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Editorial

STRESS : A SILENT KILLER

Competition is the word that's probably destroying our peace of mind and also robbing hardworking and brilliant brains from performing their best. Expectations from children in the field of education and even in hobbies is very high. Everyone wants to be a top class Engineer or a Doctor only, as if anything short of it would certify them as a failure. Even in the field of hobbies parents want their kids to reach the top. Fine, there is no problem in expectations, but then it shouldn't be to the extent of draining out the poor soul both physically and mentally.

Every child cannot be (and shouldn't be) a doctor or an engineer. Don't we require experts in other fields like commerce and arts too !!! Where will we get top class designers, sportsmen, craftsmen, advertising and marketing brains from if everyone only opts for Engineering and Medical careers?

The problem actually lies with the elders, who probably want their kids to achieve the parents unfulfilled dreams and desires. Men, if they wanted to be a doctor but failed the entrance tests repeatedly want to push his son /daughter to become a doctor and nothing else, even if the bent of mind of the kid would be for becoming a Chartered Accountant. The kid will end up becoming a mediocre doctor instead of a top class CA. This scenario would be for those who will be able to withstand the stress of expectation, others would end up mentally and physically sick and end up cursing their "forced" profession throughout their lives. The cycle may continue to the next generation too if its not halted now !!!

So stop expecting too much from anyone especially the kids in the field of education and also in their hobbies. Let them enjoy and encourage them to take up what they wish in life as their career.

RELATIONSHIP BETWEEN VIBRATION AND FOOD



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

Food is not just fuel for our body; it is as alive as we are. Food manufacturers are not concerned about the vibrations of their products. Lot of people go the restaurants and bars. They sit and chat and at the same time have little snack, tea, coffee. Many people do not even think about food when they are eating. They just eat as they are hungry. They are least interested in knowing what

they are eating. On the other hand, there are also people who like to explore different tastes. Few realise the importance of understanding the qualities of food and the nature of their own living habits.

other art. The science of cooking requires knowledge of cooking temperatures and food properties, food combinations and medicinal applications. In India, there is a tradition of not tasting food before it has

fect on physiology and thus on human psyche is profound and undeniable. Body chemistry is directly influenced by food input – "you are what you eat". Hence understanding the relationship between vibrations and food is very important. Making food for God to taste first, then accepting and eating it as Prasad, cooking food in proper state of mind, meditating before eating. These practices helps the cook to remain clean and pure, both physically and mentally. This imparts high vibration to the food. As eating is worship; it should not take place in an unsuitable atmosphere. Also food should not be cooked or eaten in panic. Food when cooked in spirit of holiness, the vibrations in the form of subtle charges blend into the food and make it taste divine.



Cooking is an art and, at the same time, science. The art form involves an emotional relationship between the food and the cook. Cleaning, cutting and chopping food are activities that can be performed with a sense of rhythm and relaxation. Cooking can be enjoyed as much as any

been offered to God. Indian people are able to cook food that contains everything in right proportions. This can be called as "cooking by feeling". Food provides higher energy if it is cooked as an offering (Prasad) to God.

Though vibrations are subtle and their ef-

CRITICARE



Shaheen Saif Khan
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Today people are falling prey to lifestyle diseases!!

You may eat healthy, you may exercise daily which will surely keep many ailments at Bay!! But with age there is a risk of developing life threatening diseases which may or may not be hereditary and which is likely to eat up your hard earned savings!!!

Did you know:

- 1 in 250 Indians succumb to heart

attacks every year

- 3 out of 10 Indians are likely to contract Cancer
 - There has been 500% increase in total number of surgeries in last 5 years
 - India's younger generation is at a greater risk of suffering serious heart ailments
- If you are holding a health insurance poli-

cy, you should consider taking a Critical Illness Policy as well to create a more secure plan!!

When a critical illness strikes someone, the bills runs into lakhs which is likely to deplete your health insurance cover in just one go. So in such situations these kind of policies are a life saver both mentally and financially!!

HOW A CI PLAN WORKS

Generally all the

Contd. on page 4

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We always relate the word Alpha to an Alpha male which means the one in command, and that is what today's topic is all about. However, here the Alpha can help make female, young old of any size and shape to achieve what they want in life.

