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2000+ Mumbaikars cycle to raise awareness about mental health at Ride to Mpower

Mumbai: Sunday, 16th Feb' 2020 morning was empowering and energetic one with 2000+ Mumbaikars coming together to cycle for a cause. The city woke up to take a pledge to be more aware about mental health and to #stampoutstigma around this alarming issue. In its fifth edition, Ride to Mpower – the annual community cycle ride, an initiative by Mpower which is a pioneer in Indian mental healthcare, brought Mumbai

Cricketer, Entrepreneur and Head –Aditya Birla Sports. The 15 km ride was flagged off by Mr. Mayank Bathwal, Chief Executive Officer at Aditya Birla Health Insurance and Ms. Kausar Munir, Bollywood lyricist and screen writer.

The streets of Mumbai from NSCI, Worli until BKC were filled with enthusiastic Mumbaikars beginning their Sunday with a pledge to increase conversations about mental

real progress on the mental health front, primarily by attaching stigma to mental health related concerns. The uncaring attitude, the ignorant labels, the tone-deaf conversations, the endless stigma and the lack of mental healthcare need to change. Ride to Mpower marks Mpowers most successful awareness initiative as it strives to educate individuals on the correlation between physical and mental health towards an

for yourself and make cycling a part of your life.”

Being a fitness aficionado herself, Mrs. Neerja Birla, through this event, aims to bring together all fitness champs to pledge their support towards mental health. Commenting on this initiative, Mrs. Neerja Birla, Founder and Chairperson, Mpower said, “At Mpower, we always strive to bring about a change in perception and attitude towards

of powerful youth icon Mr. Aditya Thackeray and

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From L to R - Mr. Praveen Pardeshi, Mr. Aditya Thackeray, Mrs. Neerja Birla and Mr. Aryaman Birla



From L to R - Mrs Neerja Birla, Mr Praveen Pardeshi & Mr Abdul Kazi

together to create awareness about mental health.

At NSCI, Worli this morning, the 27 km ride was flagged off by Mrs Neerja Birla, Founder and Chairperson, Mpower, Mr. Aditya Thackeray, Cabinet Minister of Environment, Tourism and Protocol, Government of Maharashtra & MLA from Worli constituency, Mr. Praveen Pardeshi, (IAS Officer) Municipal Commissioner of Mumbai and Mr Aryaman Birla,

health and make Mumbai taboo-free. Ride to Mpower saw avid participation of cyclists from all walks of life including social, mental health activists, corporate executives, cycling ambassadors, fitness enthusiasts, children and college-goers.

One in six people in India suffer from a serious mental disorder, and yet mental health remains a taboo in most Indian households, institutions and workplaces. This taboo is what prevents

individual's overall well-being.

Mr. AbdulRab Kazi (Founder & Admin - Everest Cycling Culture) was felicitated by Mrs. Neerja Birla & Mr. Praveen Pardeshi, as one the “Mental Health Champions” and fighting depression through cycling. He quoted, “Its easier to get into Mental Health problems now a days; but its lot easier to come out of it. You need to speak up and seek help along with giving time

mental health in India. We are delighted with the overwhelming support we have received over the past 4 years with Mumbaikars coming out to stamp out stigma around mental health. With this year's Ride to Mpower, we hope to bring in more cycling and fitness communities together to pave the way for positive conversations about mental health. We are extremely glad to have the support

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IGNITING YOUNG TALENT TO ACHIEVE THEIR DREAMS

Cricket's Master Blaster recently was honoured and his World Cup winning lap on the shoulders of his team mates at Wankhede stadium in 2011 was voted as the best Laureus Sporting moment in the last twenty years. In his speech when bestowed the honour Sachin Tendulkar spoke how as a ten year old he was inspired by Kapil's Devils when India won the World Cup in 1983 and Kapil Dev stood with the Cup at Lord's. That one moment ignited fire in his heart to one day accomplish his dream of lifting the World Cup for India too.

Sports is such a wonderful act for not only it helps us keep fit and healthy but also makes us more disciplined. A sports person never gives up till the end and a true sports person puts his might to win, but by fair means. Winning for him is important but not at all cost, the means too matter.

Coming back to Sachin's achievement in the World of cricket, and one doesn't know how many young kids he might have inspired to dream big and go for it. A true sports person isn't just great because of what he/she has achieved but by how many youngsters they have inspired, how many dreams have they ignited.

One Kapil Dev inspired a young boy to become a legend, who knows which ten year old Sachin had inspired to be another !!! Is Virat the next legend inspired in his childhood by feat of another legend.

