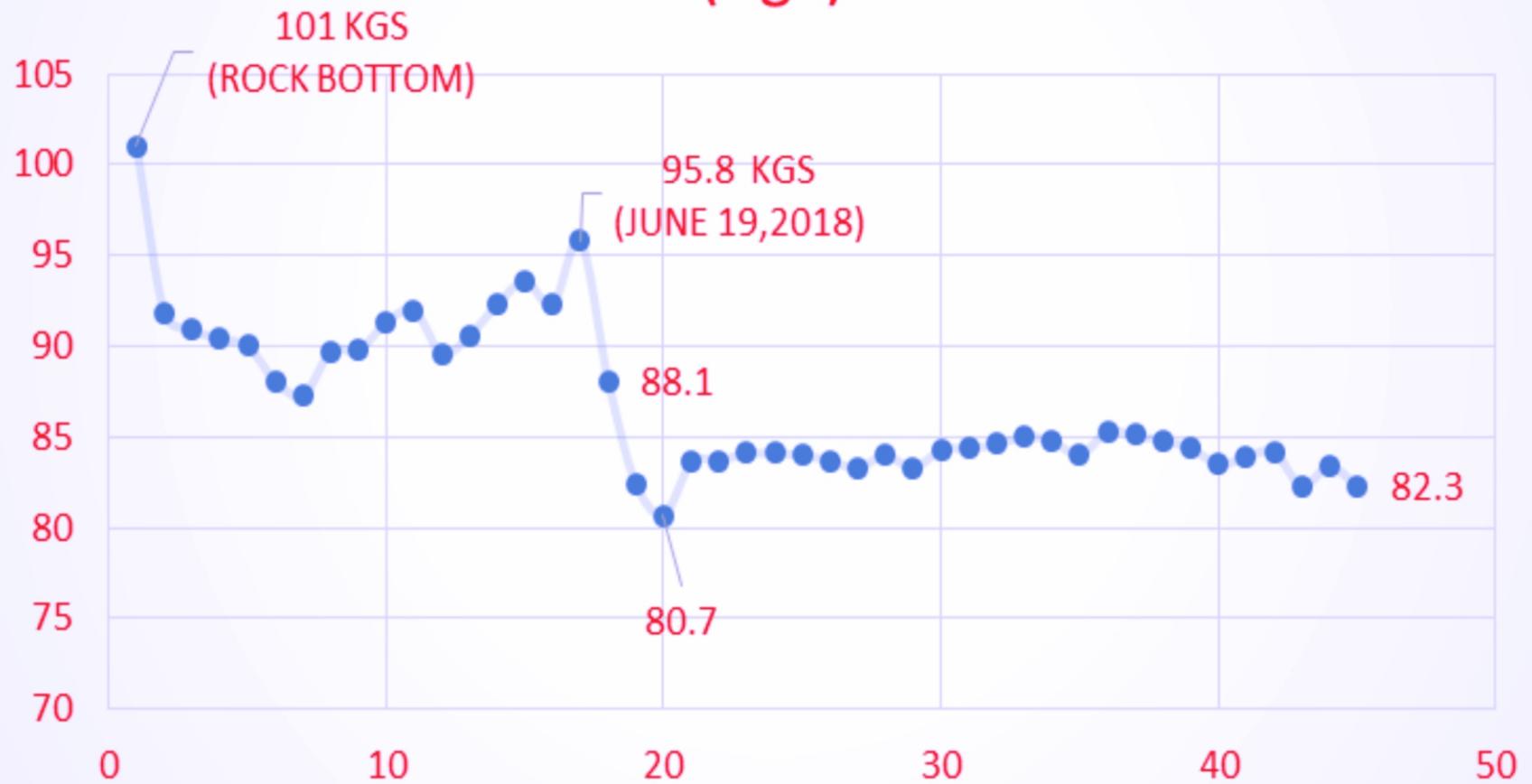
HOW DID I DISCOVER NIMBA?

