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July 1 - 31, 2020

DATE WITH HEALTH'S INITIATIVE FOR A BETTER TOMORROW!!!

Plant a Sapling, click a picture with it and send it to us on datewithhealth@gmail.com

We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue.

So plant a sapling today as your contribution for a better tomorrow!!!!



PLEASE NOTE:
Our April, May and June issue
Vol. 3, Issue - 7 (April 1-30, 2020)
Vol. 3, Issue - 8 (May 1-31, 2020)
& Vol. 3, Issue - 9 (June 1-30, 2020)
Print Edition was not printed due to the nationwide lockdown from 25th March 2020, the inconvenience caused is regretted. You can see the same digitally on our website: www.datewithhealth.com
- Editor

AMLA: IMPORTANT INGREDIENT TO BOOST YOUR IMMUNITY

A strong immune system should always be our priority more so now with the pandemic spreading fast across the globe, it is all the more important to build a strong immune system.

A strong immune system is the first line of defence against the virus, which can cause life-threatening complications. And the easiest way to do so is by eating a healthy diet. A healthy and balanced diet, which is full of nutrients is our best bet to build up our immunity.

One food, which is cheap, easily available and can help boost immunity, is Amla (also called Indian gooseberries) which helps boost immunity and keep diseases at bay.

All of us by now know that

COVID 19 is a respiratory infection and hence, it is important to strengthen the respiratory system. Amla can help you do that. It has been long used to relieve the symptoms of



cough and cold, which often lead to chest congestion. Vitamin C in Amla also improves immunity.

Chromium present in Amla has a powerful role to play in diabetic pa-

tients. It is known to stimulate the beta cells which produce the hormone insulin. Thus it helps in better intake of sugar in the body and reduces sugar spikes. Chromium is also responsible for good heart health as it reduces the formation of plaque and cholesterol build up in the arteries.

Amla has various antioxidants that can help neutralize the free radicals and thus save one from many diseases. It also has anti-bacterial properties that can help detoxify your system.

Take it in the form of fresh fruit, juice which can be mixed with honey, dried form, pickled, or can be added in curries. The best form though would be raw and that too early in the morning. Enjoy this super fruit when it's available.

SAPLING PLANTATION FOR A GREENER TOMORROW



Aayat Faraz Qureshi, Dadar East, Mumbai 400014
She Is So Fond Of Plants That She Even Talks With Them Everyday.



Tina Acharya,
301, Ambe Jyot CHS,
Plot No. 97, Sec. 12,
Vashi



Rakesh Nautiyal
C-502, Swarna CHS Ltd.,
Sector 7, Kharghar,
Navi Mumbai



Private Educator Sultanate Patel conducting a session on plants with kids- Komal, Spruha and Aagam.
Pleasant Park 2, opp Fatima Nagar, off Solapur Road.
Pune

स्लिमफिट मल्टीग्रेन सत्तू
SLIMFIT MULTI GRAIN SATTU
Wellness Discovery Club
Eat Healthy, Feel Healthy

START YOUR BEAUTIFUL DAY WITH MULTI GRAIN SLIM FIT / DIABOFIT SATTU

It can be a good substitute of meal replacement cooked food, thereby saving a lot of valuable time.

BENEFITS

- Helps in Reduce bad cholesterol.
- Helps in Blood Pressure.
- Helpful for Cough.
- Boost energy.
- Provides Relief From Constipation & Piles.
- Good For Pregnancy.
- Helpful for stomach gas problem.
- Helpful for Stress.
- Improve Brain Function.
- Repair Damaged Sperms

Sattu is a highly valuable nutrient-rich food that is 98% gluten-free and a rich source of protein. Its benefits include weight loss, improved heart health, detoxification of the body, and improved digestive health.

OUR TOP BEST SEALING RANGE

NUTRITION

- SLIMFIT MULTI GRAIN SATTU
- DIABOFIT MULTI GRAIN SATTU
- BABYFIT MULTI GRAIN SATTU
- SKINGLOW MULTI GRAIN SATTU
- CHANE KA SATTU
- JAU KA SATTU
- RAGI KA SATTU

JUICE

- ZERO CALORIE
- SHIKANJI PLUS
- AMRITJAL PLUS
- SKIN ACTIVATOR
- OMEGA-3
- DIBOFIT
- SLIMFIT
- AAB-E-HAYAT
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- SHIKANGI-G-PLUS

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100% MONEY BACK GUARANTEE

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Editorial

DON'T TAKE THINGS LIGHTLY !!!

As expected after the lockdown 4.0 ended on 31st May many restrictions have been eased out Nationally (though States can modify some of them depending upon the ground reality). Markets have opened and so have the parks (with a time and activities restriction though). But then have we taken the unlock 1.0 positively or are we, with our casual approach increasing the number of positive cases. The need of the hour seems to bring our lives back to normal and on track, but we need to be cautious and careful in our approach. Opening of lockdown doesn't mean all is normal, but we need to return to our usual lives with care for months of lockdown isn't the solution. Keeping ourselves safe by way of physical distancing, observing some etiquettes in public life (like covering our mouth while coughing and sneezing) washing our hands as frequently as we can will be sufficient to keep us safe and defeat COVID 19 without getting our lives either locked behind doors or running away from our jobs and usual work.

