

Parenting book by renowned Psychologist and career counselor Salma Prabhu

"Mom Dad U R Wonderful"

Great reviews on Amazon.in

For consultation on Counseling, Career counseling, courses

Contact: 9322851484

Date with Health

Monthly Newspaper on Health & Fitness

RNI Reg. No. MAHENG/2017/76690

Vol. : 3 • Issue : 7 • Pages : 8 • Price : ₹ 20/-

April 1 - 30, 2020



Shaheen Saif Khan
Mob. 9664887629 / 9820128395

Corona Virus Is the Real Threat currently which is bothering and disturbing everyone globally. The

"KARO (NA) CARE"

economy is hard hit by the virus. More than 3,00,000 people have been affected all over the world. The number is just increasing. The entire World is united to fight against the spread of the Virus!!!

India is trying hard to prevent the spread of the coronavirus beyond the isolated cases. Following suit with many other countries decisions for shutting

schools, colleges, cinema halls, malls etc, Maharashtra being the worst Hit is observing the same!!

Amid all this, India's Healthcare system is put on spotlight. As India is densely populated, with approximately only 44% Indians are actually covered under a Health insurance Policy. 56% are still UnInsured!!

However, Insurers

are observing sharp increase in inquiries relating to Health Insurance, as customers seek protection against the COVID- 19.

The Insurance Regulatory Authority of India (IRDA) which is a regulatory body which governs Life and General Insurance to protect the interest of the Policyholder has asked the Insurers to revise the policy conditions and include treatment of Corona Virus under the scope

of the Policy.

All the claims reported under COVID 19 shall be thoroughly reviewed by the claims review committee before repudiating the claims," the regulator said in the guideline.

The costs of the medical expenses during the Corona Virus Treatment, also even the expenses incurred during the Quarantine period shall be

settled in accordance to applicable terms/ conditions.

Further to this, Insurers are asked to design need based products covering the costs of treatment of Corona

Contd. to page 7



Dr Yasmeen Mujawar
BHMS,
D Accupunct (Bom)
Mobile : 9892423986

Pathogenesis

Coronaviruses cause respiratory and enteric disease in a variety of animals.

In humans, the major site of virus replication is the epithelial cells of the respiratory tract about one-third of colds are caused by coronaviruses.

Diagnosis

Most coronavirus infections go undiagnosed and the disease is self-limiting.

Diagnosis can be carried out using immuno-electron microscopy and serology.

There are no anti-viral for routine coronavirus infections but over the counter remedies to alleviate symptoms are useful.

Symptoms may last about a week with considerable variation between patients.

Often there are no apparent symptoms but the patient still sheds infectious virus.

Transmission is by transfer of nasal secretions such as in aerosols caused by sneezes.

Viruses that infect epithelial cells of the enteric tract cause diarrhea.

The symptoms are runny nose, sore throat, cough, headache, fever, chills etc.

Incubation period 3 days.

Viral spread is limited by the immune response of most patients but this immunity is short-lived.

CORONAVIRUS

awarenessdrive

2-14 DAY INCUBATION PERIOD

WUHAN

2019-nCoV

NO VACCINE

PREVENTION

AVOID ANIMALS

WASH HANDS WITH SOAP

NOT TRAVEL WHILE SICK

MEDICAL MASK

AVOID CONTACT WITH OTHERS

SYMPTOMS

CHEST PAIN

COUGH

PAINFUL CONDITION

CHILL

SINUSITIS

DIARRHEA

FEVER

WHITE LANGUAGE

KNOW THE SYMPTOMS

COVID-19	FLU	ALLERGIES
FEVER	FEVER	SNEEZING
DRY COUGH	DRY COUGH	COUGHING
FATIGUE	RUNNY NOSE	ITCHY EYES
SHORTNESS OF BREATH	HEADACHE	RUNNY OR STUFFY NOSE
	SORE THROAT	
	MUSCLE AND JOINT PAIN	

LESS COMMON: ACHES & PAINS, SORE THROAT, RUNNY OR STUFFY NOSE, DIARRHEA

स्लिमफिट मल्टीग्रेन सल्लू

SLIMFIT MULTI GRAIN SATTU

Wellness Discovery Club

Eat Healthy, Feel Healthy

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

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

BENEFITS

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

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

OUR TOP BEST SEALING RANGE

NUTRITION

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

JUICE

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

WEIGHT LOSS CHALLENGE

100% MONEY BACK GUARANTEE

स्वास्थ्य वर्धक एवं वायुपीडीतो के लिए लाभदायक

Wellness Discovery Club
HyperCITY, Inorbit Mall, Vashi, Vashi, Navi Mumbai 400705.
CONTACT : 8080557170
Follow us on [social media icons]
www.wellnessdiscoveryclub.com



Editorial

INTROSPECTION CARONA

Nothing comes without the will of Almighty and so is the case with today's dreaded Corona virus too. Life of individuals was running at a very fast pace with no time for self or family. Spending time in clubs and malls were supposed to be real entertainment and relaxing spots. Mom and Dads were busy in their offices and social activities, kids were confined to school classes and video games, but Almighty thought its time to give mankind a serious break. Though HIS way may be harsh but as we all know serious ailments require bitter doses too.

With life of individuals confined to the four walls of their houses (they weren't homes for sure) man has fallen back on the most natural way of relaxing and de-stressing himself and that is by spending time with his family. Kids have in these hard times realised that Dad has a soft heart too. Fathers on their part have also started knowing their children better. The bonding which seemed a professional one now seems more friendly.

Who knows after the vaccine is found out (which surely will be in a very short time) we will all return to our usual routine, but surely with more respect and love for each other.