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ENDURANCE SPORTS WITH ANMOL PRABHU - TRIADDICT

THE IRONMAN

This can be an addictive & time-consuming sport. The addiction for the sport has got me to name myself a Tri-addict. Keep your near and dear ones in the loop while pursuing this sport as you will need their strength and support in the journey. Gestures like a small round of applause when you see a runner struggling to finish or a simple nod when you see a fellow cyclist can go a long way to sustain the spirit of the sport and the sports person!

Running as a sport has picked up in India to a great extent. Now you can see marathons happening across the country almost every weekend. After pursuing running for about a year I wanted to expand my horizon to a multi-sport event like triathlons. A triathlon is a combination of Swimming, Biking (Cycling), and Running. I had no proper swimming, cycling or running background before I entered triathlons in 2016, but the sheer challenge of the sport drew me closer to it. It will have the same effect on you once you start.

Given below are the various kinds of triathlons conducted across the globe where 4 and 6 are the most popular

ones:

*The cut offs the distances can differ slightly from place to place. There are sectional cut-offs too. For e.g. if you don't finish the swim cut off in time, you cannot continue further.

I participated in 7 triathlons including the Ironman and 1 cross-country triathlon in Nepal. I will also be doing one more in April 2020



Sr No.	Type	Swim(km)	Bike(km)	Run(km)	Cut-off (Hrs)**
1	Super Sprint	0.4	10	2.5	N.A
2	Sprint	0.75	20	5	N.A
3	Olympic	1.5	40	10	5
4	Half Iron man	1.9	90	21.1	8/8.5
5	3/4 Iron man	3	120	30	12/13
6	Ironman	3.8	180	42.2	16/17
7	Ultraman*	10	424	84	36 (12h x 3 days)

in Mahabaleshwar.

There is no rule which says the longer the distances you cover, the better triathlete you are! I finished the IRONMAN in 14 hours, I have friends who have done half iron distances in 5 hours and the Olympic races within 2.5 hours. Your fitness isn't determined by the distance you do.

If you have no prior background in swimming, running or cycling or you have just started with any of these, build your endurance base or a foundation over a period of 3-4 months. This is the time when you will understand whether you really like the sport or not! Anyone is capable to do this sport, no matter the shape, size or current fitness level.

your hours in this as it can always be a life saver.

2. In my opinion, cycling is the longest segment of the race and also the hardest. You should spend half of your time and effort on this segment

3. The run is the last leg of a triathlon and can be heavy on the legs after a long ride

Training Tips

- **Swimming:** It is never late to start swimming even if you are a beginner or a non-swimmer. I learnt some structured swimming just 2 months before my first race which was directly in the

Recently we even had a blind athlete from Pune who completed a half iron triathlon

How to get you started?

1. The swim is the first part of the race where the nervous jitters will flow through your veins before you enter the lake or ocean. Swimming isn't that popular in India but no harm in putting

ocean. It's all about correcting your stroke and breathing style over a period of time and exposing yourself to open water scenarios like I did by practicing in the Mumbai seas and nearby lake.

- **Cycling:** Invest in the right bike and relevant accessories around it. Trust me

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Sahrish Akhtar

A corona virus is a kind of common virus that causes an infection in your nose, sinuses, or upper throat. Most coronaviruses aren't dangerous.

But In early 2020, after a December 2019 outbreak in China, the World Health Organization (WHO) identified a new type, 2019 novel coronavirus (2019-nCoV), which can be fatal. The organization named the disease it causes COVID-19.

The outbreak quick-

ly moved from China around the world. It spreads the same way other corona viruses do, that is through person-to-person contact.

Most coronaviruses spread the same way other cold-causing viruses do: through infected people coughing and sneezing, by touching an infected person's hands or face, or by touching things such as doorknobs that infected people have touched. Almost everyone gets a coronavirus infection at least once in their life, most likely as a young child. In the United States, coronaviruses are more common in the fall and winter, but anyone can come down with a corona-

virus infection at any time.

Coronaviruses can be transmitted between humans through respiratory droplets that infected people expel when they breathe,



cough or sneeze. A typical surgical mask cannot block out the viral particles contained in these droplets, but simple measures — such as washing your hands, disinfecting

frequently touched surfaces and objects, and avoiding touching your face, eyes and mouth — can greatly lower your risk of infection.

Common Symptoms of

- Fever
 - Cough
 - Shortness of breath
- Infections range from mild to serious. The virus can turn deadly if it leads to pneumonia, respiratory failure, or septic shock. Those most at risk of death are the elderly and people with weakened immune systems.