This topic is to let you know that one can achieve anything and everything in life by setting the radar of the brain in the right direction. It is like you set the compass to take you to your destination.

So what is Alpha

brain and how do we set the compass.

In my last article on mind and body I had mentioned how thoughts lead to feelings and feelings lead to action and if any change is to be brought about in the action then we have to begin at the thoughts.

However to get a speedy effect we must bring about these changes when the brain is in the Alpha Brain waves.

Our brain is in different brain waves at different time every day.

There are four major brain waves -- Delta, Theta, Alpha and Beta.

DELTA is the calmest brain wave and we are in Delta in deep sleep. When the baby is in the womb the most prominent brain wave is Delta. The brain receives any kind of information and suggestions very fast and on a permanent basis in this wave. It is because of

these capabilities that pregnant mothers are told to remain happy, read good books, eat healthy and remain physically and mentally happy because the baby is receiving it all in that Delta waves without asking 'Why'. It is the most relaxed stage and the brain will always receive better if we are relaxed. Therefore studying with an anxious brain or studying with a relaxed brain makes a huge difference in the quality of the recall. Delta is not easily accessible to us when we grow older. But we can listen to Delta waves audios and go in that state.

THETA is the next relaxed brain wave and this level is accessible to us when we wake up in the morning but our eyes are closed. Therefore it is very essential for us to capture this moment to reengineer the thoughts we have. This is a very good time to repeat affirmations

to change whatever you want to change or dream big. This is the time to see that finish line in the timing you want, see the scores you want in exam, see the partner you want for a lifetime, see the seven figures you want in your bank, see the body you want all with your eyes closed still wanting to sleep a little more. This is the more crucial time of your day. Begin your day with all that you want by seeing your dreams as if they have already come true.

ALPHA waves are natural for a child till age 6 and therefore conception to age 6 is considered as the formative age span to learn it all. May it be academics, values or habits. This is the time where Nurture can over Nature.

Alpha is also available to us when we are brushing our teeth and just before we go to sleep. We can also get into Alpha state very

easily by doing relaxation or listening to relaxing music and it is this brain wave when the subconscious mind can be accessed easily. So after you have finished your dreaming 'big' in Theta, get up and go to brush your teeth and repeat affirmations to concretize your dreams. Let me give you an example. Suppose you are dreaming of completing the upcoming full Tata Marathon in Four hours 50 minutes because you want to qualify for the Comrade Race of 89 kilometers then while you are in theta you need to dream that you have already done it and people are congratulating you. And later when you brush your teeth you would repeat affirmations like "I am grateful for completing full Tata Marathon in 4 hours 40 minutes". "I am grateful to my body and mind for making this easily and effort-

lessly", "I am grateful for enjoying this feat totally", "I am grateful for the right food and exercise and training I am receiving". "I feel confident and happy". Paste these affirmations in bold letters next to your mirror and repeat these in your mind or loud 5 to 10 times.

Do this exercise again before sleeping when you are brushing your teeth and dream once again when your head touches the pillow.

I shall be teaching you NLP techniques to add here in my next column.

Then go about your day as you are now in Delta waves. Your mind is totally awake. Delta waves are where the entire logical mind is active.

I recommend you go in Alpha mind by doing relaxing technique like Shavasana or

Contd. on page 5



Dr. Aditi Prabhukeluskar
(PT) BPT, MPT Sports
(ongoing)

Eight hours into the race, tired and sleepy and exhausted you begin nearing the end of your vigilance and your patience begins wearing thin. Oh, and you're not even racing!!!

In this article I shall share my first time experience of crewing as the rider physio for an ultra-cycling marathon.

Being the Ultra-Physio

This was the time I was crewing as Physiotherapist to support my client, Anmol Prabhu, in his 646 km cycle race.

What started off as a regular fitness testing session for Iron-Man finisher Anmol Prabhu at the clinic eventually lead to a conversation where we discussed his physical requirements and how my knowledge of physiotherapy and skills as a practitioner can help him to achieve his goal at the Decan cliffhanger ultra-cycling race. That evening, I became a part of his journey to the Decan Cliffhanger.