Till the time this virus is threatening us please observe and follow every rule. Maintain social distancing, wash your hands with soap for at least thirty seconds , cover your mouth while coughing and sneezing and most importantly don't panic and fall into social media rumours.

This dreaded virus will vanish soon, but hopefully the lessons of family bonding and social hygiene that it has taught will always remain and further become more strong.

Remember one thing Even the worst of situation has some positive in it, let's pray the bad times get over soon. The positive in this worst time is probably the closeness between families. People have realised the importance of time and how to make the best use of it with family and loved ones. People may become God fearing in the real sense and become better human being who respects fellow humans even more now. If we achieve these positives, we will have overcome a bigger battle.

THE INITIATIVE OF JANTA CURFEW TAKEN BY PM NARENDRA MODI IS WELCOME AND TILL THE TIME THIS PHASE DOESN'T PASS LET'S HAVE IT MORE FREQUENTLY ON OUR OWN

(Social responsibilities should be carried out as responsible citizens without waiting for government asking to do it)

INFECTION CONTROL IN THE DENTAL OFFICE



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

Your dentist cares about your safety and works hard to prevent the spread of any infection. Before you enter the examining room, all surfaces, such as the dental chair, dental light, drawer handles and countertops, have been cleaned and disinfected. Offices may cover some equipment with protective covers, which are replaced after each patient.

Non-disposable items like the dental tools are cleaned and sterilized between patients. Disposable dental tools and needles are never reused. Infection control precautions also require all dental staff involved in patient care to use appropriate protective equipment such as gloves, masks, gowns and eyewear when

needed. After each patient, disposable gloves and masks are thrown away. Before seeing the next patient, everyone on the treatment team washes their hands and put on a new pair of gloves.

Your well-being is important to your dentist and dental staff. That's why infection control procedures are in place at your dental office.

What about the new coronavirus?



With so many news stories, it's understandable to be concerned about the new coronavirus that causes COVID-19. Please know that the precautions your dentist already takes every day to prevent the spread of infection in his or her practice also helps prevent the spread of COVID-19.

If you are ill with flu-like symp-

toms, you should reschedule your appointment.

If you or someone you are in close contact with have recently travelled to one of the countries with large outbreaks of COVID-19 (China, Italy, Iran, South Korea) or if you have been exposed to someone else who was diagnosed with COVID-19 or who was quarantined as a precaution, wait 14 days until you see your dentist to make

sure you have not caught the coronavirus.

If you are healthy, there's no need to cancel your regularly scheduled dental appointment.

It's important to know that the majority of people infected with the coronavirus experience flu-like symptoms and then recover. Most people do not develop serious respiratory

complications.

Those most at risk of becoming seriously ill are elderly people and those with underlying medical conditions such as diabetes and kidney disease, among others. Children, thus far, have been largely unaffected.

Here are a few things you can do on your own to help keep yourself and those around you healthy:

- Wash your hands frequently, or use a hand sanitizer with at least 60 percent ethyl alcohol.

- Avoid touching your face, eyes or nose to reduce the spread of germs.

- Cover your cough or sneeze with your elbow. Infections like the coronavirus spread through the tiny droplets in coughs and sneezes.

- Stay home if you feel sick. If you have flu-like symptoms or otherwise feel unwell, stay home and rest. Call your dentist to reschedule your appointment for a later date. This will reduce the risk of spreading your illness.

ADVERTISEMENT RATES

(WEF FROM 1st OCTOBER 2018)

COLOUR : ₹ 100/- per sq cms

B/W : ₹ 50/- per sq cms

Please call: 9987309006

or mail: datewithhealth@gmail.com

Material deadline is 15th of Every Month

Note : Contributors are responsible for the content, views and opinions expressed in their articles/ advertorials. While every care has been taken to avoid errors and omissions. Though we take care for acceptance of advertising copy materials, it is not always possible to verify its contents. Date with Health will not be liable for the consequences arising from contents, nor any loss or damage incurred as a result of transactions with companies, firms, associations or individuals advertising/editorial in its books. All trademarks in the publication belong to the respective owners.



Sahrish Akhtar

With the COVID-19 pandemic sweeping the globe and regions imposing travel bans and even quarantines, it helps to be prepared for anything that might unfold in the days and weeks ahead. Some people are self-isolating for two weeks to try to help break the chain of coronavirus transmission.

Coronaviruses (nCoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (Mers-CoV) and Severe Acute Respiratory Syndrome (Sars-CoV). A novel coronavirus is a new strain that has not been previously identified in humans. From fires and hurricanes to disasters and diseases hitting the world one after the other, it's natural for people to worry about the implications of their surrounding situations. As more confirmed cases of Covid-19 are announced throughout the world, mounting worries can disrupt people's lives, if not held in check. Fears over the pandemic can be managed and psychologist and human behaviour experts are calling on people to take practical steps to lessen risk of catching the new coronavirus. Common signs of infection include

respiratory symptoms, fever, and cough, shortness of breath and breathing difficulties. In more severe cases, the infection can cause pneumonia, severe acute respiratory syndrome, kidney failure, and even death.

Take practical steps to minimize risk

The more you stress, the more vulnerable you can become to viruses, because stress can dampen your immune response. Plan ahead to feel more in control, stay well-stocked and have contingency plans which would instill a sense of relief. There is no need for anybody to panic, it is important for people to be in the know, but you don't need to obsess over things. Maintain good hygiene, take steps to protect yourself. Listen to music and watch television to divert your mind. Doctors have been administering anti-anxiety drugs to few patients who complained of sleeplessness and inability to focus on work due to surging anxiety levels. In such situations, seek medical help to calm withered nerves.