What to Do About Coronavirus
There is no vaccine for coronavirus. To help prevent a coronavirus infection, do the same things you do to avoid the common cold:

- Wash your hands thoroughly with soap and warm water or with an alcohol-based hand

sanitizer.

- Keep your hands and fingers away from your eyes, nose, and mouth.
- Avoid close contact with people who are infected.
- You treat a coronavirus infection the same way you treat a cold:
 - Get plenty of rest.
 - Drink fluids.
 - Take over-the-counter medicine for a sore throat and fever. But don't give aspirin to children or teens younger than 19; use ibuprofen acetaminophen instead.

A humidifier or steamy shower can also help ease a sore and scratchy throat.



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of AAKANKSHA:
Desire For Wellness.

In Ayurveda, Tulsi is considered as the most important plant. Tulsi leaves are used in preparing many Ayurvedic medicines. Indian tradition still follows the custom of keeping tulsi plant at home as it is considered to be auspicious. There is huge number of benefits of tulsi leaves and the list goes on and on. Before listing the benefits, we must know that there are two types of tulsi: 1) Ram Tulsi and 2)

Shyam Tulsi. It is easy to differentiate between these two types mainly by their colour. Ram tulsi is light green in colour whereas Shyam Tulsi is dark green in colour; at times it appears as black also. Hence it is called as Shyam Tulsi and it has more medicinal value compared to the other one. Following is a small list for using tulsi leaves for different ailments:

To get maximum benefit, ensure that you use only Shyam Tulsi.

1. Fever and indigestion is a common health issue during monsoon. Extract the juice from 10-15 tulsi leaves. Add little honey or jaggery to this juice. Have this regularly to get rid of fever

MEDICINAL VALUE OF TULSI

and indigestion.

2. In case of high fever, boil 15-20 tulsi leaves in 1 glass of water till water becomes half in quantity. Now consume this water 3-4 times a day by adding little jaggery to it.



3. Women suffer from leukorrhea which is commonly referred to as white discharge which can keep occurring regularly. To get rid of this problem completely, add rock sugar (desikhaand in Hindi) to 1 tsp of tulsi juice and have

this several times a day.

4. For people who suffer from urine problem, especially the senior citizens it is best suggested to drink tulsi water several times a day. Boil 15-20 tulsi leaves in 2 glasses of water and strain it. Keep consuming this to get relief from urine problem.

5. Mothers can give children tulsi juice regularly who suffers with abdominal worms problem. Regular intake of raw tulsi juice helps to get rid of worm.

6. Tulsi is also beneficial in beauty treatments. To stay away from dandruff, apply tulsi juice on the scalp and leave for half an hour and

wash with plain tap water. To get rid of pimples and blemishes, apply tulsi juice on the face evenly. Wash with plain tap water after 15-20 minutes.

There are many more benefits of tulsi.

Shyam tulsi helps to overcome at least 25-30 diseases. So let's go back to our roots and try out these nani ka nuskhas and get rid of all ailments.

Let's Make Our Lives Healthier And Happier!

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Date : 1 March 2020

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(Signature of Publisher)

BENEFITS OF MOUTHWASH



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Plenty of people enjoy using mouthwash because it leaves them with a pleasant minty sensation that evokes a fresh feeling in your mouth. However, mouthwash is also an essential daily practice for oral hygiene and the following benefits can be expected

WHITEN TEETH AND FIGHT GUM DISEASE

As part of basic oral hygiene and dental care, you can find mouthwashes that both whiten teeth and strengthen gums. Specifically, mouthwash with hydrogen peroxide will whiten your teeth and make sure your smile is luminous.

Periodontal disease, more commonly referred to as gum disease, is a painful ailment that irritates your gums and tooth sockets. Gum disease causes inflammation and infection due to plaque built up from bacteria and food inside your mouth.

bat early labor risks. THERAPEUTIC MOUTHWASHES

Over-the-counter mouthwash can work great on common issues but therapeutic mouthwash fights gingivitis and other diseases that typical mouthwash cannot. Typically, a therapeutic mouthwash will contain ingredients that fight bacteria that cause bad breath as well, meaning that you can actually help eliminate bad breath with therapeutic mouthwash, rather than simply mask the smell with a standard mouthwash.

REDUCE CANKER SORE IRRITATION



if you incorporate mouthwash into your daily routine.