The Decan cliffhanger is an annual 646 km ultra cycling race flagging off at Pune - the city of cycles and terminating at shores of

Goa.

Ultra endurance races that exceed 6 hours in duration rely heavily on long term preparation, adequate nutrition,

mental toughness and accommodation to environmental stressors. Anmol Prabhu being an iron man finisher, working with him was a smooth process owing to his appreciable endurance levels and aerobic fitness as well as his understanding of the importance of core strengthening to improve endurance.

Yet it would take an entire year's work and training before going in for the ultimate race. I shall now break down the highlights of race preparation mandatory prior and during the race into 4 parts:

Training: -

- A major component of the physical train-

ing that goes into the preparation for Ultra cycling races is Endurance Training.

- However in order to achieve a successful ultra-endurance performance one must follow a well periodized training plan.
- With a well periodized training plan athletes can achieve a high level of race preparedness and avoid any incidence of overtraining syndrome during the months of rigorous training.
- Strong core muscles are again important for endurance athletes as weak core muscles can lead to

Contd. on page 6

ETIQUETTES TO OBSERVE WHEN YOU SEE YOUR DENTIST



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WHAT IS TEETH WHITENING?

Many of my friends ask me questions such as: When people eat garlic does it make you mad? Or, should I always see the same hygienist or is it okay to switch? These are legitimate questions that most people don't exactly know the answer to. Today's article is about dental office etiquette, the Do's and Do Not's of the dental office.

- Do bring old records. If you are

a new patient to an office and you have recent x-rays bring them with you. Many people feel very awkward taking their old records when they leave a place to seek a different dentist. Although it is a slightly awkward situation it is not uncommon to see more than one dentist in your lifetime. We know that situations change, people move, change insurances or simply grow out of their relationship with their current dentist. The few minutes of awkwardness asking for your records can save you the trouble of having new ones taken as well as decreasing any unnecessary exposure to radiation.

- Do try different hygienists, if you feel like it. It is okay and completely accept-

able to use different hygienists for your recall appointments. Many people will see different hygienists depending on their schedule or preference, and it is not offensive to switch. Switching between dentists within an



office, although not as common, is okay as well. However, if switching dentists, it is best to finish any major treatment you may be in the middle of, such as a crown or a root canal before switching.

- Do not worry

about what you just ate ... And finally, if you ate garlic before you came or forgot to brush it's not as big a deal as you think! If you do remember it is greatly appreciated, but in general you are more conscious of the slight garlic

breath and food between your teeth than we are!

- Although flossing is not always necessary before visiting the dentist, at the very least, brush your teeth. And, if you happen to eat something before your ap-

pointment that gets stuck between your teeth, then definitely floss!

- Do not stare down your dental hygienist while they are working on your teeth. Yes, they are right above you, but they are trying to do their job – would you like it if someone was staring at you while you tried to do your job? Look at the TV that is in every dentist office in the world or at the wall. Of course, it is polite to look at them if they ask you something.

- If you do not have an appointment, do not get huffy if the staff can not fit you in. Most dental offices are constantly busy!

- Tying in with above: do not make an appointment and then not show up.

Most dental appointments are made well in advance; it isn't really a "walk-in" industry so the time you left open is just lost time to the dentist.

- If you are a parent bringing your child in for a cleaning or any dental service, do not hover over them and get in the dentist's way. The dentist will always be happy to explain what is going on, as long as you are letting them actually get it done!

- Finally, while it is nice if your dentist's office knows what your insurance will and will not cover, it is not their job. Don't expect them to do your research!

Following the tips above may not prevent that cavity, but it might make your dentist not be so heavy handed with the drill!

Criticare.... Contd. from page 2

companies have a pre-defined list of critical illnesses.

If the insured contracts any one of the pre listed ailment, a lump sum amount is payable equal to your sum insured which is opted and the policy stops!!

The catch over here is the insured has to survive for 30 days after the claim is made in your Critical Illness Policy!!!

There are companies which also offer Critical Illness plans just like your mediclaim plan.

There will be no lump sum payments, but will cover up to sum insured, policy will continue lifelong. These can be of help for recurring expenses of the major ailments.

Some companies even cover global coverage as well. So the person can get treated outside India as well if they want!!