Other important aspect is building a strong immune system which comes from eating healthy things, at the right time and in right quantity. Don't leave your exercises even if it means doing indoors considering the wet climate for a good stretch of period due to monsoon. Take a good minimum eight hours of sleep, remain cheerful at home and keep others too around you cheerful and positive.

Defeating any problem or calamity isn't impossible, what one needs to understand is what are they fighting against and what is the best approach to defeat it. So Stay Strong, Stay Healthy and Strengthen your internal defence system ie YOUR IMMUNITY and we will finish the pandemic without it even realising how easily and suddenly it happened.

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HOW TO TAKE CARE OF YOUR ORAL HEALTH DURING QUARANTINE



Dr. Ruhina Khan (BDS)
Abu Dhabi
ruhinakhan1121@gmail.com

To say we are living in uncertain times is an understatement. Due to the COVID-19 pandemic, access to dental care in the coming months might be more difficult than usual. The pandemic, however, should not hinder us from practicing proper oral care. During the time of self-isolation, people should take good care of their physical health, work on boosting their immune system, and practice good habits for maintaining perfect dental health.

Choose on a healthy diet

Maintaining a healthy diet can improve your oral health, next to boosting your overall immune system and making your body more resistant to viruses. Make sure to choose on a diet, containing plenty of fresh fruits, vegetables and whole grains, as well as foods that are rich in phosphorous and calcium, as those two elements are the building blocks of enamel.

Avoid eating too much sugar, as sweets encourage the growth of bacteria and could be harmful for your teeth. Make sure to

rinse your mouth with water or brush your teeth immediately afterward consuming sugary foods.

Finally, try to avoid energy and soda drinks, as they tend to have a high acidic content that wears away tooth enamel, next to containing high amount of sugar. Instead, drink plenty of fresh water and herbal tea, as those will hydrate your body and will be beneficial for your teeth and gums.

Quit your bad habits

Smoking is harmful for our teeth and gums and for your overall health. Given the fact that coronavirus is particularly dangerous for people with respiratory issues, you have one more reason to consider

quitting on this bad habit. Smoking lowers your body's immune function and makes you more exposed infections, including ones in your gums and ones in your lungs. Quitting smoking can lower your chances of getting diagnosed with gum disease and many other health conditions, including COVID-19.

Teach your children

As you'll be spending more time with your kids at home, make sure you educate them on how to take care of their smile. Brush your teeth, together with your chil-

dren, to ensure they are practicing the proper technique and ensure they are brushing their teeth at least twice a day.

Brush your teeth several times a day

Should you be spending more time at home, it will be a great idea to brush after each meal and snack, especially if you had a sticky or sweet one, like chips or candies. Brushing your teeth after every meal with toothpaste and rinsing with water is the best way to clean them no matter the situation. Brushing at least twice a day is fine.



Extra cleaning care should be taken if you're on aligners, braces, or other orthodontic appliances.

Floss your teeth

There are a lot of unseen food particles and plaque that a toothbrush can't reach but can be removed by flossing. Flossing helps prevent tooth decay and gum disease.

Brush your tongue

Here's an easy addition to your oral hygiene routine. When you brush your tongue, you remove germs that accumulate on it that can eventually lead to halitosis

and gum disease.

Rinse and gargle properly

It's important to rinse your mouth properly for better oral hygiene. Rinsing is swishing water inside your mouth, while gargling involves holding water or a gargling solution to the back of the throat. Although it is not proven to kill any viruses, gargling still removes bacteria in the throat, soothes soreness, and eliminates bad breath.

Wash your hands with soap

Hand washing with soap is the first level of defence in battling the COVID-19 virus. It removes germs and bacteria on the hands, which is a big deal since we often touch our faces with our hands. Which leads to our last point...

Don't touch your face

Touching your face includes touching your mouth - where most bacteria and viruses can be transmitted further into your body.

Practicing good oral hygiene contributes to your overall health in so many ways. It is a healthy habit you shouldn't overlook during these times.

Let's all be part of the solution. As the world is counting on all of us to help stop the spread of the virus, we can include good oral hygiene in our routine.

Let's keep each other safe, healthy, and smiling.

Sustaining a good posture is a big part of your health.

Good posture is not only about standing up straight so you can look your best; it is an important part of your long term health.

Making sure you hold your body the right way, can prevent pain, injuries and other health problems.

POSTURE... is how you hold yourself when you are moving, walking, running or bending.

KEY to good posture is the position of your spine.

Spine has 3 natural curves... at your Neck, Midback and Lower back.

Correct posture should maintain these curves and not increase/ decrease it.

POSTURE PERFECT



Dr. Shalini Mukherji
(Master functional trainer, Nutrition consultant and expert, Muscle Rehab Trainer)
Mobile : 9323178637
mukherji.shalini@gmail.com

ment of your joints.

