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# Date with Health

Monthly Newspaper on Health & Fitness

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## TEAM WE-WAKE BRINGS INTEGRATED COMPREHENSIVE WELLNESS TO MAHARASHTRA POLICE INTERNATIONAL MARATHON (MPIM-2020) ATHLETES 9 February 2020

For the first time, Physiotherapists, Homeopaths and Nutritionists support Marathoners holistically before and during the run!

Team We-Wake is a network of voluntary physiotherapists, homeopathic doctors and nutritionists that aims to bring holistic support to athletes/citizens participating in Maharashtra Police International Marathon (MPIM-2020).

For the first time in Indian Marathon history, athletes will be prepared and supported holistically from four weeks before, till the end of the Marathon. Over 2000 physiotherapists, homeopathic



doctors and nutritionists across India will assess runners' physical, mental and nutritional fitness. In a series

of consultations they make the athletes run-ready – all free of charge.

Team We-Wake also educates athletes about injury prevention, and focuses on recovery from injuries before and during the marathon. During MPIM-2020, eight We-Wake pit-stops are stationed along the route to administer care on the spot.

The network has been formed out of a strong desire to give something back to our State and Nation. We aim to bring health and wellness in India on a higher level. India is a sports loving country, we aim to help India become a sports playing country!

## Endurance Sports with Anmol Prabhu- Triaddict SMALL STEPS TOWARDS A LONGER GOAL

As children, most of us grow up playing sports that broadly fall into two categories viz. team sports like cricket, football and basketball or individual sports like tennis and badminton.

However, very few of us get into sports that don't require an opponent or a team. As we grow older and get into the usual routine of a job, it gets difficult to come together with friends and play your childhood sports. Thus, pursuing endurance sports like running, cycling or triathlons becomes a good option as they can be pursued independently.

During my school and college days, I was also into sports like cricket and badminton. Though my love for these sports still remains, it gets difficult to gather teammates and play on a regular basis after getting into a demanding professional life. Sometimes, a demanding work life leads to an unhealthy lifestyle



that may lead to frustration and demotivation after a point. Having said that, I believe, that each one of us experiences a moment where we want to get out of our hectic routines and do something fun and challenging.

After months of drinking and smoking, I realized / had a moment

of clarity that it was time to do something different over the weekends. This is when I took up running! Nowadays, I'm more active on strava (Social fitness app) than Instagram or Facebook.

As a novice runner, one's ultimate goal in Mumbai is to run the TATA Mumbai marathon which happens every January. Thus, my first goal was to qualify for the half marathon in 2016. Never did I envision at the get go that I would end up doing 4 full marathons at the Mumbai marathon including the most recent one that I ran on 19th Jan 2020.

Looking back fondly, this journey started by doing a 10km run in Chembur organized by Tridhaatu in 2015. With very little practice and no structured guidance, I ended up running it in about 60 min and qualified for the Mumbai Half Marathon (then known as SCMM, now it is TMM). In 2015, the **Contd. to page 7**

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## Editorial

### DON'T USE MOBILE..... BE MOBILE !!!

*We have become so sports friendly that its difficult to believe. The only question bothering is, why after it we aren't a fit Nation. The reason is, we are a sports loving Nation but only on our mobiles, where majority of us play games. From old to young, everyone is busy playing games with their fingers on the mobile button. Sadly our kids are the "busiest" on this "ground".*

*Even if our kids spend half the time on real ground and field rather than on mobiles, we really would be one of the fittest Nations. The problem lies in poor planning of the day, or do we really are short on time? Life really has become very fast and with unreal competition thrust upon, each one is just running in search of false happiness. Kids are encouraged by parents themselves to use mobile, mostly to keep them busy so that they don't interfere in the busy schedule of parents (most of whom are working). Taking kids out in the parks or a play field is rather strenuous for tired parents when they are back from a hectic day's work, hence to keep them "engaged" mobiles are handed to them. The kids also have become more savvy with the technology and find pleasure in playing new games on the mobile.*

*Aren't we growing up a whole generation which is dying at a much younger age due to ailments once related to old age, like heart diseases, blood pressure etc.*

*Let us pledge to spend quality time each day playing some game, not on the mobile fields but actual grounds.*

## ONE STOP SOLUTION: SUGARCANE



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

**I** remember during my school days, sugarcane vendor outside the school gate and we relished the big glass of sugarcane juice. That was so yummy as well as refreshing. We then started living in the era where canned and bottled juices with preservatives are available in the market. Urban population, I have observed, is not very keen to consume sugarcane juice as it is regarded as unhygienic. Though there

are people who still love that big glass of sugarcane juice on the roadside. Sugarcane has loads of health benefits. Sugarcane juice will put down to shame to the other natural and artificial juice available in the market.

