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DON'T ACT IRRESPONSIBLY WHILE DISPOSING OFF THE MASKS

We are very casual especially when disposing medical wastes, including the masks used now during this Pandemic. It has been seen that masks are casually thrown away into garbage bins, in open spaces and also near sea shores. This will surely lead to more spread of the virus and also is highly dangerous. Kindly follow proper ways of using and disposing off the masks.

HOW TO DISPOSE OF A USED MASK? (Remember masks should be treated as medical waste)

Different germs can survive on a used mask for different durations. Experts feel that viruses, when left exposed, can survive between a few hours and a few days. Its an earnest request to all not to throw the

used mask indiscriminately in lifts, parks, workplaces, homes, open dust bins as it can pose a potential health hazard to people who come in contact with such masks. Also, some people are picking them up for re-use and hence putting their life in danger. The infected



masks have respiratory secretions on them and can be dispersed and transmitted through the air. So, please be sensitive. Always wash your hands before and after taking off the mask.

• **Cloth mask (Wash)** – Should be washed properly

and frequently and left to hang and air dry.

• **Surgical mask (Fold, tie, wrap)** – It should be removed chin upwards and please take care to remove it from the strings and be careful not to touch the front portion while taking off the mask. After taking

the mask off, please fold it half inwards, such that droplets from mouth and nose are not exposed. Then, fold the mask into another half, until it looks like a roll. The mask can also be wrapped with its ear loops so that it will not unravel.

Then wrap the mask in a tissue paper or polythene bag and immediately discard it in the yellow waste bag. Keep the things handy before disposing it off.

• **N95 Respirator** – When removing the mask, hold the edge of the straps attached to take of the N95 mask. Don't touch the inside part of the respirator. Wash hands before and after it. Gently remove the mask so as not to disseminate contaminants on the mask. Place the mask in a plastic bag or zip-lock bag. You can also store them in a breathable container such as a paper bag between uses. Secure the bag tightly. Place the plastic bag into garbage can or biomedical waste disposal unit. Never put on a new mask until you have properly washed your hands.

TESTING TIMES – HAVE YOU EMERGED AS A WINNER OR A WHINER

What would be more apt than sharing with the readers some practical and useful tips during testing times such as the current scenario. I am aware that you are flooded with advises in the form of forwards and videos, some very hilarious which is good and material which has made you an expert. But from the point of view of a person who has actually been listening to those who have been tested positive of the virus or from those who have been quarantined, because they have been travelling or have come in

contact, it is a different story all together.

Many people have asked me how to manage themselves as they are all the time busy cooking cleaning and washing vessels, and how to handle teenagers. I would like to write about the winning qualities of a leader winner in general rather than going to the specifics of a particular situation.

So what is the cutting edge between the people



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

who are making the most of this current scene of having a long never imagined holiday of almost 40 days and the people who are counting each day, as to when shall the lockdown come to an end.

The difference is those who are making the most are the people who have accepted the situation with an open mind and have come to the conclusion that there is nothing much they can do other than make the

most. They can either be happy with their families, catch up on all the lost time of their lifetime, or they can be grumpy, agitated and blame the world for bringing such a disease to them.

The ones who have accepted have seen to it that they had a group discussion with their families and wrote down all the things they can do together and also by themselves. Responsibilities have been allotted based on the areas of strength of each individual in the family, thus having no gender bias. By doing so they have shown good

Contd. to page 6

PLEASE NOTE:

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

स्लिमफिट मल्टीग्रेन सल्लू
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Editorial

THESE HARD TIMES WON'T STAY LONG !!!!

None in their wildest dreams would have imagined that one day we shall all be locked indoors and wishing we don't have guests and friends visiting us. It seems God was seriously displeased with how humans treated each other, meeting was more out of some need and not a heart warming thing. Man is supposed to be the best creation of God Almighty, but alas he has proved to be the worst of them, selfish greedy and thankless.

Man has been literally plundering the natural resources which God has provided in abundance. He thinks that all that is on the surface of earth is only for him and all other creation of God is secondary. The Lord of the Universe has shown how vulnerable human being is, one virus is enough to make him run for safety.

It's Nature's way to tell, you have caused immense damage to it and now is the time to repair the same, so stay indoors.

We need to introspect and come out a better human being. This lockdown has certainly strengthened family bonding, we have realised that there is a world much more beautiful and worth living than the artificial pleasure and entertainment that we all have been running behind. Our children are really creative and have multiple talent and that pushing them into studies and more of it will destroy their talent and the world will lose one more happy soul to the robotic life.

If we come out a changed human being, shunning our superiority over nature, respecting every other creation of God, thanking HIM for all that is given to us, not taking any of HIS Blessings for granted, we will be winning a bigger battle than the mere fight against this Corona virus and saving entire mankind from frequent natural calamities in future.

Let us all stay indoors and stay safe for the moment !!! God's Blessings be upon all Mankind Ameen

7 VITAMINS AND MINERALS YOUR MOUTH NEEDS



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

Want healthy teeth and gums? Make sure your diet features these key ingredients. These nutritional building blocks are essential for your dental health.

Calcium

No surprises here — calcium is well known as a friend for teeth.

Throughout the body, the mineral helps build bones and provide structural support. In your mouth, calcium helps harden your enamel and strengthen your jawbone.

What to eat: In addition to milk, good sources of calcium include cheese, yogurt, broccoli and salmon.

Vitamin D

Vitamin D helps the body absorb calcium while boosting bone mineral density, so it's crucial to get an adequate

amount of vitamin D to get the most out of your calcium intake.