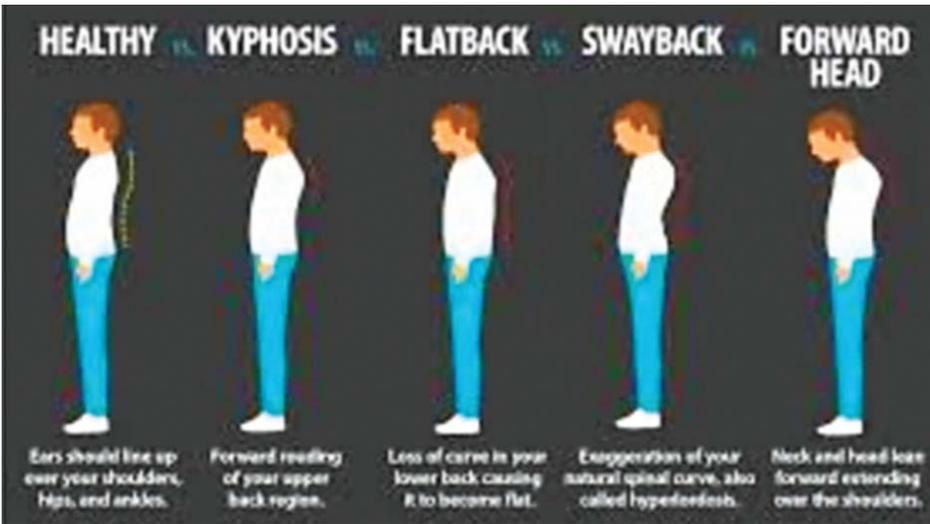
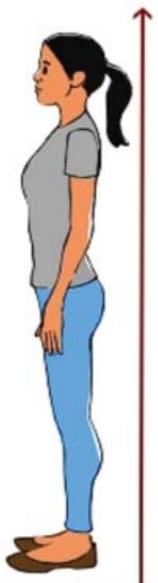
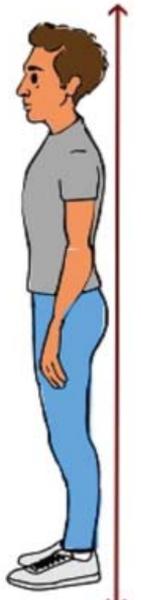
Affect your balance and stability.

Reduce your rib-cage space, making it harder to breathe.

How do we improve our posture...

Stay active

Maintain a healthy weight



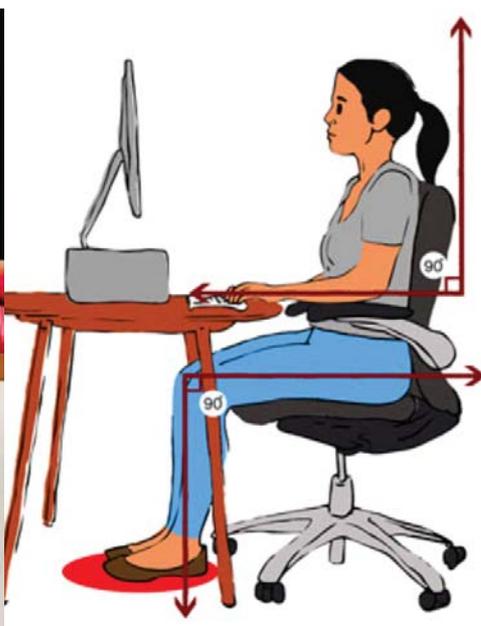
A good posture ensures that your bones and joints are well aligned with the rest of your body and the tension in your muscles and ligaments are properly distributed.

It prevents fatigue as your muscles are being used more efficiently and your joints are under minimal stress.

Several factors contribute to pure posture.... Stress, Obesity, Pregnancy, Weak postural muscles, Abnormally tight muscles, High heeled shoes and SITTING FOR LONG HOURS.

STATIC POSTURE... is how you hold yourself when you are sitting, standing or sleeping.

DYNAMIC POS-



Wear comfortable shoes

Make sure your work surfaces are at optimal height and most important...

Be Mindful Of Your Posture

Sit / stand tall
Keep your shoulders back

Pull your stomach in

Chin parallel to the floor

Feet shoulder width apart

When standing, have equal weight on both your feet and keep your knees soft.

Do posture corrective exercises under the guidance of a certified instructor.

Good Posture = Injury free life

SLOUCHING / SLUMPING OVER can....

Malalign your skeletal system.

Wear away at your spine making it fragile and prone to injuries.

Cause neck/shoulder/back pain.

Decrease your flexibility and affect move-

INTERNATIONAL YOGA DAY

The Rotary Clubs in Navi Mumbai came together with Isha Foundation the host were; RC Satellite City, RC Palm Beach, RC Millennium City, RC Smart City, RC Seaside, RC Linktown Airoli, RCNM Sunrise, RCNM Bayside, RCNM Garima; The 'International Day of Yoga' webinar on * "Yoga for Holistic Health"* was held on Sun, 21st June, at 9 am.

The session included simple, yet powerful tools to manifest health and

- spine
- Bring relief from back pain stress and anxiety
- Enhance the lung capacity
- Boost immunity

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Rotary District 3142
Rotary Clubs @ Navi Mumbai
International Yoga Day
21st June'20, Sunday

Rotary International President
Rtn Mark Daniel Maloney

District Governor 3142
Rtn Dr Mohan Chandavarkar

"Yoga for Holistic Health" on 'International Day of Yoga'
Simple, yet powerful tools to manifest health and vitality in one's body and life. Yogic process specifically designed to support respiratory system.