REDUCE CAVITIES

Rinsing with a mouthwash that contains fluoride and is ADA approved will help reduce the risk of cavities. Cavities are one of the biggest dental concerns and fluoride is one of the best ways to cut down on cavities and the demineralization of your teeth. As such, you should make regular use of a fluoride mouthwash part of your daily oral hygiene regimen, so you can avoid any surprise cavities at your next dental visit.

Fortunately, proactive measures can be taken against gum disease by using an antibacterial mouthwash with alcohol.

As a further incentive to use mouthwash, periodontal disease is a risk factor for pregnant women giving birth to premature babies at lower than healthy weights. Worse, gum disease bacteria can infiltrate a pregnant woman's bloodstream and cause inflammation, resulting in contractions that can cause early labor. As such, using mouthwash throughout a pregnancy is an intelligent precaution to com-

However, take caution that you do not use a mouthwash with too much alcohol content, since this can cause an intensely painful irritation. For canker sores, stick to lower alcohol content for your rinses by finding mouthwash that has less than 18 percent alcohol. Following this advice will ensure that your mouthwash aids you in obtaining essential canker sore relief. While mouthwash is a great way to enhance your oral hygiene, visiting your dentist is essential for advanced care for your teeth.

COLD AND COUGH AT CHANGE OF SEASON



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One thing that a weather change brings about is lung infections - most commonly cough and cold. Most people dread the change of seasons from one temperature to another because of the fear of how their body will react to the weather change. Be it extremely hot or cold, most people end up with a cough and cold. The

more affected age groups again are the children and the elderly. However, all it takes to prevent this is to plan a little so that the body can get used to the change and not react with a cough or cold.

Prevention: There are few things that can be done which can help avoid catching cold.

1. Avoid sudden exposure to cold, from a heated room to the cold outdoors, especially in the evening and morning. Those who are used to a morning and evening walk may have to change the routine.

2. Avoid cold food items such as cool drinks, milk shakes and ice-creams.
3. Having a warm bath, early morning and late evening is advisable.
4. Avoid foods such as sour stuffs, pickles and fried foods.
5. Eat small, frequent meals that are prepared fresh are nutritious and of moderate temperature.
6. If there are infected people in your neighbourhood, avoid being in close contact with them

poorly ventilated room, enough circulation ensures germs are not concentrated in one room

Treatment

1. Using more of warm natural foods can help ease the lung infections
2. Intake of ginger dry/wet helps boost the lung immunity.
3. Soups infused with lots of ginger and garlic is helpful in easing the trouble caused due to cold and cough.

4. Best way to curb the cough is taking lots of fluids as the lungs need more water to remove the mucus from them.

5. Try more breathing exercises to increase the oxygen levels hence protecting the

lungs from getting infected.



as you might get infected as well.

7. Wash your hands enough to keep them free of germs
8. As much as cold weather does not make you thirsty, push enough fluids so that your body stays hydrated. If water is not appealing enough, drink warm water or tea or lime.
9. Ensure the house; especially kitchen and bathroom are clean and disinfected.
10. Avoid exposure to dust and pollen as they carry a lot of germs.
11. Avoid staying in a

6. Dry cough causes major problems especially the one which comes on at night.

7. There are homoeopathy remedies which can easily solve the colds and coughs affecting ones daily routine.

8. If the above home treatments don't work refer a good physician and say no to self prescription of medicines, as have seen in many such cases rather than getting better the case becomes more complicated.

EXERCISE EQUIPMENTS, MACHINERY AND MONITORING GADGETS (Part 2)



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Home Gym

If the money and space is not a constraint, one can organize Home gym for family use. The simple Gym can have common items of exercise like stability ball of correct size, Skipping rope, Rubber bands, Bench, Dumbbells, Bar bells, Chin up bar, Free weight with rack, cupboard, Floor rubber Mat, Yoga and aerobic mats, Mirror, CDs with Music system, TV etc. depending on affordability.

The larger Domestic Gym can be with following machinery / equipments

Machinery- Area requirement (Minimum)

Trade mill --- 30 sq. feet

Stationary bike -- 10 sq feet

Stair steppers --- 10 - 20 sq feet

Elliptical machine - 25 -30 sq feet

Rowing machine -- 20 sq feet

Free weights with rack -Dumbbells - 25 - 50 sq. feet

Barbells - 50 - 75 sq feet

Multi Gym Single station -25-30 sq feet---

Multiple station -- 100 - 250 sq. feet

The ceiling height should be more than 10 feet

Equipments in Gym or

Fitness Center:

There are many equipments available manufactured by many companies each one is having its advantage and disadvantage. However we are considering here only Cardio machines which are commonly used by most of the fitness center viz. Treadmill, Elliptical machine and Stationery bike. The good ones are costly and can be purchased for home gym if one can afford it. However it is not a must. The person who does running or brisk walking outdoor should not think about treadmill. Also the person who requires climbing staircases frequently for some reason need not consider elliptical and the one who uses bicycle for moving around routinely, need not go for stationery bike.