### Do you know sugarcane juice can help you reduce weight?

As sugarcane juice reduces the bad cholesterol levels in the body and has natural sugars, it helps in reducing weight. It is high in soluble fibre which aids in shedding weight.

### Do you want your digestive system in good shape?

If yes, then you must start drinking sugarcane juice as it helps to prevent stomach infections. It is also considered to be

particularly useful in treating the problem of constipation. Since it has high potassium level, it is good for the well being of the digestive system.

### Do you know that sugarcane juice may

Cancer cells cannot survive in an alkaline environment. Thus it helps in fighting various types of cancer such as prostate and breast cancer.

The health benefits of sugarcane juice



### prevent cancer?

Sugarcane juice is alkaline in nature. Due to its high concentration of calcium, magnesium, potassium, iron, and manganese, it helps prevent disease like cancer.

goes on and on. So if you have stopped consuming sugarcane juice, then start again and find the difference in your health. Remember "Health is an Investment"! Take good care!

## HOW TO ENHANCE THE SHELF LIFE OF DRY FRUITS



**By Mohd. Zubair Khan**  
Food Technologist, UAE

**S**helf life of dry fruits depends upon the storage condition of the fruits, because if the storage condition is not good then there will be no shelf life. To know if the products is good or bad you can smell the fruits, if it is not good there will be powder (initial stage of fungus growth) like



layer on the surface of fruits which means the condition of the fruits is not good. It is due to the complete or



incomplete oxidation or hydrolysis of fats and oils when exposed to air, direct light or moisture or by bacte-

rial action, resulting in unpleasant taste and odor, it is called Rancidity. To enhance the life of the dry fruits

we need to semi roast the dry fruits on non sticky pan with low flame (time depends upon the quantity). Cool at room temperature and store in an airtight container. By doing the semi roasting and storing the dry fruits into the air tight container we enhance the shelf life of these products.

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

## COLLAGEN the new buzzword

**C**ollagen is the new buzzword that's been creeping into our beauty products and supplements.

It is the most abundant protein in our

structure and elasticity.

Collagen is a protein and comes mainly from animal source ... Fish / Beef.

It is made up of predominantly 3 amino

slows down.

Signs that indicate that our body may need more collagen are...

Achy joints, Leaky Gut, IBS, Wrinkles and Fine lines, Skin dryness, Cellulite, hair thinning and high blood pressure.

Beautiful glowing skin starts with how we eat. When we pack

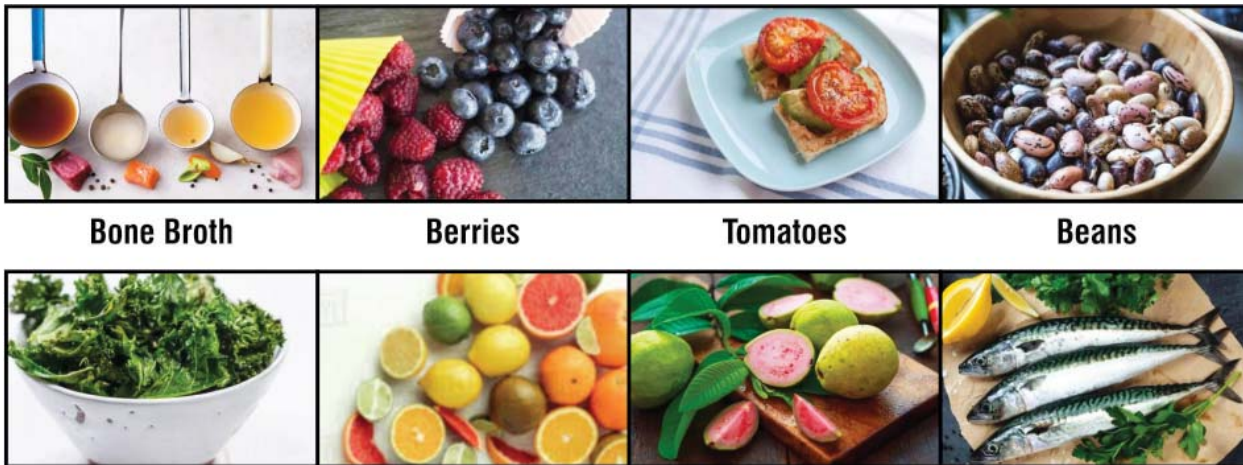
nal health"

So update your pantry with "College Eats" ..