You can choose any such kind of a CI plan and get going!!!!

Premiums for a CI policy are generally low as compared to a base health plan

STANDALONE CANCER PLAN

There are companies which even provide standalone Cancer Policies also.

Type 1: Where they pay when the insured has contracted with Cancer and even waive off your future premiums once person is contracted with the "Deadly C"

Type 2: Then there are plans available to even those who have already contracted with Cancer (Stage 1 and Stage 2)

There are so many unique and creative health products which are being launched benefiting the insured.

Lower premium and good coverage help you focus on your health without any financial stress. Ensure a good health coverage having a mix of a base health plan and a Critical Illness Plan. As it is rightly said "Prevention is better than Cure"



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The inflammation of the cavities around nasal passage is known as sinusitis. When the cavities are full of fluid, germs attach themselves to the fluids, which give rise to infections. Some of the causes of sinusitis are common colds, allergic rhinitis, nasal polyps and deviated

SINUSITIS

septum.

There are 4 different types of sinusitis:

1. Acute sinusitis: It remains for about 4 weeks or less. It is usually characterized by a runny nose and pain in the face which will stay for at least 10 to 14 days.
2. Sub acute sinusitis: It is almost like the acute sinusitis but stays longer for about 4 to 8 weeks.
3. Chronic sinusitis: The inflammation, in this case, lasts about 8 weeks, sometimes longer than that.
4. Recurrent sinusitis:

In this, the sinusitis attack keeps occurring all through the year.

At times, to clear up the blocked sinuses, a surgery is mandatory. This can be painful hence many are hesitant to go through with a surgery. If you want to control sinusitis so that it doesn't reach the limit where you have to go through a surgery, here are some tips of what you might be able to do regularly to clear your chances of controlling this:

1. Take steam: This is the most common and easy way to

Contd. on page 7



Sahrish Akhtar

Delhi, the capital city of India, has hit the headline again as a result of deteriorating air quality. Every year, the city faces severe levels of smog and pollution after Diwali. However, this year has been an exception as the air quality has dipped to a severe level in June itself. Though Delhi and NCR usually get very dusty during this time every year, the situation worsened this year. The pollution level in Delhi NCR is worst as compared to the last four years. According to a report by WHO, air pollution

kills approximately 30,000 people every year in Delhi.

The Present Scenario

The rise in dust storms in the western parts of the city is one of the reasons why the air quality in Delhi and its neighboring areas deteriorated. Parts of Delhi and NCR woke up to smog and heat that was 20 times higher than the safe levels. The unusual phenomenon, which occurs once in a decade, poses a health risk to the 20 million people in the city. The situation, however, is very different from winter pollution as dust is the main culprit of the situation. The level of PM 10, which consist of dust and large particles, increased to an



alarming level of 1263 micrograms per cubic meters. The level is approximately 50 times higher than the normal level.

People at Risk

The hazardous air quality also poses serious health risks, especially for people who already suffer from some kind of respiratory problems. Any person exposed to the serious conditions of air pollution is at a risk of developing various

health problems.

Ways to Stay Safe

Alarming situation makes it necessary to take precautionary measures to stay safe and to avoid any kind of long-term problems. Exposure to pollution leads to irritation in the eyes, throat, skin, asthma attacks, hay fever and other respiratory problems. Health experts have advised the residents of Delhi / NCR to wear masks and stay indoors, es-

pecially when the pollution levels are high. The condition also has an impact on the indoor air quality, which is the reason why you need to take necessary precautions even if you stay indoors. Avoid morning walks. Place air purifying plants in homes and offices. Wear a mask whenever you go out.

Ventilate your home

Open your windows and doors between 3 pm - 5 pm and allow

the air to circulate. On a bright sunny day, this is the time slot when concentration of PM 2.5 is the lowest in the air.

Refrain from morning walks

Exercising is essential but not when we are breathing toxic air. People who walk, run/jog or engage in any outdoor activity should refrain from doing so until the smog settles. Shift these activities to evening hours.

Use face masks when outdoor

N95/99 masks should be used whenever you step out.

The alarming levels of air pollution will last only for a few days. However, if you don't take proper precautions, it may lead to serious and long-term health problems.