Treadmill: Any treadmill has essential components like Frame, Motor, Belt and Display console. The deck or support should be fiber board with good cushioned platform. The horse power of motor varies between 1.5 to 3 hp however normally the treadmill with 2 horse power can be acceptable. The width of the belt can be 4 to 5 feet. The console is normally computerized and gives information about distance travelled, time, speed, calories consumed, heart rate etc. Many treadmills available in the market are pre loaded with programmers however these are not useful in all cases as individual fitness level, targets vary.

The incline capacity should be minimum 10 to 15 %. The treadmill must be provided with emergency stopping arrangement in case of emergency.

It is pointed out here that treadmill is useful for increasing cardio respiratory capacity but not much useful for toning muscle or strength building. It develops the bones and muscles of lower limbs but no appreciable exercise for upper body.

Elliptical: The essential component of the machine is Drive system, Console and



Pedals .The drive system can be at the front or at rear side. It offers resistance during exercise. One can do exercise in both ways. The stride length i.e. length between your feet and the larger stride one can make - depends on height of the individual. For height between 5 to 6 feet the stride length varies between 16 to 20 inches. The pedals should be proper i.e. it should not slip during exercise. The most important advantage of elliptical bike is that it causes movements of both upper and lower body and hence exercise is for both limbs.

Stationery bike: Its essential components are adjustable but ergonomically

designed seat, pedal, belt operated drive system and adjustable handle. The seat can be upright like normal bike or recumbent / inclined position. The drive system can be with chain or belt. Out of the two, the belt one is preferred as it gives smooth ride.

The other cardio machines are Rowers, Ski machines and Stair climbers

Please remember --- although cardio machines described above are good for increasing cardio respiratory capacity i.e. endurance and expedite weight

loss, it does not tone up muscles to a great extent and the person is required to carry out other measures like weight training etc. for toning muscles. It is misunderstanding that cardio exercises tone up your body muscles.

Open Air exercise Versus Work out in Gym:/ Fitness center

The question is often asked whether to do exercise in the open air or in the Gym. Well, both have advantages and disadvantages and one has to choose the best suitable for him / her and his / her liking and affordability. Let us consider the pros and cons of both --

Advantages of Gymnasium / Fitness center

• All equipments are available under

one roof

• Instructors are available for proper guidance, motivation and monitor the progress

• One can do exercise without any discontinuation in case of rain

• It is useful in urban areas where enough space / privacy is not available in the house or open spaces, play ground , gardens etc. are not available adjacent to residential area

• Other facilities like Sauna, Steam Jacuzzi, Music system, TV etc. are available.

• Easy access to electronic media and gadgets for proper follow up.

• Useful in case of weight training.

Disadvantages

• Lack of fresh air

• Costly

• Chances of infection are more due to proximity and mixing with each other or getting infection due to handling of equipments etc.

• Majority discontinues exercise after few months and again problems like overweight, muscle pain, etc. start.

• Maintaining regularity is important besides personal motivation / determination.

• Selecting proper Gym is also important. Inappropriate or improper guidance / advice etc is likely to do more harm than good.

Open Air Exercise:

Advantages :

• The field games like Soccer, Baseball, Cricket, Hockey, Kabaddi, Kho-kho etc. are best form of outdoor exercise. Also Walking, Running, Jog-

ging, Swimming, Hill climbing, Trekking etc are all good open air exercise.

• We get plenty of fresh air

• Cheaper than Gym.

• Develop good habits like leadership, co operation with colleague, team work etc.

• In case of walking in garden or trekking etc. you are with nature who teaches us so many things in life. The beauty of sun rise and sun set are never same again, it is nice to see a blooming flower, the flora and fauna of nature,.. Nature makes us happy by changing our mood, seeing beautiful flowers or a lush green lawn or large water body is always pleasant to eyes. It has been proved that spending at least minimum two hours with nature every week is beneficial for maintaining good health and refreshing mind.

Disadvantages

• Practically nil .Only in case of heavy rains, or lack of open spaces / gardens, heavy traffic, absence of play grounds in neighborhood, heavy atmospheric air pollution one is unable to do exercise and under such circumstances one has to depend on Gym for the purpose of exercise.