Berries, Tomatoes, Kiwis, Pineapple, Citrus fruits, Guava, Papaya, Pomegranate Broccoli, Spinach, Kale, Bell peppers, Avocados, Sweet potatoes, Almonds, Pistachios, Cashews, Eggs,

## COLLAGEN

BOOSTING FOODS



bodies. It's found in our skin, digestive system, bones, blood vessels, muscles and tendons.

It's the GLUE that holds these things together.

Specifically for our skin, it helps give it

acids ... Proline Glycine and Lysine.

Vegetarian sources rich in all 3 amino acids are Soy products, black beans, kidney beans, pumpkin, sunflower and chia seeds.

As we age our production of collagen

our diet with vibrant foods loaded with antioxidants, healthy fats, water and essential nutrients, our body will show its appreciation through its largest organ ... OUR SKIN ... as our "Skin is the showcase of our inter-

Chicken, Fish, Bone broth, Mushrooms.

Get moving... exercise ... as this improves your metabolism and energy levels and increases the efficiency of your digestive system to absorb all the nutrients from your

food. Let your new buzzword be MOVEMENT.



**Shaheen Saif Khan**  
Mob. 9664887629 / 9820128395

**W**e all know what a Health Insurance Policy offers to us!! But little do we know what it excludes.

Along with the features of the Health Policy, we should also be aware about the exclusion part to some

extent. One should be mindful while going through the exclusions in the policy before or once they make a purchase so that they are not in for a surprise at the time of claim

We know and totally understand that it is difficult to read the fine print of the policy conditions and hence here is an overview of the major exclusions a health policy holds.

Mostly all companies have a common list of exclusions. Here is a list of most common exclusion. For complete list, you can

reach out to your service provider/or the website

- 1) Generally the 1st 30 days of the Policy doesn't cover any hospitalization unless its an accidental case.
- 2) Treatment for correction of eye sight
- 3) Any Dental Treatment: Some plans however cover OPD where it can be claimed.
- 4) Any hospitalization not justified or warranted
- 5) Treatment taken at Home / Private

- 6) Any Cosmetic/Aesthetic treatment / Plastic surgery
- 7) Cost of spectacles/Hearing aids
- 8) Congenital Diseases: These are basically birth defects
- 9) Ailments requiring treatment due to use of drug/Alcohol
- 10) Medical Expenses relating to hospitalization specially only for Diagnostic like X-ray or Lab investigations are not payable

- 11) War / Terrorism
- 12) Treatment received Outside of India: Again here there are few plans which allow to take treatment abroad. Premiums for such plans will be on a higher end
- 13) Infertility treatments / Aids
- 14) Maternity not covered. But some plans do offer Maternity as well after a certain waiting period.
- 15) There are certain injections which

- 16) Treatment for any other system other than Allopathy.
  - 17) Weight Management services/treatment
  - 18) Psychiatric & Psychosomatic Disorders
- Apart from the above general exclusions, there are exclusions for the non medical expenses also
- The Insurance Company may not pay you for the expenses which

## EXCLUSIONS: THINGS WE NEED TO KNOW!!!



Sahrish Akhtar

**A**re you ready for cold and flu season? If you want to avoid being sick and feeling like you have to go to the doctor to get antibiotics and other drugs, now is the time to be thinking about prevention!

To that end, here's some great tips to strengthen your body's immune system during the winter season.

- 1. Drink the optimal amount of water.** With the winter season here, it's more important than ever to consume the right amount of water for your health.
- 2. Keep stress to a minimum.** Studies have linked high stress levels to making a person more susceptible to catching colds and flu. Minimize your stress by working reasonable hours at your job. Aim for at least one night per week to spend with friends and family. If your stress is out

of hand and you feel like you need some help, let me know.

- 3. Eat a healthy diet.** Maintaining a good healthy diet full of fresh fruits and vegetables and minimal amounts of organic meats is another way to keep your body clean and in good working order. Try eating an extra piece of fruit or veggie every day too!
- 4. Do your homework to find the best supplement for your health.** Even if you eat "perfectly" all the time with loads of fresh fruits and vegetables, you still need to boost your nutrition with a supplement. What supplements you will need will depend significantly on your lifestyle. If you're not sure whether you need them at all, read this post on why we need supplements. Let me help you choose the best supplement program for your lifestyle. Some supplements I recommend taking during the

winter season include:

- **Essential Oils.** Essential Oils are a must-have to protect yourself and help your immune system. There are a variety of essential oils that have been found to be highly effective against airborne bacteria. They also can do a lot to strengthen



your body, boost your immune system and help you to overcome colds and flu.