- Stretch and activate the spine
- Bring relief from back pain
- Release stress and anxiety
- Enhance the lung capacity
- Boost immunity

Yoga for Health

Date: 21st June'20, Sunday
Venue: Member's Residence
Time: 09.00 am - 10.30 am

ZOOM Meeting
Meeting ID: 812 7217 0597
Password: 201205

Join Zoom Meeting
<https://us02web.zoom.us/j/81272170597?pwd=WUZVZ3plcjYyWDFqMGg2NVd4K01RUT09>

YOGA FOR ALL



Bhavani Swaminathan
Mob. 7021648382
Nutritionist & Founder
of AAKANKSHA:
Desire For Wellness.

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient

vous system to be constantly in overdrive, making it difficult to unwind, focus, and sleep. The breathing exercises you practice during yoga can help lower your heart rate and shift your nervous system into a more relaxed state. It also promotes better sleep and increased focus.

For people with a more spiritual background, the effects of practice start to be felt beyond the physical body and off the mat. Yoga can help connect you more deeply to your sense of pur-

2014. It was supported by more than 170 nations. Since 2015 this day is celebrated on 21st June every year. Yoga leads to a sense of freedom with holistic health, happiness and harmony.

More than 1000 yogasanas are there which helps to cure specific health issues. Acidity is one of the common problem in today's time due to faulty eating habit and lifestyle disorders. Instead of popping up a pill each time, try out these easy asanas to get rid of acidity. Hala-



India.

The most obvious benefit is, of course, physical. Yoga postures can help increase:

- flexibility
- strength
- mobility
- balance

Another key benefit of yoga is that it helps with stress. Accumulation of stress can cause your ner-

pose and awareness of living in the present. As you start your journey, what you get out of the practice can also change based on your needs.

The idea of International Day of Yoga was first proposed by our Prime Minister of India, Shri. Narendra Modi during his speech at UN General Assembly in

sana, Shashankasana and Vajrasana will help one to overcome the acidity problem. Vajrasana can be performed any time. Even after having full meals one can sit in vajrasana. Eat well, sleep well and practice yogasanas and pranayama to stay fit and healthy.

"Let's make our lives healthier & happier!"

MENTAL HEALTH PART 1



SALMA PRABHU
Clinical Psychologist Career
Counselor and Author of
Parenting book
Mom Dad U R Wonderful
and You are My Star
salmaprabhu7@gmail.com
Call 9322851484

A lot has been said and written regarding mental health in the last week due to the unfortunate and sad demise of a celebrity. I would say, people have begun to think mental health is also as important as physical health and it is my duty as a professional to talk about the awareness and prevention just like how the professionals have given us many ways of increasing our immune system during the Pandemic. I would say better late than never.

Just like we have started paying attention to the body and its immunity, it is very essential to also pay attention to what goes on in the mind, in fact a lot of body issues will not happen if the mind is paid attention at first. And as the body has many areas like different organs and parts, the mind also has many aspects and we need to start paying attention to each of them.

I have in the past given the readers many articles on the thought process and how positive thinking leads to positive life and positive habits. However in the current series, I would like to take one characteristic and help people with tips to identify and change

these if they are harmful to themselves and others.

Let us begin with the first one which is **Acceptance**. I was discussing with my son that how I know this one person who has a very good acceptance level and when pointed out regarding his mistakes, he accepts it always and says that he shall start working on changing that as it is hurting him and his near and dear ones. And my son said that it is a very big quality in a person as more than 90% problems can get solved when one accepts and does not give justification for his negative behavior and traits.

When it comes to mental health, this factor is utmost crucial as a huge population is suffering as they do not accept that they have trouble in the mind. They do not seek help and when they do seek help, they do not follow the treatment with equal discipline as they would for their physical health.

For instance, a person is diagnosed for throat infection is given a prescription which includes heavy antibiotics, a sedative syrup and this medication ensures that enough sleep and rest happens as it is then that the antibiotics work and kills the bacteria or the virus and the infection. Most people barring a few will follow this to the T. A few might not and they experience a relapse. Similarly when a person goes to the psychiatrist for treating deep pain, loneliness, anxiety, depression, thoughts of self

destruction, thoughts of worthlessness, hallucinations, delusions, etc. and gets a diagnosis and a prescription and explanation from the doctor that proper treatment followed by counselling will bring considerable relief and consistent follow ups and care along with yoga, relaxation, pranayama will cure if neurosis and will bring great relief if psychosis.

In the second scenario also if problem is severe then the medication will demand rest, sleep and care. But people tend to feel that that sleep is like drug, what if we get dependent, what if normal functioning gets affected and they decide on their own to stop taking the medication leading to a mild problem becoming severe and at times a point of no return or prolonged hospitalization or death.

Therefore, the first step is accept that if you are having symptoms which recur too frequently, you try your usual techniques, you talk to a family and friend, you go to your GP, you distract yourself on phone or Television, but these symptoms persist, then ACCEPT that you need to see a mental health professional and follow the treatment through, how much so ever prolonged it may be.