SMILE FACES IN INNOCENT

Children's Day celebrations at St. Lawrence High school, Vashi

St Lawrence high school Vashi was a visual treat for children as the school was decorated with balloons setting the perfect mood for a celebration. Students were welcomed with a beautiful smile. The teachers were all set to celebrate children's day with full vigour and zeal.

The teachers took charge of the assembly to make the day unforgettable for the students. The celebration began invoking God's presence with special prayer and reading the holy words from the Bible. Students were



awestruck to see their teacher's enthusiasm to make the day special.

The hilarious poem, mimicry, puppet show made the students laugh and giggle. The highlight of the assembly was the scintillating dance performance by the pre-primary teachers. The teachers showcased their tal-

ent by dancing on the Peppy songs of the 70s. The students were in awe to see their mother like teachers in the Avatar of kids and one could feel the cheer of joy and happiness. The message given by our Chairman Sir and Managing Director made them realise how important and wonderful they

are as we are created by God. Our parents have to be respected and we need to be grateful.

"We are truly blessed to be in Ryan group of institutions as our chairman Sir Dr. A.F. Pinto instills value based teaching even in celebration" said the president of the school.

"We always need to keep the child inside us ignited by being a child as we all are His children and are same in His eyes. This is the message that we tried to reach out to the children", said the Headmistress Mrs. Saira Kennedy.

MIND ENGINEERING.... Contd. from page 2

Progressive Muscular relaxation once in the evening or after your work out.

Repeating positive affirmations three times a day is most affective in Alpha brain waves.

You can list down all your dreams and goals and one by one give them by using the Alpha Brain waves which are in your brain, at your disposal. They can be activated any time you wish and you can train your brain to think only in positive.

Wish you all great success in reengineering your thoughts with this powerful technique and tool you possess.

You may write to me on salmaprabhu7@gmail.com or call 9322851484 for a training session.

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THE PERFECT BALANCE “EXERCISE + EAT CLEAN”

EXERCISE / PHYSICAL ACTIVITY

Include any physical activity in your sedentary lifestyle by making small changes in the daily routine, like walking or cycling to nearby destinations, taking the flight of stairs, washing your car, playing with your kids etc.

MAKE EXERCISE FUN

Many of us find it difficult to stick to some form of exercise, or don't know where to start.

Stop sitting on the couch this December by following these simple steps



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

Embrace your inner child and do things that you loved to do as a kid
Find an exercise buddy

Join some local club or community groups or swimming pools

Be kind to yourself, start small and gradually increase your activity and intensity

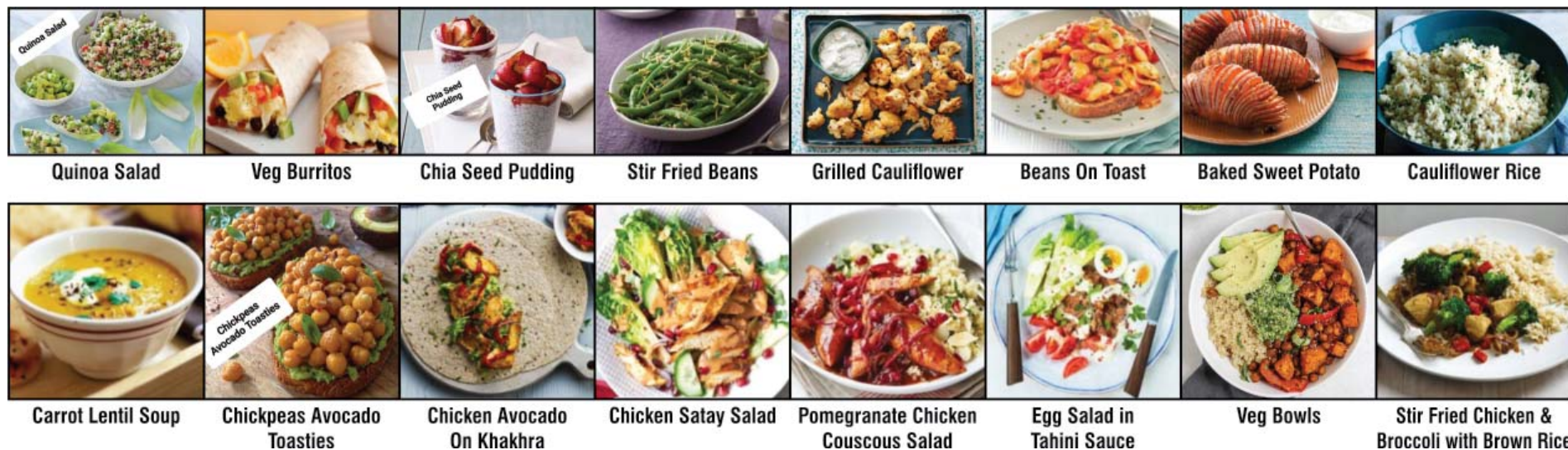
Try this mantra “NO FUN NO FUTURE “instead of No pain No gain!!