- **Standard Process Products:** There are several products in the Standard Process / Medi-Herb line that I recommend during this time of year. Your unique health situation determines which one would be appropriate for

you. Contact me to discuss which product might be best for you.

- 5. Exercise regularly.** It is important to exercise regularly, even if only for 15 minutes a day! Get out and take a short walk and enjoy the cooler weather.
- 6. Get the right amount of sleep every night.** The

average person needs 6-8 hours of sleep per night. If you're not getting enough sleep, your body is extremely vulnerable to illness. Sleep is very much like fuel that recharges your batteries! You've got to do it to keep the machine running.

- 7. Wash your hands regularly.** Keep the bacteria and viruses off your hands and

out of your mouth and eyes. Keep a bottle of hand sanitizer close-by for those instances where you can't get to soap and water.

- 8. Don't smoke.** Most of you already know this, but it bears repeating because smoking significantly weakens your immune system. If you want to quit and have tried everything else, let me know. I have some nutritional recommendations that can help you quit!

- 9. Eliminate all forms of sugar.** This includes not only the obvious kinds (cake, cookies and sweets, in general), but bread, pasta, rice, yogurt and commercial, store-bought fruit juices. Although all of these things are made with different types of sugars, your body still converts them to sugar, which will compromise your immune system.
- 10. Despite your best efforts, you still can feel like you're "coming down with something."**

Some things you can do to help your body recover more quickly:

- Eliminate all dairy products.
- Eliminate all alcohol.
- Eliminate all grains (bread, rice, pasta, etc.).
- Boost your Vitamin C (with bioflavonoids) intake when you initially feel something coming on.
- Boost your intake of Zinc.
- Increase water consumption (even more than normal!).
- Eat less food as this will give your body a much needed rest from digestion and give it a chance to concentrate on fighting off potential invaders.
- Add herbs like Echinacea, Goldenseal and Grapefruit Seed Extract to your supplemental regime.
- Get more rest than normal. If you normally get 6 hours of sleep a night, try increasing it to 7 or 8.
- Increase the recommended supplementation above.

### EXCLUSIONS: THINGS... Contd. from page 3

are not relating to your hospitalization treatment like Gloves, Cotton, Admission fees, Registration charges, Laundry Charges, Surcharge, Extra Diet other than what forms part of Bed Charge, Oxygen Mask, X-Ray Film, Mineral Water, Gown, Disposable Razor charges, Powder etc to name a few.

To get a complete

list, you can ask your service provider to give you the non medical expenses list. These charges mostly come under the miscellaneous heads of a main hospital bill.

Then there are exclusions for certain period. Few illnesses / Diseases come under a waiting period clause. Once the stipulated period is completed, the

said illnesses are covered.

- 1) Your Pre existing condition** will have a waiting period of 3-4 years: These constitute of any illness which you might be having prior to taking a health Policy!!
- 2) Cataract, Hernia, Appendix, All types of Sinuses, Stones, Fistula, Fissure, Ulcers, Malignant tumor, Hysterectomy,**

Tonsils to name a few will have a waiting period of 2 years after policy commencement

- 3) Joint Replacement Surgery** waiting period again ranges from 3-4 years varies from plan to

plan

- 4) Surgery for prolapsed inter vertebral disc, Surgery to correct deviated nasal septum-** Waiting period 3 years Hence it is important to be aware about the policy conditions

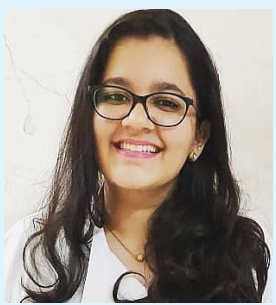
to some extent. This can help you for any planned surgery. And you will be satisfied with the claim settlement rather than surprised for the deductions in your claim. As it is rightly said "Knowledge is the key"

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# THUMB SUCKING AND ITS COMPLICATIONS



**Dr. Ruhina Khan (BDS)**  
Abu Dhabi  
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**T**humb sucking is a natural reflex for children. Sucking on thumbs, fingers, pacifiers or other objects may make babies feel secure and happy and help them learn about their world. Young children may also suck to soothe themselves and help them fall asleep.

## How can thumb sucking affect my child's teeth?

After permanent teeth come in, sucking may cause problems with the proper growth of the mouth and alignment of the teeth. It can also cause changes in the roof of the mouth. Pacifiers can affect

the teeth essentially the same ways as sucking fingers and thumbs, but it is often an easier habit to break. The intensity of the sucking is a factor that determines whether or not dental problems may result. If children rest their thumbs passively in their mouths, they are less likely to have difficulty than those who vigorously suck their thumbs. Some aggressive thumb suckers may develop problems with their baby (primary) teeth and also in eruption of permanent teeth.