ACCEPT that the pain in the mind can also lead to a disaster just like an infection or pain in the body.

Once you feel a little better with the medication, start visiting a counsellor,
Contd. to page 6

TAMARIND- YOUR TART, STICKY FRIEND



Dr Maheen Memon
(Naturopath ND,
Alternative system of
medicine, Dietetics)

Native to Madagascar, the Tamarind (*Tamarindus indica*) tree is cultivated in numerous other tropical regions, such as India and the Caribbean. It is also known as an Indian date. It is a large evergreen tree with tiny leaflets, yellow flowers and pod fruits.

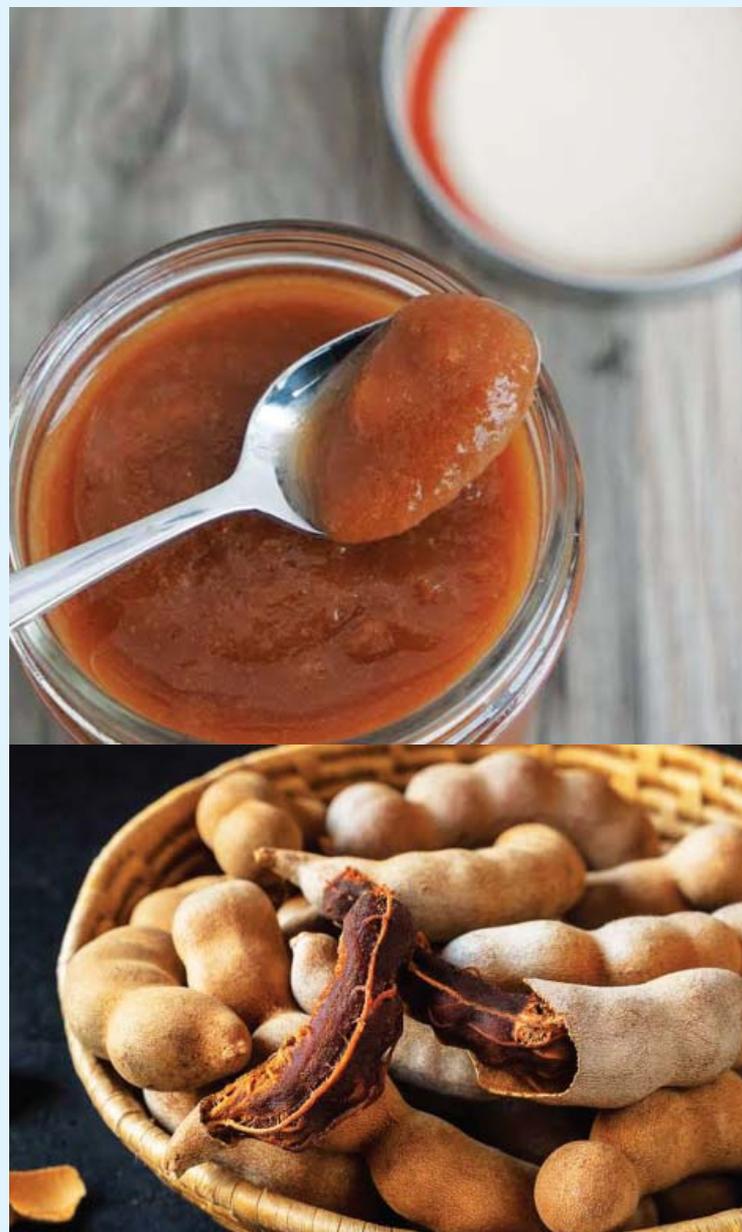
Every part of Tamarind tree not only has rich nutrition value and broad usage area in medicine but also has industrial and economic importance. It can be the most acidic and sweet fruit according to its growing seasons. According to the WHO report, tamarind fruit is an ideal source of almost all the essential amino acids. Its seeds also have similar properties so it becomes an important, accessible protein source especially in countries where protein malnutrition is a common problem. Tamarind pulp is rich in pectin, simple sugars and organic acids including tartaric and citric acid. Containing good Amount of vitamin C, it helps strengthen the immune system. It also contains many essential chemical compounds as well as vitamins, minerals and dietary fibres.

Sweet but tart, and sometimes very sour, tamarind is potent. A little goes a long way...!!

Mentioned below are some of the uses of *Tamarindus indica*:-

1. For Gastrointestinal ailments- Tamarind pulp is a potent laxative and is recommended as a treatment for constipation in both adults and children. It can also help in other digestive ailments such as sluggishness, flatulence, nausea.
- In cases of constipation 10-50 gm of fresh tamarind pulp can be consumed to ease it up.
- In diarrhoea- Though the fruit of Tamarind is laxative, the seed acts as an astringent. Tamarind seed powder with a tsp of cumin seeds taken with sweetened water helps arrest loose motions.
- In anal fistula, application of paste of Tamarind seeds everyday in case of fistula in- ano gives good relief.
- Peptic ulcers- Peptic ulcers are painful sores that appear in stomach and small intestine. Tamarind seed extracts have protective effect against ulcers and help prevent ulcer formation.