Year 2015

**ARVIND
KEJRIWAL
IN JINDAL**



Weight Data Since November 2014 (Kgs)



WHAT DID I DO IN NIMBA?

MY NIMBA EXPERIENCE

- **Total visits: 3**
- **Number of days spent: 48**

VISIT 1: JUNE 19, 2018 -JULY 18, 2018

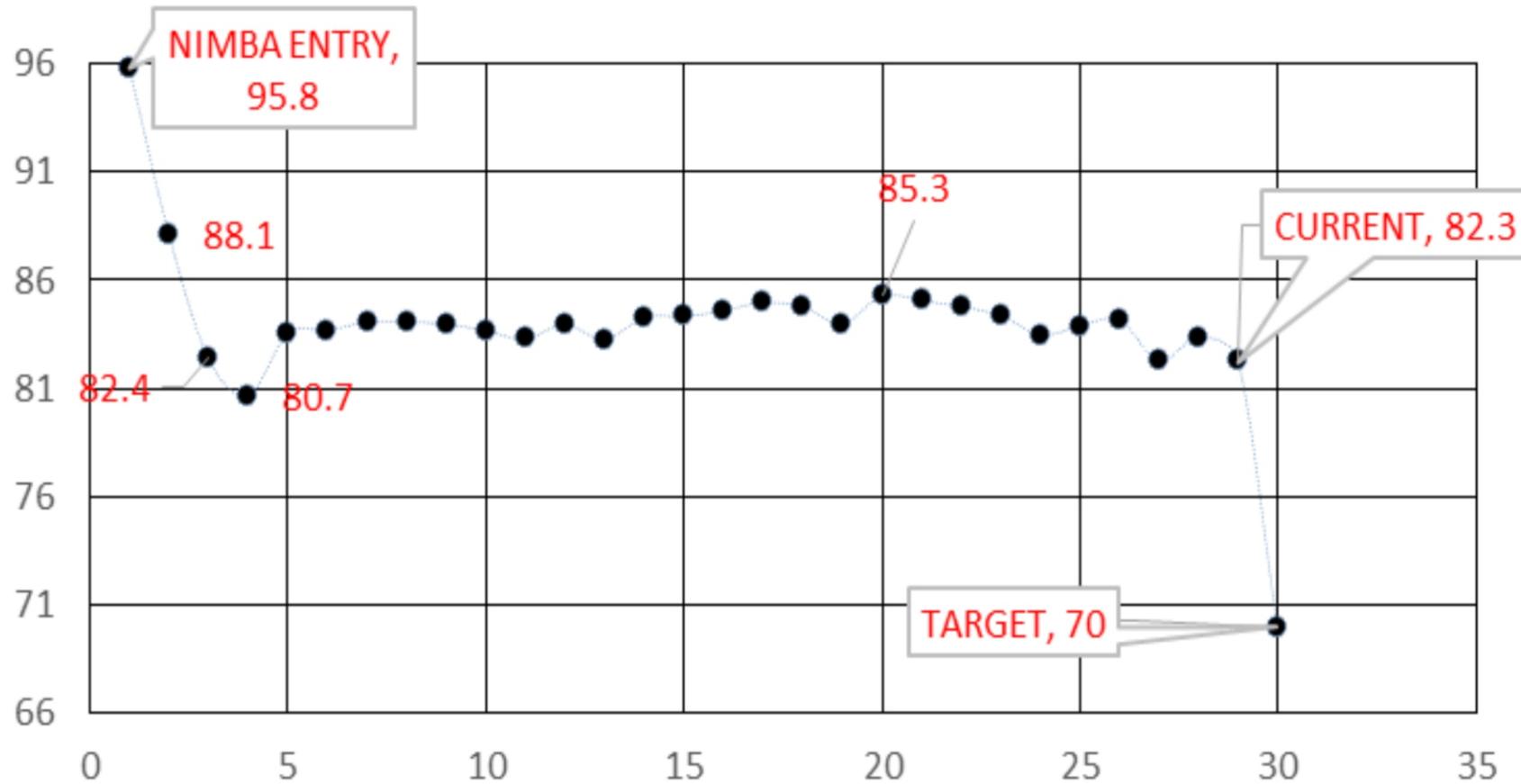
- **JULY 11: ACCIDENT RESULTING IN HAIRLINE FRACTURE OF RIGHT HAND**