## When Do Children Stop Sucking Their Thumbs?

Many children stop sucking their thumbs on their own, often by age 6 or 7 months or between ages 2 and 4.

But even a child who's stopped sucking his or her thumb

might go back to the behavior during times of stress.

## When should I intervene?

Thumb sucking isn't usually a concern until a child's permanent teeth come in. At this point, thumb sucking might begin to affect the roof of the mouth (palate)



or how the teeth line up. The risk of dental problems is related to how often, how long and how intensely your child sucks on his or her thumb.

Although some experts recommend addressing sucking habits before age 3, the American Academy of Pediatrics says treatment is usually limited to children who continue thumb

sucking after turning 5.

## What can I do to encourage my child to stop thumb sucking?

Talk to your child about thumb sucking. You're more likely to be successful in stopping the habit if your child wants to stop and helps choose the method involved.

Sometimes paying no attention to thumb sucking is enough to stop the behavior — especially if your child uses thumb sucking to get attention. If ignoring it isn't effective, try one of these techniques:

- Use positive reinforcement. Praise your child or provide small rewards — such as an extra

bedtime story or a trip to the park — when he or she isn't thumb sucking. Set attainable goals, such as no thumb sucking an hour before bed. Place stickers on a calendar to record the days when your child successfully avoids thumb sucking.

- Identify triggers. If your child sucks his or her thumb in response to stress, identify the real issue and provide comfort in other ways — such as with a hug or reassuring words. You might also give your child a pillow or stuffed animal to squeeze.
- Offer gentle reminders. If your child sucks his or her thumb without thought — rather than as a way to get attention — gently remind

him or her to stop. Don't scold, criticize or ridicule your child.

## Can the dentist help?

If you're concerned about the effect of thumb sucking on your child's teeth, check with the dentist. For some kids, a chat with the dentist about why it's important to stop thumb sucking is more effective than a talk with mom or dad.

Rarely, some doctors recommend using unpleasant techniques, such as covering your child's thumbnail with a bitter substance, bandaging the thumb or covering the hand with a sock at night.

## What if nothing works?

For some children, thumb sucking is an incredibly difficult habit to break. Try not to worry. Putting too much pressure on your child to stop thumb sucking might only delay the process.

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In the last article I shared with you how the five senses and of course the sixth sense helps us to reengineer or reprogram our thoughts and patterns which have set into our system since childhood and due to the conditioning that has been done to us.

This article will cover a specific technique of how you can work on each of your goals with the help of a script and make that come true. The activity we are going to learn can be applied to all the goals of our lives. May it be related to health, career, learning a skill,

## FIVE SENSES AND NLP TO MAKE OUR GOALS COME TRUE

academic, attracting money, relationships etc.

I am going to give you the steps of how if we organize our brain and guide it with the help of a small script which is then seen visually in our mind daily during the time our subconscious mind is automatically active and how this can bring about the change in ourselves and help us achieve that goal.

The key aspect to this technique is the clarity one must have of what we want and we are not giving mixed messages to the brain. For example if one says that I want to become a pilot, but another voice in the mind says that but you are bad in mathematics, then the brain is getting mixed messages and it gets confused and we are not able to achieve what we want. In this case if you say "I want to be a pilot this is my life goal and I am doing everything to achieve that and

make my dream come true." I need strong mathematics and I am working smart and hard to achieve that, I need to be focused and disciplined and I am ensuring that I have a good timetable to achieve that, good diet, good sleep, good reading, good mentors" This kind of positive conversation in the mind is more supportive than the sabotaging self talk.

So let us begin with the steps to first set a goal and then write a script and watch it like a movie every morning and before sleeping.

1. First step would be to set a goal. As you are beginning with this activity for the first time, I would recommend that you select the most desirable goal you have. Without a goal, the mind is like a ship without a destination and a radar. This goal has to be specific and realistic, for example you need to clearly write

it down "I want to have a fit body and mind which is healthy, fit, energetic and happy".

2. The next step is to give a date. This part is very important as if we do not put a timeline, it becomes a never ending exercise. We all need appropriate timelines to achieve goals. Let these timeline also be realistic which makes the goal achievable. To gain the above goal of the fit body let us put the timeline of six months.

3. Next is listing down the activities you need to do achieve the above goal. This is called making a checklist. This would include listing down the exercise routine indoor and outdoor, nutrition, measurements, getting feedback etc.