- The Roots and bark of the tamarind tree help alleviate abdominal pains.
- 2. Treats cold, cough, fever and asthma- Tamarind has anti-bacterial and anti-histamine properties. It is not only effective in treating cold and cough but also used to treat allergic asthma. It is



- known to reduce fever and have a general cooling effect on the body. Drinking the juice of leaves of Tamarind with some turmeric powder and cold water everyday helps to cleanse the system of infections and micro-organisms.
- 3. Helps heal wounds-

Tamarind has wonderful anti-septic properties as well. This makes it extremely useful for quick and efficient healing of wounds. Studies have found that tamarind seed extracts are capable of healing wounds in as less as 10 days.

- In cases of burns- Burn the leaves

for much relief.

4. Has anti-inflammatory properties-
 - In case of swelling- Paste the leaves of Tamarind and apply on the area swollen twice a day to bring it down.
 - In sprains- Application of a thick paste of Tamarind with lots of salt on the sprained area helps prevent swelling and pain.
5. Rich source of Antioxidants-
 - According to studies, the tamarind seed extracts can help reduce severity of kidney failure and kidney cancer due to its good antioxidant properties.
 - The antioxidants along with vit A and C present in tamarind enables it to act as a natural cure for various inflammatory conditions including pimple and acne giving you a clear, spotless skin. It works as a great exfoliant to get rid of dead skin cells and clogged pores.
6. Helps manage diabetes- Tamarind helps in managing and controlling diabetes, as the fruit contains an enzyme known as alpha-amylase that slows down carbohydrate absorption which otherwise can lead to formation of simple sugars or fats and can increase the Insulin levels.
7. Helps reduce

- weight- Tamarind has no fat content, and is very rich in fibre. It is loaded with beneficial compounds and also contains hydroxycitric acid, which reduces your appetite by inhibiting amylase, an enzyme responsible for converting carbs into fats.
- 8. Strengthens the heart- Tamarind is one of the most heart friendly fruits. It contains flavonoids, which helps lower LDL (bad) cholesterol. It also prevents the build up of triglycerides in the blood, thus keeping the heart healthy and strong. Additionally, tamarind also has high potassium content, which makes it useful in combatting high blood pressure.
- 9. In Earaches- A few drops of fruit juice if instilled in the ear after slightly warming it can soothe the ear ache.
- 10. In any condition of itching, application of the juice of the leaves on the affected skin can allay irritation.
- 11. The ripe fruit is specifically used for intoxication from liquors. Daily diet containing tamarid can help reverse the liver damage done due to excessive alcohol consumption. Thus, can be said that this very common, cheap and easily available TAMARIND has plethora of uses...!!



Sahrish Akhtar

Social wellness means nurturing yourself and your relationship.

It means giving and receiving social support - ensuring that you have friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image.

Social support enhances quality of life and provides a buffer against adverse life events. Social support can take different forms:

- Emotional (sometimes called non-tangible) support refers to the actions people take to make someone else feel cared for.
- Instrumental support refers to the physical, such as money and house-keeping.
- Informational support means providing information to help someone.

Why is Social Wellness Important?

Healthy relationships are a vital component of health. The health risks from being alone or isolated in one's life are com-

Social Wellness

parable to the risks associated with cigarette smoking, blood pressure, and obesity.

Research shows that:

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Strong social networks are associated with a healthier endocrine system



and healthier cardiovascular functioning.

- Healthy social networks enhance the immune system's ability to fight off infectious diseases.

Nurture Your Relationships

The following concepts are instrumental in attaining a healthy and lasting relationship:-

1. Become a master of commitment. It's important to be aware of precisely what you are committing to, so that you can realistically judge whether or not you have the capacity to fol-

low through on the commitment.

2. Make commitments you can stand by. In a relationship, it is important to be honest and empathetic to each other's feelings, hopes, and dreams.
3. Break the cycle of blame and criticism. It is important to own your part in the relationship dynamics.
4. It can be helpful to shift your attention

away from "fixing the other person" and onto more creative expressions for resolving conflict. Shifting the focus in this way will help to inject more positive energy into the relationship.

5. Become a master of verbal and nonverbal appreciation. Showing appreciation of others is critical to healthy relationships.

There are countless ways to grow your social network. Consider your interests and hobbies, and then pursue them. You're bound to find others with similar passions.

comes to spending on counselling they feel why waste money.

Simultaneously eat healthy, exercise, join a sport, or a club and be with your favorite people. Investing in these would really increase the happy hormones (Endorphins).

Next step would be do something for others who are suffering so involve in the awareness programmes and write your story and share it with the world.

SAVE YOURSELF and SAVE OTHERS by ACCEPTING.