Please remember that open air exercises are far better than any indoor exercise.

When one decides to go ahead with exercise it is essential for him / her to know the fitness level and also for follow up. There are many simple tests by which one can judge this.



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When we talk about health, generally people look at their bodies and do everything to ensure that the health, weight, looks etc. are paid attention to. There are very few people who also pay attention to the mental health.

In the process, a lot of hard work, good diet followed by skin

LISTEN TO YOUR MIND AND BODY -MENTAL HEALTH MANTRA

and hair care and good clothes does make a person look very attractive no doubt. However I have come across several individuals who are still not happy or feel contented after achieving it all and looking fabulous. This is because they have not paid attention to what their mind is saying or feeling. You may go to the gym and reduce the weight from your body, however what about the weight in the head that you have of constantly thinking about how bad you look with extra weight, you may constantly deprive yourself of many things because you want to look good.

I am not saying that the goal of looking

good is something you need to change, I am saying that you need to feel good about it for yourself and not have to do anything for others.

So the first mantra is learn to say that you are reducing because you want to look fit and fine for yourself and not to prove to someone else. The compliments you shall get is a bonus but not the primary driver of your goal.

Similarly just like good healthy and fit body, you also need to learn to start feeling good for other things you do.

Recently I met a close friend who felt he was in need to some medication help because he was experiencing too much

negative thoughts and also thoughts rushing at a speed in his head all the time. He was recommended to go and seek a psychiatrist for some medication. He started thinking immediately what my family will think of me, going to a psychiatrist means I am mad. He said to himself but I am not mad. The thoughts and the disturbing pattern made him irritable, upset, angry and not being able to focus on his work.

He spoke to me and I explained to him that it is just like how we did need to take some medication when we have an injury or illness, we need some supplements to help us build our energy back and once we are

feeling good we can slowly wean off.

He said he was afraid of becoming dependent on these medication to feel good. To which I explained that once with the medication he is feeling good, then he can experiment with other things like a hobby, music, food, activities, Yoga, Meditation, counselling to slowly wean off from the medication.

I asked him what his mind was telling him. He replied that his mind was really asking for relief and he knows that medication will do that.

I asked him to listen to his mind. When we have a craving for food, or if some bitter food is given to us, we respond by listening

to our mind. Similarly we need to listen to our mind when it is feeling tired, or troubled. We must pay attention to what it needs to feel good. Yoga Meditation, relaxing needs to be a part of our routine. Taking things easily and not getting stressed over every goal is what we all need.

Listening to your body and mind is the most important step to having a good and healthy mind and body.

I shall be going into details on stress and Eustress in my next column.

Till then start practicing and noting down what does your mind tell you. And check if you are listening to your mind.

2000+ Mumbaikars cycle... Contd. from page 1

leaders like Mr. Praveen Pardeshi, Mr. Mayank Bathwal, Ms. Kausar Munir and Mr. Aryaman Birla who will champion the cause and encourage Mumbaikars to #stampoutstigma around mental health. We want to encourage more and more people to join the movement and create dialogue about mental health with the same zeal, openness and seriousness as we do for physical health. After all, a healthy mind and a healthy body both contribute towards an individual's holistic well-being."

Mr. Aditya Thackeray, Cabinet Minister of Environment, Tourism and Protocol, Government of Maharashtra & MLA from Worli constituency at the flag off said, "I am

extremely happy to be here for such an important cause of creating awareness about mental health. Mrs. Neerja Birla's Mpower is doing a fantastic job in alleviating stigma associated with this topic and cycling is a great way to bring the city together. We had started a cycling track at Marine drive to promote cycling, and Mrs. Birla's enthusiasm and thought of Ride to Mpower has inspired me to create more initiatives for fitness."

On this occasion, Ms Anita Lobo, Head - Events and Alliances, Mpower said, "Since this was the fifth anniversary of Ride to Mpower, we had to make it big in this edition. At the same time, it was important to engage with the right target audience who

would champion for the cause of mental health. We are happy that our participants resonated with the idea of having the right balance between mental and physical health. Moreover, the brands which came on board were also able to actively engage with the audience. Such events are the mainstay of the communications for a highly stigmatised topic like mental health. We are elated that Mumbaikars who believed in the cause, came out in large numbers to have more open conversations about mental health. This was ably supported by the key influencers and media alike to amplify the campaign further."