VISIT 2: OCTOBER 5, 2018 - OCTOBER 15, 2018

VISIT 3: FEBRUARY 13, 2019 - FEBRUARY 23, 2019

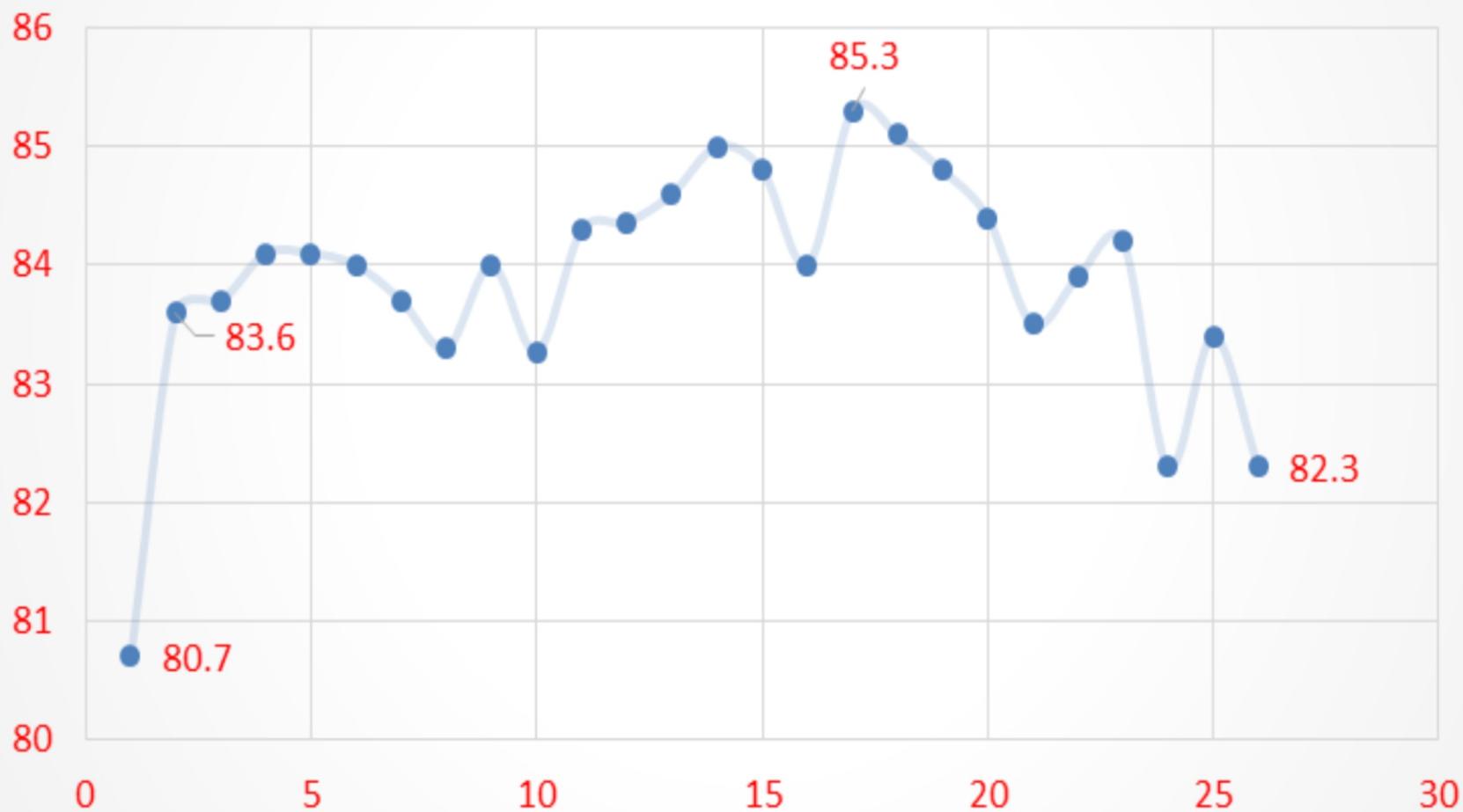
VISIT 1

WEIGHT TREND SINCE JOINING NIMBA ON JUNE 19, 2018



VISIT 2 & 3

Weight Data since October 15, 2018



WHAT WORKED FOR ME IN NIMBA?