Stick to news sources with credible medical information

The constant checking of smartphones - with the bombardment of news and social media - can amp up our anxiety and fears. Medical practitioners advise sticking with sources of credible medical information, and avoiding misinformation about the virus and the illness it causes. Consequently,

unplugging from the news for a bit, should also be on the agenda. Even using meditation and yoga apps like Headspace or Calm could help let go of anticipatory anxiety. During a pandemic break out heightened media attention is natural, so limit listening to the

news stories. Hearing about these things repeatedly can be upsetting.

Increased focus on hygiene and quality family time

Stressing on self and home-hygiene, avoiding unnecessary travel and avoiding group gatherings could instead be the way forward to combat the spread of this virus. With schools being shut and more people working from home, use this period effectively to interact with your family. Spend quality time with them instead of getting anxious. Another step

forward could be connecting with friends and loved ones through video chats, phone calls, texting, and email. These efforts help feel the strength of one's connections to their friends and loved ones even though one may not be with them in person. So we essentially need to focus on what tends to work for us to ease anxiety.

Preparedness and assuring children

Remember, you're fully prepared to help yourself. You can take steps to calm and steady yourself through best and healthy practices.

Deliberating on steps to reassure one's family, especially children and teens who react on what they see from the adults around them. Create a positive environment at home, encourage your children to wash and sanitize their hands regularly, eat healthy foods rich in Vitamin C that can boost im-

munity, exercise regularly as a family and get plenty of sleep. People who are wrestling with anxiety and obsessive-compulsive disorders are feeling an even heavier burden in these stress-producing times.

Experts advise it is time to create a menu of personal self-care activities with frequent hand washing or using sanitisers containing at least 60 per cent alcohol. Even talking to people while maintaining a safe distance of six feet, is said to be another imperative.

Here are Diet Doctor's top six recommendations for COVID-19 preparedness:

1. Adopt social distancing now

Don't wait for governments or local health authorities to impose restrictions and quarantines. Do your bit now to help

Contd. to page 4

Coronavirus all around the world: Tips on how to deal with the pandemic panic



media because information can be overwhelming and that can obsesses people. Take breaks from watching, reading, or listening to

tively to interact with your family. Spend quality time with them instead of getting anxious. Another step

Date with Health

Monthly Newspaper on Health & Fitness

SUBSCRIPTION FORM
(Please fill in CAPITAL LETTER)

YES! I WOULD LIKE TO SUBSCRIBE FOR A PERIOD OF (Please tick any one option below)

1 Year ₹ 220/-
 2 Year ₹ 440/-
 3 Year ₹ 660/-
 4 Year ₹ 880/-
 5 Year ₹ 1100/-

I herewith enclose Rs. _____ by Cash / Cheque No. _____ Dt. _____

bank _____

Mr/Mrs/Ms/M/s _____

Date of Birth _____

House / Office No _____ Bldg./Society Name _____

Area/Locality/Sector _____ City/Town/Village _____

Taluka _____ District _____ Postal Code _____

Tel _____ Mob _____ Whatsapp _____

E-mail _____ Signature _____

Cheques to be drawn in favour of : DATE WITH HEALTH
Mobile / Whatsapp : 9987309006 E-mail : datewithhealth@gmail.com

Additional 10% discount will be offered on annual bulk subscription (Minimum 25 copies per month)



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

I am sure you must have found the tips in my last article useful for learning to pay attention to your mind and your body. The key to good mental and physical health is first to be able to notice and be aware.

The next key to learn to prevent so that there is no need to go to the state where cure is required. For example if you are aware that your weight is increasing, nip it in the bud there itself and take measures like right food, exercise, good sleep, positive affirmations and goal setting. Generally

people do not observe and are not aware and suddenly one finds that it has gone up by 5 to 6 kg or more. This causes stress and running to quick fixes, which give short term results and it becomes a vicious circle. We all know that 5 to 6 kg of weight does not increase overnight and if we are aware and listen to our body, we can prevent it to go to that stage.

So whenever things go out of hand, as it causes stress. And research shows that most of the illnesses, mental and physical are caused due to stress. It is stress which is today the biggest killer and it leads to various health problems.

To keep ourselves free from stress, the follow tips could be followed.

1. Become more and more aware of your breathing. When you are eating, working, walking, cooking, playing, reading, sitting quietly, make it a

habit to go to your nostrils and watch the breath, hear the breath and feel it.

2. Say good things to your breath like "I am breathing in love and happiness and I am releasing love and happiness". Let this become your default and see the face and heart glowing.

3. Learn yoga and Pranayam, this is the simplest and easiest form of keeping stress at bay and remaining healthy. While doing Pranayam you are as it is focused on your breath. While doing Yoga, breathe and enjoy the feeling of the pose and the enjoying of the pose is the best remedy.

4. Consciously slow down if you are a person who does things in a hurry or get anxious, you shall realize that slowing down and watching and enjoying what you do will help you

relax and give better performance than things done in a hurry and with anxiety.

5. Listen to soft instrumental music of your choice in the background. Music has a soothing effect on the mind and the body and keeps the nerves calm.

6. Read books or material that gives you joy along with knowledge.

7. Take a 30 minute minimum walk daily, even if it is in the office compound. Do not speak on the phone while walking, but listen to the birds around, or watch the beauty in the architect or the landscape around.

8. Eat what you like in moderation, but try and keep the junk to minimum like once a week and do not indulge. Eating in moderation keeps our body and mind functioning without guilt and does not cause any physical

stress.

9. Dancing, Painting, sculpting are also good forms of keeping stress at bay. Just one activity at a time on a regular basis of even thrice a week will give you a lot of personal joy and happiness.