Be realistic about your goals

Keep a training diary to track your progress

EAT CLEAN, EAT HEALTHY INTERESTING FOOD Enjoy and relish each morsel

Here are a few options...



Being the Ultra-Physio... Contd. from page 3

increased fatigue, reduced endurance and frequent injuries.

- Core strengthening exercises train muscles in your pelvis, lower back, hips and abdomen to work in harmony. And the bonus being core exercises do not require any specialized equipment or gym membership.

As in the case of Anmol, three sessions of core muscle strengthening every week were started 3 months prior to the race.

- Last but absolutely not the least, the most important and unmissable part of training is the acclimation to heat.
- Anmol had been performing practice weekly rides in the very well-known hot and humid climate of Mumbai since the past entire year. This deliberate heat acclimatization protocol helped yield greater benefits for Anmol to sustain the 33 hour ride wherein he experienced two extremely sunny afternoons one of which was during his last hour in the scorching heat of Goa.

Nutrition: Having dealt with purely physical injury management in the past three years I had zero to very little idea of what really goes into the nutritional management of an ultra-endurance athlete.

However the turning point came from the time I started my work with Anmol, and the most learning and experience of managing the nutritional aspect during an ultra-endurance race happened in the 33 hours of the race.

Rehydration being one of the most essential components of an athlete's nutrition before, during and after an ultra-endurance race must be well planned out with timely intervals. Every half an

hourly refills of electrolyte were given to Anmol during the race.

A strategic intake of large quantities of liquid carbohydrate rich formulas in the form of GU gels was handed over to Anmol during the race at timely intervals which considerably optimized his performance during such an extreme sustained exercise. Preparing the nutrition for Anmol made me realize that a well-planned out and personalized nutritional plan is extremely important for a successful ultra-endurance performance

Cycling injuries: Just two weeks before the race while on one of his practice rides Anmol experienced a sharp pain in his left upper back post 200 km. Now, neck and back pain are extremely common in cyclists affecting 60% of ultra-endurance bicyclists. As in the case of our rider, regular sessions of myofascial release + electrotherapy + neck muscle strengthening program helped completely resolve what seemed like a case of neck muscle fatigue.

- It is of prime importance to adjust the bicycle to the cyclist so that the cyclist has to adapt as little as possible.
- Improper position can often lead to overuse injuries and premature fatigue while riding.
- Another case of overuse injury experienced during the race is that of saddle sores that are most often caused by chaffing or irritation which is a result of improper saddle.
- Managing saddle injuries involves adjusting seat height, angle and fore and aft position in addition to changing the saddle.
- Good nutrition and rest are mandatory along with correcting the saddle in order to manage saddle sores. Also with Anmol we made use of the very effective chamois cream to help ease

the pain due to friction and saddle pressure.

Mental preparation: Now comes the toughest yet the most cherished part of my first time crewing experience.

- As an athlete's own mental and physical abilities begin to reduce, he/she will instantly reach out to the crew for approval, guidance and support.
- It is this time that as a crew your mental strength and determination to get your rider to finish the race is tested.
- The tough decision of giving in to your athlete's tired plea to quit or to push him to keep moving further requires quick thinking and a calm mind.
- This is probably the hardest component of crewing.