4. Now comes the step where your script will help you visualize that you have already achieved it.

For this you write down a script as follows. It is 5th July, 2020 exactly six months from the time you had set your goal. You are with your friends and family, you are hearing them say "Wow you are looking so fit and lean and energetic, what have you been doing". Your family is adding to this conversation of how you have been following strictly the regiment of diet and exercise. One of your friend comes and touches your abs and says this is really feeling like six packs. You also notice in all this the fragrance of the incense, because of your breathing exercises you are more aware of the fragrances and aromas. Now your mother offers everyone the cake she has made, you take a very little portion and taste and say this is amazing mom. After every-

one leaves you also go to the room in your privacy and see the way your body and mind has developed, you are feeling very happy and contented with the result of the efforts of the last six months and more so you are focusing on how much you enjoyed doing this. In your mind you are also thanking and feeling grateful to everyone who has been helping, your coach, your family, your friends etc.

The above script is like a three minute movie which you need to visualize when you wake up and when you sleep everyday as you start your goal. If you have observed we have used all the five senses in this movie.

Do write to me about your success stories.

Use the above technique for any goal that you set. If you need a professional session, please call to book an appointment on 9322851484.

## RECIPE: MALAI PEPPER CHICKEN



**Ranju Satia**

### Time To Cook

- Preparation Time = 0 mins.
- Cooking Time = 15

mins.

### Serving

- 2 Persons

### Measures

- 1 Cup = 250 ml.
- 1 Teaspoon = 4 g.
- 1 Tablespoon = 15 g.

### Ingredients

- Chicken – ½ Kg
- Salt To Taste
- Black Pepper Powder To Taste
- Milk Cream (Malai) – ¼ Cup

### Method

- Put chicken in a pressure cooker
- Prick it with a fork

- Add salt
- Mix well
- Put the pressure cooker on the gas

- stove
- Close the lid and cook it till 3 whistles

- Put off the flame after 3 whistles
- Let the pressure cooker cool down

- After it cools down open the lid
- Put the pressure cooker (without closing lid) on flame till the water dries up

- Add 1 teaspoon of black pepper

- powder
- After the water dries up add little black pepper powder

- Add 2 tablespoons of milk cream
- Don't cook the chicken much. Simply toss it
- Put off the flame
- Transfer the chicken to serving dish
- Garnish with coriander leaves

- Malai Pepper Chicken is ready to serve



## EXERCISE EQUIPMENTS, MACHINERY AND MONITORING GADGETS (Part 1)



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We all know that exercises like Walking, Jogging, Running, Hill climbing, Swimming, Push up, Surya Namaskar, Yoga etc. normally require no equipments or external gadgets except basic items. However if one is required to develop the different muscle groups for particular sport or otherwise, or wish to monitor his progress in weight reduction, weight training etc. gadgets are essential. Let us get some information on commonly used equipments and gadgets.

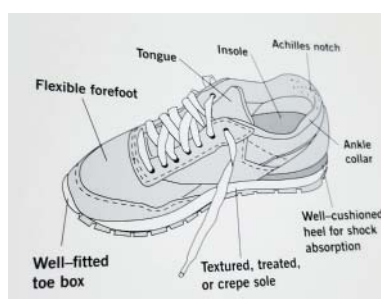
American council on Exercise asked 36 thousand fitness professionals about what they considered to be most important exercise essentials. According to this survey, the top 12 exercise essential were as under:-

1. Good Shoes
2. Appropriate Music
3. Free Weights
4. Positive Attitude
5. Comfortable Clothing
6. Lots of water
7. Supportive Sports Bra
8. Cardio Machine and Heart Monitor
9. Weight Training Gloves
10. Enough Time
11. A Workout Partner
12. Fresh Clean Air / Sunshine

**Shoes:** Any Athletic shoes gives support, protection, and provide traction and cushioning for shock absorption. Which type of shoes is to be selected depends upon type of activity one decides to undertake. A Runner needs different type of shoes than Basketball player. Basketball shoes provide more ankle support for sudden stop and start during the play. The runner shoes are provided with more cushioning for shock absorption.. Athletic shoes are grouped in different categories like –

- Shoes for running, walking, training etc.---
- Shoes for court sports like basketball, volleyball, tennis etc.

- Shoes for field sports like soccer, cricket, baseball, hockey etc.
- Shoes for winter sports like skating, ice hockey, skiing, snow boarding
- Shoes for track and field sports like golf, bicycle bowling, aerobics etc.
- Shoes for outdoor sport related activities like hunting,



fishing, trekking etc.