About Mpower:

Backed by Aditya Birla Education Trust, Mpower is a holistic

mental health care initiative, which has become the pioneer of mental health awareness in the country. Since its inception, Mpower aims to create an ecosystem where people with mental health concerns and their caregivers receive professional support, care and acceptance to facilitate their recovery, without facing discrimination or shame. With the help of holistic care, interventions and treatments that are world-class and multi-disciplinary, Mpower is dedicated to ending the stigma associated with mental health. Mpower hopes to help in bringing about change in the public perception of coping with mental health concerns. Currently, Mpower's clinical footprint is in Mumbai, Bengaluru, Goa and Pilani.

Easy way to know the adulteration of foods



By Mohd. Zubair Khan
Food Technologist, UAE

Now a day's adulteration of the food items is common and also it is the big chal-



lenge to confirm that the product which is consumed is safe and not adulterated. Here are the following easy

methods by which you can understand that your food is adulterated.

1. For the vegetables like green chilli, ladyfinger, cucumber, bitter gourd, bottle gourd, carrot etc you can use wet tissue paper/cotton piece and apply on the top to bottom of the surface of the vegetable if the tissue/cotton piece become green than your vegetable is not organic and it is



adulterated.
2. For the fruits like watermelon, strawberry, apple etc, in
Contd. to page 8



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Can I Exercise During Pregnancy?

In most cases exercise is safe during pregnancy and is normally recommended.

Rule of the thumb... if you were physically

- ing and swelling.
- 2) May prevent or treat gestational diabetes.
- 3) Increases your energy and helps improve your posture

post delivery.
Precautions during Exercise...

- 1) Exercise on flat level surfaces.
- 2) Wear well fitting and comfortable shoes.
- 3) Avoid tight fitting clothes during workout.
- 4) Eat enough healthy



active before pregnancy, it is safe to remain active during pregnancy with due medical clearance.

Exercising 30 to 45 mins on most days can benefit your health during pregnancy. The important thing is to be active.

Benefits of exercising during pregnancy.....

- 1) Reduces backaches, constipation, bloat-

- & mood.
- 4) Promotes muscle strength, tone and endurance.
- 5) Helps you sleep better.
- 6) Promotes healthy weight gain and improves overall fitness.
- 7) Improves your ability to cope with labor.
- 8) Makes it easier for you to get your body back in shape

calories to meet the needs of your pregnancy as well as your exercise program.

- 5) Finish eating at least 1hour before exercise.
- 6) Drink plenty of water before and after workout.
- 7) Avoid holding your breath during any activity.



8) Before you begin exercising please consult your health care provider.
Body changes during Pregnancy...

Your joints are more flexible during pregnancy from the hormones which make certain muscles relax. The centre of gravi-

ty of the body is shifted from the extra weight in the front as well as your shifting hips.

Choosing the correct exercises keeping the above factors in mind will help prepare your body for labor and delivery.

Safest and most productive activities are walking, swimming, indoor stationary cycling, low impact Aerobics and Functional movements under the guidance of a certified trained professional.

Make this the most wonderful experience of your life.

RECIPE: GAJAR KI KANJI



Ranju Satia

Time To Cook

- Preparation Time = 10 mins.
- Cooking Time = 0 mins.

Serving

- 4 Persons
- Measures**
- 1 Cup = 250 ml.
- 1 Teaspoon = 4 gm
- 1 Tablespoon = 15 gm
- Ingredients**

- Black Carrot (or else Red Carrot &



- Beatroot) – 250 gm
- Black Salt – 2 Sticks
- Salt – 50 gm
- Red Chilli Powder

– 20 gm

- Mustard Seeds Powder – 2 Tablespoons
- Water – 2.5 lit

Method

- Take 2.5 lit water in a glass jar
- Add black carrots
- Add 2 teaspoons salt
- Add ½ teaspoon black salt
- Add 1 teaspoon red chilli powder

- Add 4 teaspoons mustard seeds powder
- Stir well
- Close the lid of the jar
- Keep in a diffused sunlight
- In 3-4 days Gajar Ki Kanji will be ready
- You can serve it or else store it in a refrigerator

APPROACH YOUR EXAM WITH A POSITIVE MIND-SET



Dr. A. F. Pinto
Chairman
Ryan International
Group of Institutions

As the examination dates approach, it grips students with implicit fear, unnecessary anxiety and unusual strain at all levels, especially those appearing for board examination. Often the examination fever brings to an end all the recreational activities, robbing the very joy of students' lives. While examination does create certain level of worry,

there are several other aspects that cause excessive anxiety. Unrealistic self imposed lofty goals for high marks, impractical expectations and undue pressurizing by parents, peer competition, misplaced ambitions to outperform others are some of the aspects that mount undue nervousness and over burdening. It is high time that students take examination positively as a challenge and not as a painful event and the end of everything in life. Often excessive anxiety is also related to lack of self-motivation, self-confidence and preparedness. While students grapple with their examination fear, here are a few tips that will

help them boost their selves and make them emerge confident achievers not only in the upcoming exams but also in life in general.