A Similar situation was faced by us as we watched Anmol endlessly climbing atop one after another ascending trails in the Ghats of Goa which began taking a toll on his stamina. Now mind you, this ascent was faced after an entire 24 hours of being on the road cycling, a point where it would be an understatement to say that the rider as well as crew are at an end of their functioning capacity.

This was the exact point which exhibited the true meaning of UNITY as the crew kept cheering Anmol non-stop to keep pedaling and finish the race.

All in all, the experience of the Deccan Cliffhanger race has been an extraordinary life changing adventure. These 24-36 hours were a pure display of unwavering grit, determination and unity amongst the entire team.

An ultra-endurance race can well be called one of the toughest mental and physical challenges; yet what growth ever occurs without challenges.

The Great Nicobar Island: India's Southern Fortune

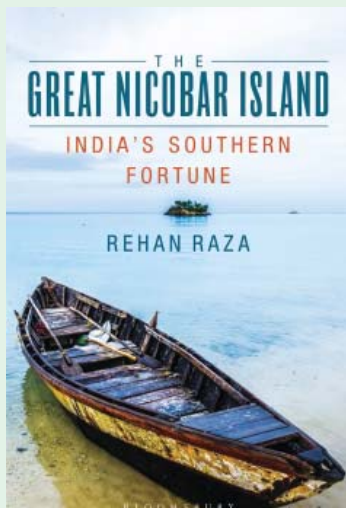
Published by: Bloomsbury Publishing India



The book authored by Dr Rehan Raza titled "The Great Nicobar Island : India's Southern Fortune" published by Bloomsbury has been released on 07th November 2019 by the Hon'ble Lt. Governor, Andaman & Nicobar Islands Admiral D. K. Joshi (retd) during the inauguration of Island Tourism Festival 2019 at Port Blair. The Chief Secretary, A& NI Sh Chetan Bhushan Sanghi, IAS, Member of Parliament Sh Kuldeep Rai Sharma, Secretary Tourism A&NI Smti Pooja Joshi, Zila Parishad Adhyaksh Sh Subir Chander and PBMC chairperson Sh Uday also graced the dais during the release of the book .The book is available on Amazon.

ABOUT THE BOOK:

A complete handbook with captivating pictures of the Andaman and Nicobar group of islands, with special emphasis on the Great Nicobar Island. A unique compilation, this book highlights the geostrategic and geoeconomic significance of Great Nicobar Island and provides an incisive description of its picturesque tourism sites. It's a rare and exclusive compilation of all the unexplored potential tourist destinations of Great Nicobar Island, along with picturesque illustrations of all popular tourist sites of Andaman Islands. The book also captures the ordeals and narratives of the tsunami survivors of



Great Nicobar Island. The book presents some unique facts about the native tribes and the settlers of the Campbell Bay. It contains the ordeals and heart rendering narratives of the Tsunami survivors of Great Nicobar Island. It also describes the fascinating collection of the exotic flora and fauna of the island. It proposes measures which can transform the island to become a potential game changer for the developmental trajectory of the island. The book is a plethora of information with in depth analysis and will be of immense value to scholars, academicians, strategic experts, bureaucrats and tourist visiting the islands.

ABOUT THE AUTHOR:

Dr. Mohd. Rehan Raza completed his MBBS from Shri Rama Chandra University, Chennai. He joined the Indian Civil Services in 2012 as a DAN-ICS officer. Initially, he was posted as Sub-Divisional Magistrate, Shahdara, Delhi. Later, he was posted as Assistant Commissioner and Sub-Divisional Magistrate, Campbell Bay, from 2016 to 2017, and subsequently served as Director of Sports and Youth Affairs, Assistant Commissioner (Tribal Welfare Department), Additional District Magistrate, South Andaman District,



and various posts in the Andaman and Nicobar administration. Raza is the recipient of the first Hakeem Abdul Hameed Award for Excellence awarded by Hamdard Alumni Association in 2012

and Vishisht Chikitsa Ratna Award, 2019, awarded by the Delhi Medical Association. He is presently posted as Sub-Divisional Magistrate, Saraswati Vihar, North-West District, Delhi.