Thus while selecting shoes one should determine first the activity he / she wish to carry out. The running or jogger's shoes are designed to absorb shock on foot when it strikes ground. The features include cushioning, flexibility and stability in heel area, good traction and light weight. The walking shoes should have soft upper part, good shock absorption, especially in heel area and ball of the foot. The heel

should not be too high to avoid over stretching of Achilles tendon during walking. The court shoes should provide good support at the ankle for side to side movement, sole stiff but not too thick and cushioning in the front area of the foot is important. Aerobic shoes should provide impact absorbing cushioning specially at ankle and also proper arch support.

The sole should be flexible and allow twisting and turning easily. The shoes for field sport may be like athletic type but should provide for foot flexibility and lateral (side-ways) support. The cycling shoes should have rigid support at arches of the foot for ease in paddling.

For all practical purpose if shoes with specifications mentioned above are not available or if one cannot afford, the normal sports shoes used for walking, running will serve the purpose.

Some suggestions for buying shoes –

- Buy proper fitting shoes neither too tight nor too

loose—it should be comfortable for movement.

- Buy actually wearing it and discourage buying on line.
- Preferably buy in the evening as foot may swell little bit due to routine activities.
- Buy sports specific shoes only if you are determined to play or practice that particular sport
- Normal running shoes are OK for all practical purpose.
- Preferably change the shoes every three years if one can afford it.

**Weight Machine and Free Weights:**

Weight Machines like Multi Gym comes with a stand and different types of weight and of different material and different shape and size. It is costly. It is useful for different group of muscles. Requires space to keep but saves time. As against this Free Weights are cheap, can be carried anywhere, replacement is easy and on this also one can do number of exercises. Dumb bells, Barbell of various capacities are available.

Resistance Bands and Tubes: These are

made up of elastic, comes in different colours and of different brands. These are to be used with caution as one may get hurt if tension is released suddenly. It is better to use either on wooden floor or floor covered with a carpet. When practicing with these, one should inhale when lifting / pulling the band / tube and exhale when releasing the tension.

The resistance of the band is indicated by the colour of the band. If we take yellow colour band, it has least resistance. The Red indicates moderate, the Green indicates heavy, the Blue indicates extra heavy and Black indicates heaviest resistance. One has to select as per his/ her requirement. The width of commonly used elastic rubber band is 3 to 6 inches. The rubber tubing are available with or without handle or loop.

**Skipping Rope:** Available of various sizes depending on the height requirement of individual.

**Medicine Balls:** These are either leather or rubber balls of

**Contd. to page 8**

### Endurance Sports... Contd. from page 1

qualifying time for SCMM was around 70 min (today it is much lower).

While I was surprised at the size of the event, I thoroughly enjoyed looking at the energy and participation of the event. This motivated me in my journey towards getting better at the sport. Let me assure you that it isn't a mammoth task to start running as you just need the following :

1. Good running shoes

2. A running watch and a heart rate monitor (very important for structured training)

3. Will power and mental make-up to spare some time to go for a run

Over the years, I have learnt the importance of nutrition and diet along with the above and I am still learning about this every day.

Then came 2016, and with it, my first Mumbai



half marathon experience. Although I did struggle in the race, I ended up com-

pleting it in decent time.

I also went for a small charity race post that in Thane. That is where I met Milind Soman, who did a mammoth one-day endurance race called the 'Ironman' in Switzerland. It is a triathlon consisting of 3.8km swimming, 180 km of cycling, and 42 km of running to be done under 16 to 17 hours depending upon the terrain and location. This was when I decided to move from pure running to triathlons with a

goal of finishing the IRONMAN successfully! And, I did it :)

I will talk more about my journey and tips to pursue an Ironman event in my next article. In the meantime, go pick up some shoes and start running!

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

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# CONCERN FOR CHILDREN IN TODAY'S HI-TECH WORLD



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## A SILENT TRAGEDY

There is a silent tragedy that is unfolding today in our homes, and concerns our most precious jewels: our children. Our children are in a devastating emotional state! In the last 15 years, researchers have given us increasingly alarming statistics on a sharp and steady increase in childhood mental illness that is now reaching epidemic proportions:

### Statistics do not lie:

- 1 in 5 children has mental health problems
- A 43% increase in ADHD has been noted
- A 37% increase in adolescent depression has been noted
- There has been a 200% increase in the suicide rate in children aged 10 to 14

### What is happening and what are we doing wrong?

Today's children are being over-stimulated and over-gifted with material objects, but they are deprived of the fundamentals of a healthy childhood, such as:

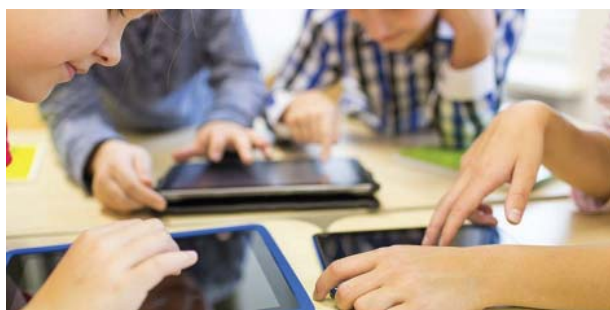
- Emotionally available parents
- Clearly defined limits
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement in general but especially outdoors
- Creative play, social interaction, unstructured game opportunities and boredom spaces
- Instead, in recent years, children have been filled with:
  - Digitally distracted parents
  - Indulgent and permissive parents who let children "rule the world" and whoever sets the rules
  - A sense of right, of deserving everything without earning it or being responsible for obtaining it
  - Inadequate sleep and unbalanced nutrition
  - A sedentary lifestyle

- Endless stimulation, technological nannies, instant gratification and absence of boring moments

### What to do?

If we want our children to be happy and healthy individuals, we have to wake up and get back to basics. It is still possible! Many families see immediate improvements after weeks of implementing the following recommendations:

- Set limits and remember that you are the



captain of the ship. Your children will feel more confident knowing that you have control of the helm.

- Offer children a balanced lifestyle full of what children NEED, not just what they WANT. Don't be afraid to say "no" to your children if what they want is not what they need.
- Provide nutritious food and limit junk food.

- Spend at least one hour a day outdoors doing activities such as: cycling, walking, fishing, bird / insect watching
- Enjoy a daily family dinner without smart phones or distracting technology.
- Play board games as a family or if children are very small for board games, get carried away by their interests and allow them to rule in the game

- Involve your children in some household chores according to their age (folding clothes, ordering toys, hanging clothes, unpacking food, setting the table, feeding the dog etc.)
- Implement a consistent sleep routine to ensure your child gets enough sleep. The schedules will be even more important for school-age children.

- Teach responsibility and independence. Do not overprotect them against all frustration or mistakes. Misunderstanding will help them build resilience and learn to overcome life's challenges,
- Do not carry your children's backpack, do not carry their backpacks, do not carry the homework they forgot, do not peel bananas or peel oranges if they can do it on their own (4-5 years). Instead of giving them the fish, teach them to fish.
- Teach them to wait and delay gratification.
- Provide opportunities for "boredom", since boredom is the moment when creativity awakens. Do not feel responsible for always keeping children entertained.
- Do not use technology as a cure for boredom, nor offer it at the first second of inactivity.
- Avoid using technology during meals, in cars, restaurants, shopping centers. Use these moments as oppor-

tunities to socialize by training the brains to know how to work when they are in mode: "boredom"

- Help them create a "bottle of boredom" with activity ideas for when they are bored.
- Be emotionally available to connect with children and teach them self-regulation and social skills.
- Turn off the phones at night when children have to go to bed to avoid digital distraction.
- Become a regulator or emotional trainer for your children. Teach them to recognize and manage their own frustrations and anger.
- Teach them to greet, to take turns, to share without running out of anything, to say thank you and please, to acknowledge the error and apologize (do not force them), be a model of all those values you instill.
- Connect emotionally - smile, hug, kiss, tickle, read, dance, jump, play or crawl with them.

## EXERCISE EQUIPMENTS... Contd. from page 7

different colour and weight varying from ½ kg to 5 Kg. These balls are heavier than stability balls and are more useful for speed and power training.

**Pull Up or Chin Up Bar:** The bar can be fixed to door frames or on wall. Useful for Biceps and Back muscles exercises like pull ups.

**Stability Ball:** It is oversize inflated ball designed to improve core stability i.e. mainly muscles of trunk of the body and balance. It is most versatile fitness equipment in use in fitness world since 1980. Balancing on stability ball requires use of core muscles of the body – i.e. muscles of abdomen, chest and back.

That stabilizes the body. Exercising on stability ball develop and strengthen core muscles. It involves lot of practice. Choosing right size of the ball is important. If it is so then how to find out which one is suitable for you? Well, simple way is to sit on the ball. If the thighs remain parallel to ground, it is correct size. If thighs are up, it is oversize and if thighs droop down, it is small. The commonly available sizes are:

Height of the individual	Diameter of ball when inflated
Up to 150 cms	45 cms (18 inches)
170 cms	55 cms (22 inches)
180 cms	65 cms (26 inches)
More than 180 cms	75 cms (30 inches)

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