10. Travelling to beautiful destination is liked by all but it costs money, so short distance travels to scenic locations like dams, seas, beaches where one can listen to the sound of the water is also very therapeutic.

While I am giving tips on keeping stress at bay, let me also explain to you that it is good to let go and be calm and peaceful, however at the same time, it is perfectly normal to feel a little tension while making a presentation, or being careful regarding time compliances. It is good to take precautions for hygiene and health and also very good to

try and reach perfection in your work. The little flutter caused in the stomach before the exam and the excitement to perform is called Eustress which is good stress. This little flutter and excitement makes the adrenalin flow and helps you do your things and keeps the motivation level high in you. This Eustress does not harm but helps. This Eustress also does not stay within you causing you sleeplessness and anxiety. In fact it disappears as your work is done.

Eustress also helps you to build your level of resistance and you become a person who does not give up easily, neither do you fret and fume. You do not run away from situations and you do not get stressed.

So while you are working on the tips on keeping stress away, do notice the eustress which is a feeling of high when you are doing the things you love.

CORONAVIRUS... Contd. from page 3

stop the spread of the virus and flatten the curve of spread.

2. Stock your freezer with low-carb options:

Consider buying any of the following:

- Pre-made frozen low-carb vegetables.
- Cheese
- Cream
- Eggs

3. Stock your pantry with low-carb options

A number of shelf-stable items are handy to have in good supply. You don't need them all, but think of the

ones you might like to use based on your personal preferences.

- canned and glass goods
- nut flours
- psyllium husk
- nuts
- jerky

4. Track and manage food expiry dates.

It is frustrating and wasteful to have to throw out good food, especially if it becomes difficult to shop for more.

A simple trick is to make a list of all food items in your pantry, fridge and freezer and note their expiry dates.

Tack it to your fridge. Then as you are planning your meals, aim to incorporate items before they expire.

As you cross off the



list of items, you then easily know what you need to replenish when you can shop again. As noted above, you can also plan to freeze items as they approach their expiry dates, but

do remember to note new freezer items on your expiry date list so you eventually use them, too.

5. Make sure you

have personal essentials

You will need to think about what non-food supplies you must have on hand. These could include:

- extra supplies of

medications

- pet food and pet supplies
- coffee and tea
- toothpaste, shampoo, and other personal care products
- laundry soap, dish soap, hand soap and hand sanitizer (if you can find any)
- a good first aid kit for minor injuries
- and yes, toilet paper — but don't hoard and leave some for others

Fortunately, COVID-19 is not likely to disrupt power supplies or contaminate water, so unlike most emergency prep

kits, you don't need to stock up on bottled water or water purifications supplies.

There is also no need for flashlights, batteries, candles, matches, a battery-operated radio and other essentials for power-grid disruptions. But do note that for future emergencies, it is always wise to have these items on hand.

For now, skip the hand shake and abandon the hi-fi and switch to the Indian Namaste or the elbow bump.

Stay calm, stay safe and stay healthy!

RECIPE: MOONG DAL DHOKLA



Ranju Satia

Time To Cook

- Preparation Time = 10 mins.
- Cooking Time = 20 mins.

Serving

- 2 Persons

Measures

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

Ingredients

For Dhokla Batter

- Split Green Gram (Moong Dal), Soaked In Water For 2 - 3 Hours - 1 Cup
- Curd, Thick - 2 Tablespoons
- Gram Flour - 1 Tablespoon
- Salt To Taste
- Green Chilli, Chopped - ½ Teaspoon
- Ginger, Chopped - 1 Teaspoon
- Fruit Salt To Taste
- Oil - 3 Tablespoon
- Black Mustard Seeds - ½ Teaspoon
- Asafetida Powder - ¼ Teaspoon
- Curry Leaves - 10-12 Nos.
- Red Chilli Powder For Colour
- White Sesame Seeds - 2 Teaspoon

For Garnish

- Coconut, Grated
- Coriander Leaves

Method

- Take soaked and drained split green gram in a jar of mixer grinder
- Add ½ teaspoon of chopped green chilli
- Add 1 teaspoon chopped ginger
- Grind the mixture well in a mixer grinder
- Take the ground batter in a mixing bowl
- Simultaneously, keep water for boiling in a wok or a steamer
- Check for the consistency of the batter, it should be thick
- Add 2 tablespoon of thick curd to the batter
- Add 1 tablespoon of gram flour
- Add 1 teaspoon of salt
- Add little oil
- Mix the batter well
- Meanwhile, grease a deep dish with oil
- Add 1 teaspoon of fruit salt to the batter
- Mix the batter lightly, avoid vigorous mixing
- Pour it in a greased deep dish
- Tap the dish to evenly spread the batter
- Keep a round ring stand in boiling water in a wok
- Place the deep dish on top of it
- Cover the wok with a lid
- Allow it to cook on steam for 10-12 minutes
- After 10-12 minutes using a fork check whether the batter is cooked
- If fork comes out clean after pricking, the batter is cooked
- If it is cooked remove the deep dish from the wok
- For tadka keep a wok on a gas
- Add 3 tablespoon of oil
- After oil heats add black mustard seeds
- Add ¼ teaspoon asafetida powder
- Add 10-12 curry leaves
- Add 2 teaspoon white sesame seeds
- Add little red chilli powder for colour
- Spread the tadka on dhokla
- Garnish it with coriander leaves
- Garnish dhokla with grated coconut
- Dhokla can be cut in any shape
- Remove dhokla from the deep dish
- Cut it into small pieces
- Put the cut pieces in a serving dish
- Moong Dal Dhokla is ready to serve
- It can be served with green chutney



FIGHT THE VIRUS

A virus is an infectious agent which can multiply only within the living cell of a host.