- GREAT DOCTOR WITH WHOM I GOT ALONG
Dr. Shiny
- AMAZING GROUP OF FELLOW RESIDENTS
 - Dinesh Patel "Mr. 53" from USA
 - Dr. Preeti Chaddha from Canada
- RIGHT ADVICE AT THE RIGHT TIME
- FIGURED OUT EARLY WHAT WAS WORKING FOR ME AND WHAT WAS A WASTE OF TIME
- DECIDING TO EXTEND MY STAY WHEN I STARTED GETTING EARLY RESULTS
- NOT CHECKING MY WEIGHT EXCEPT IN Dr. SHINY'S CHAMBER
- SPENDING AS LITTLE TIME IN MY ROOM AS POSSIBLE - **NO DOWN TIME**

- This is Dr Preeti Chaddha, a dentist from Vancouver Canada who was tireless and selfless in her efforts to motivate me during my epic weight loss journey of approximately 25 kgs (95.8 to 71 kgs) over the June 2018-December 2019 period.



- We met in NIMBA in June 2018 and spent 20 days together. We really hit it off.
- For the next 18 months, Dr. Chaddha became my confidante, dietary coach and lead motivator over WhatsApp.
- I had moved back to India from USA to care for my elderly father while Dr. Chaddha was studying for her Canadian Dentistry License exam in Vancouver.
- I could not have accomplished the seemingly impossible challenge of reversing a lifetime of bad habits without her support. She deserves all the gratitude that I can express.

DR. BAPPADITYA MUKHERJEE

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SUMMARY

Dr. Bappaditya Mukherjee "Bappa" is a USA trained expert on global affairs, Indian constitutional and International law, business communication, sustainable and profitable social impact initiatives. He is an avid practitioner and advocate of the satvik lifestyle, naturopathy and Ayurveda. He has written book chapters, journal and newspaper articles on international issue.

EDUCATION

Ph.D. Political Science, University of Maryland, College Park , MD USA. May 2015

M.A. Political Science, Wayne State University, Detroit, MI USA. May 2006

M.Phil. Disarmament Studies, Jawaharlal Nehru University, New Delhi, India. May 1999

M.A. Politics (International Studies), Jawaharlal Nehru University, New Delhi, India May 1997

B.A.(Honours) Political Science, Hindu College, Delhi, India May 1995



EMPLOYMENT

Visiting Faculty, Indian Institute of Management, Indore. India 2018 - 2019
Visiting Assistant Professor, Department of Political Science and
International Relations State University of New York at Geneseo, Geneseo,
New York. USA 2015 - 2017
Adjunct Faculty, Department of History, Political Science and Philosophy
Delaware State University, Dover, DE, USA 2013

COURSES TAUGHT IN USA AS AN INDEPENDENT INSTRUCTOR

International Politics, Developing/Third World Politics, U.S. Foreign Policy,
Politics of South Asia, Introduction to Political Science, Research Methods
in Political Science, International Law and International Organizations

COURSES TAUGHT IN USA AS TEACHING ASSISTANT / GRADUATE STUDENT INSTRUCTOR

International Development and Conflict Management, The Study of Political Philosophy : Ancient
and Modern, U.S. Foreign Policy: 1865-Present, Principles of Government and Politics, The
Government and Politics of the Third World, Introduction to American Government and The Study
of Nonviolence

LIST OF PUBLICATIONS AND REFERENCES AVAILABLE UPON REQUEST