MAISHA SYED (Std IX)
St Mary's ICSE School
Kopar Khairne

So the government has announced an unlock (unlock 1.0) of some activities in lockdown which in many States refers to as opening of trains, shops and usual market opening on the basis of odd-even basis and also opening of restaurants, hotels, malls etc by taking into consideration all the precautions necessary. Well because of the unlock 1.0 the malls are also opening, that only means one thing if malls open there will surely be a sale for each and every stuff and because of the sale many people will come out of their houses for this which can cause a really big problem because there will be a big rush and nobody will be following physical and social distancing. I mean clothes are not a big deal at this point our lives matter more. India has reached it biggest spike in a day which is 14000 cases. There has been news of the development of a vaccine which may protect people from the virus. We also have a lot of time to do a lot of things like you can learn many new things like painting and well the lockdown has literally made all of us chefs we can also complete our work from office

UNLOCK 1.0 ... TIME TO BE EXTRA CAREFUL

or school, we can use this time to do things which we didn't have time in the past. Like for me it was to learn a new language and I been working on it. I have learnt to greet and how to say numbers in Spanish. We can well because of this lockdown one thing has gone right which is our online classes for all those who wanted to be homeschooled well there you go with for you have online classes. You join the classes in the bed, if you want not do classes just say bad connection but whenever it rains it is real that you have a bad connection. Well why I don't frame the things going on in the world as that the world is in progress and is opening soon, but you have to agree that the lockdown has got us better family time. From here we also understand that our health is everything. It should

be our first priority. Whenever you go out of your houses please wear masks (that is the least you can do for your health). There have been so many things that took place this year till now like first and foremost Corona virus then earthquake, cyclones etc. If you are a person who is really lazy who am I kidding everyone at some point of time is lazy in the lockdown I have some exercise for you to do at home.

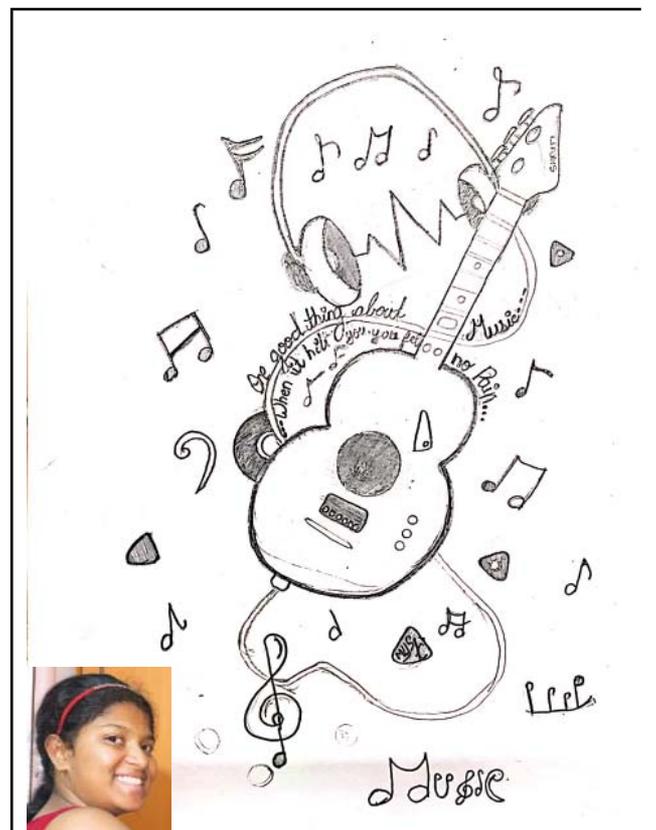
1. Try push up at least 20 pushups (2 times)
2. Pull ups (if you have a pull up bar)
3. Lunges each leg 10 times (2 rounds)
4. Squat 20 times (2 rounds)
5. Plank, try holding the plank for at least 30 seconds

Try to do this every day to keep your body in shape

Stay home

Stay safe

Stay healthy



Shruti Tamse Kalash Udyaan Kopar Khairne

MENTAL HEALTH PART 1

Contd. from page 4

resolve your deep rooted issues and pain that you are carrying with you.

People are ready to spend lakhs for heart surgery and other illnesses, but when it

INTERNATIONAL YOGA DAY

(21st June)



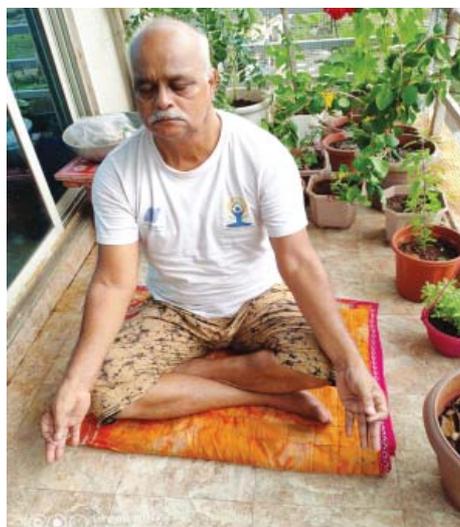
Smita Singh
K-1504, Exotica
Fresco,
Sector 137,
NOIDA-GB Nagar
UP. 201305



Filzah Syed Vashi.



Tejas Jayesh Rajput (16 yrs)
Abhyankar Bldg, Sleater Road
Nana Chowk, Grant Road, Mumbai



Raghunath Shinde
601, Silver Crest Apartments,
Khandeshwar, Navi Mumbai.



Maisha Syed Vashi.