A virus can enter a living cell only if the immune system of the host is weak or compromised.

If the body is in a constant state of stress, it can inhibit some of the immune functions.

Follow a healthy diet, maintain personal hygiene, get good rest and breathe right.

Breathe through your nose and not your mouth.

A breathing technique known as BOX BREATHING used by Navy Seals can help you stay calm and reduce stress.

Inhale through your nose for 5 seconds ... Hold your breath for 5 seconds ... Exhale for 5 seconds ... Hold your breath for 5 seconds.

Do this for 5 / 6 rounds.

Viruses affect people who are weaker. If you are fit and training, your body is stronger, and better able to fight the virus.

Boost your immune system with these 3 nutrients ... Vitamin C + Iron + Zinc



Dr. Shalini Mukherji

(Master functional trainer, Nutrition consultant and expert, Muscle Rehab Trainer)

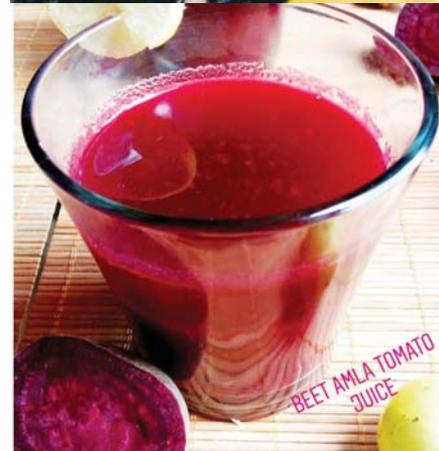
Mobile : 9323178637 mukherji.shalini@gmail.com



STRAWBERRY BANANA SHAKE



PINEAPPLE JUICE



BEET AMLA TOMATO JUICE

Turnips Pineapple Guava Kiwi Kale Grapefruit Cauliflower Broccoli Brussel Sprouts Papaya Oranges Musk Melon Tomatoes Lemons Sweet potato.

Foods Rich in "Iron"

Eggs Lamb Sardines Lentils Legumes Dark Leafy Vegetables Soyabean Tofu Pumpkin Seeds Apricot Raisins Prunes Beet Root Jaggery Fenu-greek leaves.

Foods rich in "Zinc"

Meat Shell Fish Lentils Legumes Chick Peas Kidney Beans Almonds Cashew nuts Flax Seeds Pumpkin seeds Sesame seeds Dairy Products Whole Grains Potatoes Sweet potatoes.

Combinations ... to boost your immunity

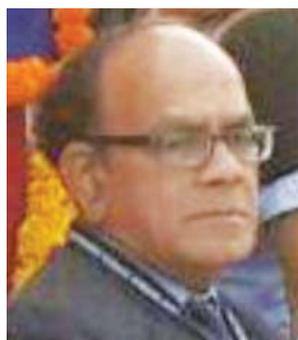
- 1) 10gms Organic Jaggery with 1 tablespoon of Ginger juice
- 2) Beet Amla Tomato Lime juice
- 3) Orange Sweet lime juice/ Pineapple juice
- 4) Banana Strawberry Almond Milkshake.

Foods rich in "Vitamin C"

Strawberry Amla Mango Bell Peppers



Exercise Equipments, Machinery and Monitoring Gadgets (Concluding Part)



Dr. SUMANGAL PHADNIS
Mob. 9820525202
drsphadnis@gmail.com

Fitness Tools:

1. Weighing Scale:

Before starting exercise one can measure the body weight and monitor the same again every month. In case of weight loss schedule it can be measured more frequently. The weight can be compared with standard height and weight charts available everywhere.

2. Measuring Tape

: This for measuring the waist, chest circumference etc. The waist circumference is measured at the level of umbilicus level and chest circumference at nipple level.

3. BP Apparatus & ECG Machine:

Before proceeding for exercise, it is absolutely essential to judge individual's heart capacity. This is judged by the Physician by calculating pulse rate, measuring blood pressure and the working condition of the heart by ECG machine as well as certain blood test including Lipid profile. As per the opinion of Physician one can start the exercise schedule suitable for him /her.

4. BMI (Body Mass Index) : It is calculated by dividing weight in Kilo Grams by height in sq. meters. It is sort of screening method and not that accurate as it

considers muscle mass and fat together. A person may have more muscle mass than fat and hence reading could be wrong. A person having weight of 73 kg and height of 1.65 meters, his BMI will be (as per above formula) 26.83 .When energy intake exceeds energy expenditure, obesity occurs which could be due to lack of exercise. This is simple test by calculation and everybody should do it to judge whether the weight is within normal limits.

The standards followed all over world are given below --

BMI Upto 25 is considered normal. One should aim to achieve this.

BMI > 25 is considered over weight / moderate obese

BMI = or up to 30 is considered as definitely obese

BMI > than 30 is considered as morbidity obese. One should take immediate steps to reduce weight to avoid health problem.

5. WAIST TO HIP RATIO (WHR) :

Every one desires that his /her body shape should be good and attractive. The waist to hip ratio gives one idea about how his / her belly fat is more than standard measurement. By measuring tape the waist circumference is measured at umbilical (Navel) level and hip circumference is measured at maximum circumference of buttocks. The WHR is calculated by dividing waist measurement by hip measurement.. e.g. if waist measurement is 32 inches and hip measurement 37 inches

then WHR will be 0.86. The normal limits considered are ---

Men -- 0.85 to 0.90
Women – 0.75 to 0.80.

Any ratio above this indicates risk and one should take steps to bring it down.