- Have a Positive Approach: First and foremost take your exam with positive approach, negativity will only increase your nervousness, hamper your preparation and affect your results.
- Follow a Timetable: Insist upon yourself to make and follow. A time table, it will make the preparations easy. Also, self discipline is important not only for exam preparation but also for life.
- Make Time for Revision: Make it a point to keep sufficient time to revise and review what you

have learned.

- Write with neat and clean handwriting – This is yet another very important aspect for students. Put yourself in the shoes of an examiner. You will definitely expect a clean and neatly written answer-sheet. Do your best to deliver the same in your examination.
- Solve and Practice Sample Papers
- Eat Nutritious Food and Drink sufficient water and keep yourself healthy
- Do not forgo good night sleep and some time for relaxation to keep yourself vitalized
- Remain calm and composed while preparing and writing your exam papers.

Parents and Mentors:
Do not compare your child's perfor-

mance with other children's achievements. Don't force impossible targets on them. These can lead to several negative consequences on the young minds. Rather, stand by them; be extremely supportive and encouraging ensuring that they feel loved and cared for. Mentor and motivate them to remain steadfast, emotionally balanced and robustly anchored to their goal.

Dear students, remember that good marks may get you into a reputed college but falling a little short of it will not be an obstacle in reaching your fullest potential. You are precious, lovable and a wonderful person who can

make a difference in the society with your positive contribution. Spend time in prayer and draw energy and inspiration to remain focused. Turn your anxiety into positive motivation and do not get bogged down by exams. Be positive while you approach not only exams but any challenge in life. You will only grow stronger and emerge victorious. With your hard work, determination and effort you will be a proud winner. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Wishing you success and a bright future ahead!

ENDURANCE SPORTS... Contd. from page 2

this can be the most expensive part of the sport, but it is also the fastest out of the three in terms of speed. I spent a lot of time training indoors and even outdoors. I used to go around the palm beach road, Navi Mumbai loop 14-15 times during my longer riding days

- **Running:** For those who missed my last article. 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

Initially, I never imagined of doing the full ironman but after doing a few local events I finally gathered the courage to attempt a full one. From the day

I registered I dreamt of going to Sweden and doing the Ironman. Trust me the journey wasn't easy, especially the last 6 months before the race. I had to sacrifice a lot with respect to social life, food, family time etc. I had to spend some tough hours training in the summer heat, and practicing in dirty Mumbai Sea. I had to avoid the officials near the lakes, battle the head winds at Palm Beach Rd, even run for hours in the heavy Mumbai rains! The challenges just got

tougher and tougher. I can definitely say one thing that the training is much tougher than doing the event itself. I am a well-known foodie, hence the biggest sacrifice was food. But I would confess that I did cheat on that often! Also, I believe if you train in Mumbai you can do a race anywhere in the world. After all these obstacles, it was all worth it when I completed the event in 14hrs and 1 min.

Trust me it was a journey where I learnt a lot about myself and

about sport in general as this is not one sport but a combination of 3 sports namely swimming, biking and running. Doing the Iron man taught me that impossible is nothing, and I'm sure each one of you out there can do an Iron man. I definitely would do another iron man just to experience the adrenaline rush of finishing it with tremendous crowd cheer-

ing at the finish line. I would give anything to hear these words again "YOU ARE AN IRONMAN!"

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

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EASY WAY TO KNOW... Contd. from page 6

case of watermelon once you cut your hand becomes red if the fruit is adulterated. For the remaining fruits you can apply the same technique like vegetables.

3. For milk, take a

drop of milk on the palm surface and rub both palms, if the drop becomes sticky that means your milk is adulterated.

How to save ourselves-

The easy way to

save ourselves from the adulterated fruits and vegetables is to eat only seasonal fruits and vegetables. The other way is to use fruits and vegetables after dipping at least thirty minutes into the water then wash with normal water properly

and consume, because within thirty minutes the color of the item will come on the surface and once you wash the item with normal water there is less chance for the added color to go in your food.

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