**Kavya Nema, Std. 2, Balmohan
Vidyamandir, Shivaji Park Dadar**



Manoj Singh
K-1504, Exotica Fresco, Sector 137,
NOIDA-GB Nagar UP. 201305



Anushka Srivastava
Sector-17, Vashi, Navi Mumbai



Rajagopal AnilRaja
A-601, Balaji Aangan, Behind Orion
Mall, Old Panvel

Endurance Sports with Anmol Prabhu – Triaddict & Dr. Aditi Prabhukeluskar

Staying Strong & Fit Indoors

In the current state of affairs, majority of us are working from home, thus it has become imperative to tackle our sedentary lifestyle. In our mission to stay fit we end up doing our regular workouts and training regimes in the defined routine hours just as before. But we need to realise that this is not enough as we have completely cut down on our travel time which was also a form of exercise as now we end up staying in one position for hours over the laptop or phone while working from home.

I recently developed painful upper back muscle spasms due to prolonged exposure to phones and laptops in incorrect positions coupled with my high intensive regular workouts around cycling. This led to me having to consult my Physiotherapist who helped me recover from this pain. Thus I have coupled my article with hers in this issue as the inputs and methods suggested by her will help us to stay strong and fit in current work from home lifestyles.

Given below are some tips & advice by Sports Physiotherapist Dr Aditi Prabhukeluskar focusing on endurance cyclists and related sports in this article.

Locked down and a Painful spine

Although many of us love it, we humans aren't perfectly designed to ride bikes. We evolved to have our feet on the ground and balance our body

weight through a mostly vertical system of movements. Cycling is an activity that requires you to maintain a position in which your back is bent forward for long periods of time while the neck is unnaturally extended so that we can see where we are going. This position changes the pattern of weight distribution through our muscles



and spine causing the deep neck extensor muscles to become fatigued and stiff. This is similar to and also applicable in the scenario of long hours of seated computer work while most of us "work from home" in these trying times.

So, what really causes this malady? Neck or back pain from prolonged sustained posture either while working on your computers at your desk or while cycling is a warning sign that your position either at your desk or on your bike or the bike itself is creating undue stress on your spine. The good news is that a few adjustments to your bike (in case of cyclists) and your sitting pos-

ture can correct the problem. However, in these times of a global pandemic and a nationwide lockdown when even most essential services are hard to access how does one deal with something as debilitating as a neck or low back pain. Here are a few tips to avoid a painful spine: -

1. **Posture correction:** while long hours of computer

work one often tends to go into a slouched posture or if seated on an upright chair we tend to stick the same upright posture for hours together. It is mandatory to break your posture every 20-30 minutes, stretch your back downwards and backward, move around a little and then get back to work. This helps to take the load off your spinal muscles.

2. **Treating the soreness:** You can treat the soreness in the back of your neck or shoulders with heat or ice. Ice is best if the area feels swollen or warm. For the lower back,

heat therapy with moist heat i.e. using a rubber hot water bag thrice a day is advised. Rest is also mandatory until pain diminishes.

Simple home exercises for neck, upper back or low back pains: -

Neck Forward Stretch: Lower your chin toward your chest and hold for 15-30 seconds. Relax, and slowly lift your head back up. Tilt your chin up toward the ceiling



and bring the base of your skull toward your back. Hold for 15-20 seconds, then return to the start position. Repeat the set 10 times. Do it every day.

Stretching the neck sideways: Gently tilt your head toward your right shoulder and try to touch it with your ear. Stop when you feel the stretch. Don't raise your shoulder. Hold the stretch for 15-20 seconds, then return to the start position. You can do several sets and work your way up to 10 repetitions.

Chin Tucks: Sit upright and look straight ahead with the ears directly over the shoulders. Place a finger on the chin. Without moving the finger, pull the chin and head straight back until a good stretch is felt at the base of the head and top of the neck. (There should now

be some separation between the chin and finger.) Hold for 5 seconds if possible. Bring the chin forward again to the finger. Repeat for a total of 10 times, or as tolerated.

Shoulder Shrugs: With your feet shoulder width apart, keep your arms straight by your sides and shrug your shoulders slowly upwards. Hold for 2-3 seconds at the top and then lower your shoulders slowly. Do 3x12 reps daily.

Stretching the low back: The cobra stretches also known as Bhujangasan stretches the mid the low back. Lie down on your stomach and raise your upper body on your palms extending your elbows. Hold for 5 seconds and repeat for 10-15 times.

Pelvic Bridge: Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees. Tighten your abdominal and buttock muscles by pushing your low back into the ground before you push up. Raise your hips to create a straight line from your knees to shoulders. Squeeze your core and

pull your belly button back toward your spine. Hold for 20 to 30 seconds, and then return to your starting position. Complete at least 10 reps.

It is great to see the motivation levels of people while doing indoor workouts to stay fit but somewhere we need to pay attention also to our activities throughout the day, when we aren't working out.

We all want to be geared up to go out and run, ride, swim etc. but these are the smaller things we need to take care while preparing for our goals.

Stay Safe, Train Well & Keep Smiling!

And for any queries, do reach out to us on the below mentioned contact details

Anmol Prabhu- Triaddict
(Ironman Triathlete, Endurance Cyclist & Triathlon Mentor)
Email: anmolprabhu09@gmail.com
Ph No : +91 9870725884

Dr. Aditi Prabhukeluskar
(BPT, MPT Sports (ongoing) Consultant
Physiotherapist at Acharya Shri Nanesh Hospital
Ph No : +91 7021248607

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