The body fat can also be measured by Skin fold technique or by other electronics equipments available in hospital.

6. DEXA: It is Dual Energy X-ray Absorptiometry. It is more accurate (almost 95%) than BMI. This test facility is available in any General or Orthopedic hospital.

It gives figures of fat, bone mass and muscle mass separately.

How to find out whether you have osteoporosis? The best way to determine whether you have osteoporosis or you are at risk of osteoporosis is by measuring Bone Mineral Density BMD –There are many types of this test depending on method used and bones tested.

- The test is very simple, painless and normally takes 20-30 minutes

- The person above 40 years must do it along with annual health check up.

- Avoid to take calcium supplements 24 hours before test.

- Wear loose comfortable clothes.

- Pl. ensure that you have not taken any contrast medium for Barium meal study or CT scan etc. prior to this test.

The test is useful to determine your bone condition i.e. to identify bone loss and whether you are suf-

fering or likely to get Osteoporosis and for treatment and subsequent follow up after treatment purpose.

W.H.O. recommended bone density level As a person normally we know what is normal Blood Pressure or normal blood Sugar level or normal body weight. In a similar way we must have knowledge about what is normal bone density level compared to your test level. The W.H.O. has determined following categories – and it should be considered as guide lines only.

The comparison is based on standard deviation – SD and measures how far a person bone density level is below normal .

- Normal bone mass – Bone density within 1 SD

- Low bone mass – 1 to 2.5 SD below the young adult mean(-1 to -2.5 SD)

- Osteoporosis – Bone density is 2.5 SD or more below the young adult mean (> -2.5 SD)

- Severe osteoporosis – Bone density more than 2.5 SD below the young adult mean and existing one or more osteoporotic fracture.

It is advisable that one must do this test along with health check up before starting exercise or along with routine health check up.

7. BMR (Basal Metabolic Rate):

BMR is rate at which the body burns calories and converts what we eat (Consume) into energy which is used for different bodily functions..The BMR is the no. of calories

required to carry out bodily functions at rest in 24 hour period .Cardio exercises does not increase BMR. If we wish to increase BMR we have to increase building up of muscle tissue which is achieved by strength and resistance training.

Basically BMR is calculated for determining calorie intake of an individual based on his body weight. Although it leaves lean body mass, it measures out muscle to fat ratio .For average size individual body BMR is fairly accurate. But large bodies with excessive fat or muscle, it may not be correct. It can underestimate calorie requirement of muscular body and can over estimate in case of overweight body. The formulae used for calculating BMR are as given below ----

For Men: $66 + (13.7 \times \text{Wt. in kg}) + (5 \times \text{Ht. in cms}) - (6.8 \times \text{Age in yrs.})$
= BMR in Kcal.

For Women: $655 + (9.6 \times \text{Wt. in Kg}) + (1.8 \times \text{Ht. in cms}) - (4.7 \times \text{Age in yrs.})$
= BMR in Kcal.

A male person, of 68 yrs with weight of 73 kg and height of 165 cms, his BMR as per above formula is approx. 1430 Kcal. Similarly a female Of 60 yrs. of age with a weight of 70 kg and height of 160 cms, her BMR will be approx. 1333 Kcal.

Actually BMR professionally can be calculated by using a method based on oxygen consumption at a hospital or clinic where facilities are available.

8. FIT O METER:

It is just a rough estimate of judging one's fitness level. The method consists of taking detail information from individual about his sex, age, height, weight, calorie consumed per day, kind of exercise done, diseases from which suffered, habits, family history about health etc. and then fitness level can be judged. Actually this is more useful for suggesting exercise schedule.

9. MET: The Metabolic Equivalent Level (MET) is the unit measurement to describe the intensity of physical activity. Or in simple term MET value is oxygen consumption at rest. .One MET is equivalent to 3.5 milli liters of oxygen per kg of body weight per minute. An activity that measures 5 MET requires the five times of oxygen. The harder the body has to work, the more is MET .e.g. computer work on table is 1.8 MET while brisk walking requires 5.6 MET

MET value of activity x Weight in kgs.x No. of hours spent on activity = Kcal expended. OR

MET value of activity x 3.5 x body weight in kg divided by 200 = Calories burnt per minute. Here the fig. 3.5 and 200 are fixed value

Taking a dog for a walk (MET value – 3) for ½ hour will spend 105.00 Kcal as per above equation (3 MET x 70 kg – say weight x 0.5 = 105 Kcal)

If a person knows his BMR, the weight

Contd. to page 7



FILZAH SYED (Std. V),
St Mary ICSE School,
Koparkhairane

BACK TO SCHOOL !!!

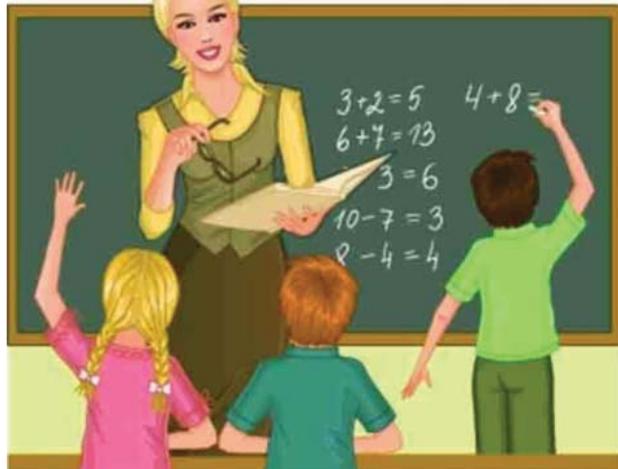
day of school is organized but after a day or two the place organized is all gone messy.