RYAN CHRISTIAN SCHOOL - VASHI

REPORT ON SOCIETY OF AUTOMATIVE ENGINEERS (SAEINDIA)

To succeed in the society of tomorrow, children must get an education that prepare them to solve complex problems, communicate clearly, raise and resolve questions, assimilate information and work in co-operative towards common goals.

SAEINDIA and Mahindra & Mahindra invited our school for 5th Navi Mumbai Regional Olympic - 2019 on 9th November 2019.

The society of Automotive Engineers (SAEINDIA) is organizing "A World in Motion (AWIM)".AWIM is the platform where children explore exciting world of



Science, Mathematics, Engineering and design in the classroom through practical toy building sessions.

Ryan Christian School Vashi students of Gr. V & VI grabbed this opportunity to showcase their talents. Two groups Jettoy team and

Skimmer team were sent for the event on 9th November 2019 to "Shrremati Jankibai Krishna Madhavi Mangal Karyalaya" Airoli.

We were happy to announce that our Skimmer Team students have won the gold medal.

Sinusitis....

Contd. from page 4

control sinusitis. The steam helps to break down the excess mucus in the nasal passage and also reduces the inflammation of the sinuses. All you need is water. Heat it up to the required temperature and then inhale the steam. You will get a lot of relief if you do this regularly.

2. Nasal Irrigation: This is basically the process of flushing the infected and stale mucus out of the nasal cavity. Take a litre of sterile water, mix one tablespoon of kosher salt and baking soda

each. Then with the help of a syringe or a neti pot, wash your nostrils with the solution. The mucus will start coming out and your nasal cavity will clear out.

3. Use warm washcloths: Lie down and place a warm washcloth (a washcloth dipped in warm water and wringed) on your forehead and nose region. The warmth from the washcloth will break down the mucus and clear the congestion.

4. Homeopathy has many medicines for complete cure of this disorder, before it turns into an illness.

FOOD FOR THOUGHT, FOOD FOR SOUL : A charitable project that's bringing smiles on the faces of many

By Neha Adappa

One fine Sunday morning at 8:30 am, I found myself at the Turbhe Store area. Ms. Nivva Yoosuf, the President, Rotary Club of Millennium City (RCMC) had invited me to come for this wonderful project they were doing there – Khichadi Ghar. I must say I wasn't prepared for what I saw.

Before continuing the tale, let me explain a little about Khichadi Ghar. RCMC has launched the Khichadi Ghar project that provides khichadi to the slum areas around the Turbhe Store area. Every Sunday at about 8:30 am they provide 300 plates of healthy, nutritious khichadi to the residents. Their goal is to provide a nutritious meal to the undernourished people living there.

So, when I finally reached the dilapidated slum area, I was struck by the sight. There were several children of different ages all sitting around eating their khichadi. I was told by Rotarian Mohan Rao that they had started serving at 8 am that day and had



already fed 150 people or so Amazing!!!

I was there for little over an hour and 2 large barrels of Khichadi had been served. Many kids brought plates and bowls from their houses so they could share the khichadi with their family too. Watching all these little children coming up and asking for khichadi, sometimes back for a second one stirred something within me. It's easy to forget sometimes how incredibly fortunate we are because we don't have to worry about when we will get our next decent meal.

Although RCMC is currently doing Khichadi Ghar, they are also planning to conduct other projects in this area that include generating awareness

of hygiene, conducting free cataract surgeries for the elderly and more. Currently this project is funded by Rotarians of the RCMC club. However, RCMC's goal is to make this project sustainable for several years to come.

RCMC has been actively in-

involved in helping various communities for the last 25 years. This Rotary club is made up



of people like you and me, who donate their time and/or money towards causes that create a meaningful impact in our society. And, they welcome all those who are passionate about giving back and bringing about a positive change.

itive change.

To know more,
please contact:
Ms. Nivva Yoosuf,
President (RCMC)
9820128395



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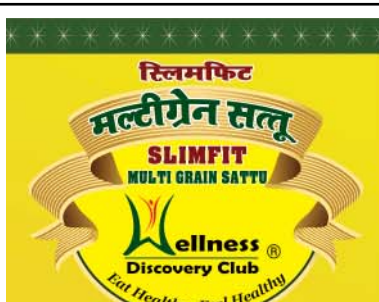
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