Of course! We can see different teachers as our subject teachers and our class teacher.

I have been in 'St.

and my best of friends made friends with the workers around cleaning the hallways it was fun, the moment when we came over to our open house and got our books for the next Grade. I have now

Its school time again! You're probably feeling excited and maybe a little sad that your holidays are over. Some kids feel nervous or a little scared on the first day of school because of all the new things like: new teachers, new friends and maybe even because of a new school. Luckily these 'new' worries only stick around for a little while. Kids actually fit in really fast whereas some kids are not a kind of those. Some kids are that you don't need to worry about on the first day of school because maybe, it is their old school in which they have been from kindergarten or what we like to call pre - primary and may have known almost all the teachers, but you got to say that the first



Mary's ICSE School' for about 6 years yes! About 6 long years, but I got to those years were the best years of my life.

The moment when I made true friends, the moment we cheered for to see Ma'am and, when we all cried a lot when Ma'am left our class. The moment when we heard exams coming up, the moment when we all got scolded, the moment when I

gone to Vth standard I hope that my class is really good and neat and students of our class are well-behaved and I can make a lot of new friends. Hope you all fit in your new classes too.

I will try to be the best child in my class or in my whole grade and my report cards will come up excellent and I will forever be organized.

THANK YOU!!!!

CORONA word itself has the precautions one needs to follow to keep it away

C - CLEAN YOUR HANDS



O - OFF FROM GATHERINGS



R - RAISE YOUR IMMUNITY



O - ONLY SICK TO WEAR MASK



N - NO TO HAND SHAKE



A - AVOID RUMOURS



Stay careful stay healthy

"KARO (NA)... Contd. from page 1

Virus including vector borne diseases!!

Currently the best course of action is to stay cautious and take preventive measures which by now you all must have read it in almost all your wat-sapp group almost 100 times, so for the 101th time here it goes : Wash Hands thoroughly, Avoid Large Gatherings and Crowds, Avoid Contact with Sick people, Stay Hydrated!! If indeed one

gets infected, the treatment can be availed, cost being a critical rider over here.

Hence people opt for Health Insurance, so that funding doesn't come in their way for taking quality Treatment!!! Few Companies are coming with innovative ideas to avoid personal visit to office as a safety measure during the pandemic crisis and opt for phone call / video call in case of fresh

policy issuance!!!!

Since last 2 Months, all of us are waking up to Corona News, some displaying Safety Measures, Some giving Advice, Few scaring us with numbers and many predictions. For a Change, I am missing the daily dose of Motivational messages that come all day through, in my What-sapp groups!!!!

So as of now, the only Mantra is to Stay Positive and Stay Insured !!!!!!!!

EXERCISE EQUIPMENTS... Contd. from page 6

can be substituted for it e.g. if BMR is 1400 Kcal/ day i.e. 1400 divided by 24 hours will be 58.33 Kcal per hour. Hence

$$3 \text{ MET} \times 58.33 \times 0.5 = 87.49 \text{ Kcal.}$$

It is to be pointed out that both rest / recreational activity and work related activities consume or burn calories.

MET value of some activities Assuming the weight of a person is 150 lbs or 68.18kg

Sports related

Activity	MET
Ball room dancing	3 to 5.5
Weight lifting	3 to 6
Yoga	4.00
Jogging	7.00
Bicycling	4.2 to 11
Raquet ball	11.6
Canoeing	3.4 to 8
Billiards	2.7
Bowling ally	6.3
Golf	5.1
Soft ball	5.7
Soccer	8 to 11.4
Volley ball	3.4 to 8
Tennis	7.1 to 9.5
Swimming	7.9 to 11

(Source - Mayo Clinic Book)

10. Talk Test: If one can talk easily while doing exercise, then it can be presumed that he/she is using Fats as possible source of fuel i.e. energy and if he / she has difficulty in talking then it is the carbohydrate which is primary

source of energy for the activity. To test this one can speak out a sentence that can take 20 - 30 seconds or sing a small stanza of a song in low voice.

11. Monitoring Tools - Pedometer / Heart rate Monitor: A small electronic device which can be fixed on waist or arm. It can monitor no. of steps taken while walking or throughout the day, heart rate, distance travelled or calories consumed. Variety of gadgets are available in market with different types, brands and specifications and one can buy according to his requirement. Also now a days hundreds of diff. apps available in a smart phone provide exercises for different muscle groups and wide range of facilities about data collection which can be stored or transferred to computer for follow up / future use. The smart watches like Samsung galaxy watch, Apple watch series 3/4, Fitbit versa/ ionic/charge 2, Amazfit pace, Amazfit bip, Tic watch pro, kingwear KW88 / S 928 are some of the gadgets available in market for exercise and fitness monitoring.

Activity	MET
Office work	1.5
House cleaning	3.8 to 4.10
Child care	2.5 to 3.00
Standard work	3.00
Out side work	5.5
Painting	2.2 to 5
Computer work	1.8
Digging	9.4
Gardening	4.00

ENDURANCE SPORTS WITH ANMOL PRABHU - TRIADDICT

THE SWIMMATHON

WARNING:

THIS RACE IS NOT FOR THE FAINT HEARTED
The Sea once it casts its spell, holds one in its net of wonder forever

-Jacques Yves Costeau

India has a large coastline along with abundant lakes and rivers. It is surprising that you will come across people saying that they haven't ventured into swimming or don't know how to swim. In my previous articles, I have spoken about pure running experiences and triathlons. In this article, I am going to talk about pure swimming as a sport.

Now – a - days swimming is introduced to young kids in topmost schools across the country. They become a medium of nurturing abundant young talent. We have plenty of swimming pools across the country where people are introduced to swimming. We also see multiple swimming related events take place at local pools in the country. Swimming sprints and swimmathons are becoming a norm.

You will rarely find an event which ventures into the sea or open waters in its true sense. Goa Swimmathon is one such popular race in India which gives one a platform to test themselves. I happened to take part in the 10km Swimmathon in Goa in 2019 March. Trust me 10 Km of Swimming may sound less, but being in the sea close to 6 hours to complete it turned out to be a mammoth task.

The Experience

Honestly speaking I didn't have a lot of time to prepare for this event but somehow managed to get approximately 80km of swim distance in 2 months prior to the race. With the hard work and practice I put it made me pretty confident about finishing the race comfortably. However, as they say 'Man proposes but Nature disposes', the details of the race predisposed my mental stress for a fraction of a sec. The race was 2.5km of 4 loops where I had to go 1.25 km against the currents and return with the flow of the same distance. The Race cut off was 6 hours and I managed to complete it 3 min prior to the cut off!



People said that I got my entire penny's worth of the registration money. However, it sure did not feel that way when I was cutting through the tides inside the sea. The Race threw me multiple challenges like Sighting (key factor in open water swimming) , currents, tides etc. In the last half hour, people had already finished or quit the race. Trust me when I say that, being alone in the sea against the currents and winds gives one

a scary feeling of being alone inside the water; specially when one has a visibility challenge of what lies ahead and beneath the waters. Its experiencing nature at its worst or may be its best!

Post the race, all those thoughts did not matter to me after battling the brutality of nature. I was numb, relieved and ecstatic all at the same time. Such races, when completed, can give you an exhilarating feeling of accomplishment.

During that point like any other endurance race its "MIND OVER BODY".

This was by far my toughest and scariest race. Though I'm saying that I don't want to do anything like this ever again. But, I also will say that don't shy away from experiencing a good race.

Ultraman is on the cards for me. One starts with a 10km swim on the first day there. I have mentioned the details of Ultra Man in my previous article.

For Such an Event ensure to put in the following:

- Min 10 times the distance of the race in the pool
- Practice Sighting
- Do couple of open Water Swim Practices
- Most of All – Be Mentally Prepared for a Jamboree in the Sea

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

Anmol Prabhu- Triaddict

Email id : anmolprabhu09@gmail.com

Ph No : +91 9870725884



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

International Day of Happiness was celebrated in the month of March and the 2020 campaign theme was Happier Together, focusing on what we have in common, rather than what divides us. Everyone wants to be happy - and life is happier when we're together. To celebrate, UNIDO Happiness, the UN secretariat for the International Day of Happiness had called people, nations and

INDIAN KITCHEN MEDICINE

territories to take "Ten Steps to Global Happiness" challenge and call to action and also advancing the happiness, wellbeing and freedom of all life on earth by 2050.

Looking at current scenario, it is important to boost one's own immunity to keep oneself healthy. When you are healthy, it's natural that you are going to be happy. Being healthy and happy is the best way to stay away from any illness or disease. We must be more aware of our Indian kitchens as they have more of medicines

in the form of herbs and spices. Let's use the goodness of these spices and herbs and build our immunity system so strong that nothing will affect us. Following are few im-

ger, jaggery, cinnamon sticks in water. Boil and strain. Ginger contains antimicrobial compounds that allow to help in treating infectious diseases.

Goodness of Lemon

Boil 2 slices of lemon in 1 litre water. Strain and keep sipping whole day. Water should be lukewarm. We all know lemon contains high amount of vitamin C which helps in boost-

ing immunity.

Nutmeg Coffee

Roast dry ginger, cardamom, black pepper, nutmeg (jaiphal) and finely grind into powder. Boil half cup

QUICK HERBAL COFFEE RECIPE

- Dry ginger 50 gms
- Cardamom - 10 gms
- Black peppercorns - 10 gms
- Nutmeg powder - 5gms
- Jaggery - As per taste



munity boosting recipes which everyone must try out as it is the need of the hour.

Ginger Cinnamon Decoction

Add a piece of gin-

water and half cup milk. Add 1 tsp of this powder. Sugar is optional. Boil and drink hot. This herbal coffee is excellent for those having severe cough and cold. Jaiphal (nutmeg) improves circulation and dry ginger is anti inflammatory and hence combination of these two gives excellent benefits.

Tulsi Tea

Boil tulsi leaves, ginger & pepper in water. Strain and add honey. Tulsi is known to combat respiratory ailments since ages. It relieves cold, cough, congestion, sore throat and similar ailments.

Try out these nani ka nuskhas to boost your immune system.

UFS 81082 20222 / 81084 40222

UFit Fitness Studio

The Most Result - Oriented Fitness Studio in Vashi

Our group workouts combine
Cardio, Strength & Flexibility for
all skill levels.

ZUMBA

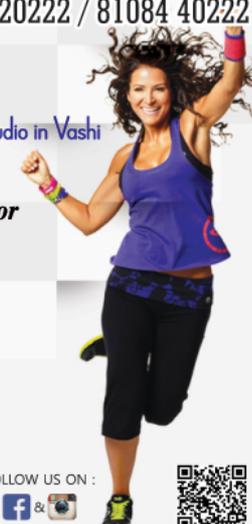
AEROBICS

STRONG BY ZUMBA

FUNCTIONAL TRAINING

BOOT CAMP

CARDIO KICK BOXING



FOLLOW US ON :

[f](#) [i](#) [t](#)

@ufitgymstudio

QR Code

F-7/B-4, 2nd floor, Rainbow Apt, Above Sanjay Lunch Home, Near Trimurti Restaurant, Sector-10, Vashi