What to eat: Your body naturally makes vitamin D when it's exposed to sunlight, but the vitamin can also be found in fatty fish, canned tuna and portobello mushrooms. You can also look for foods and drinks that have been fortified with vitamin D, such as milk, orange juice and cereal.

Potassium

Like vitamin D, potassium improves

Phosphorus

Phosphorus supports calcium in building strong bones and teeth.

What to eat: Luckily, phosphorus is found in a wide range of foods. Rich sources of the mineral include seafood, such as scallops, sardines, cod, shrimp, tuna and salmon. If you're looking to get your phosphorus from plant-based foods, consider soybeans, lentils and pumpkin seeds. You can also find phos-

phorus in beef, pork and cheese.

Vitamin C

Vitamin C strengthens your gums and the soft tissue in your mouth. It can protect against gingivitis, the early stage of gum disease, and can prevent your teeth from loosening.

What to eat: You probably already know that citrus fruits are rich in vitamin C, but you can also find it in potatoes and leafy greens.

Vitamin A

This vitamin helps keep mucous membranes healthy. It prevents dry mouth and helps your mouth heal quickly.

What to eat: For strong gums and teeth, load up on fish, egg yolks and liver. You can also find it in leafy green vegetables like spinach, kale and collard greens, or in orange-coloured fruits and oranges: think apricots, cantaloupe, pumpkin, carrots and sweet potatoes. These fruits and veggies contain high levels of beta-carotene, which your body converts into vitamin A.



bone mineral density. It also works with magnesium to prevent blood from becoming too acidic, which can leach calcium from your bones and teeth.

What to eat: Bananas are well known sources of potassium, but they're not alone. Other fruits and vegetables with high levels of the mineral include lima beans, tomatoes, Swiss chard, potatoes, sweet potatoes, avocados and prunes.

phorus in beef, pork and cheese.

Vitamin K

Think of this vitamin as a shield — it helps block substances that break down bone. It also helps your body produce osteocalcin, a protein that supports bone strength. A vitamin K deficiency can slow down your body's healing process and make you more likely to bleed.

What to eat: Chowing down on leafy greens, such as kale, collards and

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Sahrish Akhtar

Ramadan is derived from the Arabic word “Al Ramad”, which means intense heat and drought. This reflects the hardship felt by Muslims who fast every day from dawn to sunset, during which they cannot eat or drink anything the whole day.

Fasting is one of the five pillars of Islam, and Muslims are required to fast during Ramadan, the ninth month of the Islamic calendar. Thirty days of fasting, dawn till sunrise, have since forever brought a mystical feel to this Muslim holiday; the latter is awaited impatiently by people of the Islamic faith year on year. Bustling markets, street decorations, and iftar invitations are essential parts when it comes to the holy month of Ramadan.

Fasting is an important part of many religious traditions, and can usually be accomplished safely. However, if you have any health conditions — including pregnancy, breast-feeding, or diabetes or another illness — it’s best to consult with your religious leader and/or your doctor to determine if you still need to fast or you’re able to fast without harm. And if you are taking any medications, be sure to ask your health care provider if you can safely skip them

or whether they can be taken without food and fluids. If you feel unwell during a fast, rest, consider sipping some juice, and consult a clinician if your symptoms do not improve.

But as with everything else in life, exceptions occur; apprehension has taken over the usual excitement reserved for iftar gatherings and family get-togethers. The novel coronavirus (COVID-19) has thrown its weight on the shoulders of Mus-



lim families who eagerly count the days with every turn of the calendar before they’re reunited over prayers and mouthwatering feasts.

Currently, the world is on lockdown: mosques are closed all around the world and holy Islamic sites also are emptier than ever, and flights are suspended. Many have now accepted the reality that the core of the holy month will be affected by an outbreak that shows no signs of subsiding anytime soon. As the novel coronavirus continues to spread globally and people go on to self-isolate in their homes and stockpile groceries.

What health experts say?

According to recommendations by the World Health Orga-

nization (WHO) and health experts, people are advised to drink plenty of fluids, particularly gargling with warm water and drinking liquids to keep their throat and respiratory tract moist.

Health experts say drinking water prevents dehydration, but it will not prevent anyone from catching the new coronavirus.

Fasting during the month of Ramadan is as much a mental exercise as it is a physical one. Although we

may differ in how we prepare our minds and bodies, here are some tips that can help Muslims adjust to the daily fast:

1. Stay hydrated. Try drinking fluid several times throughout the night, even if you aren’t feeling too thirsty—thirst is a signal that your body is ALREADY dehydrated. Choose fluids that don’t contain caffeine, because caffeinated drinks can be dehydrating. Remember, breaking your fast at iftar (the evening meal after sunset) with water not only is traditional, it ensures that you get the best source of hydration into your body before becoming distracted with food.

But, be careful and don’t go overboard with drinking too much at one time.

Trying to drink a few gallons all at once can dilute your body’s electrolytes, inducing a potentially fatal condition called water intoxication.

2. Variety is the spice of life. Eat a variety of foods during the evening. Now, more than ever, your body needs good nourishment to compensate for the stress of fasting. Whole grains, vegetables, fruits, lean protein, healthy fat (fat from plants, like olive oil and nuts)—all of



these are important to give your body all the nutrients it needs.

3. Portion size is important. It takes the body about 20 minutes to register that it’s had enough to eat. So don’t go overboard with eating during iftar. Eating mindfully and listening for when your hunger is actually satisfied puts less stress on your body and gives you more energy than eating huge amounts at one time.

4. Keep moving. Though fasting can be physically exhausting, try not to be completely sedentary. If you typically workout during the morning, see how your body feels if you switch exercise to the evening,

after breaking your fast. Strenuous exercise is not a good idea during the day because you can quickly become dehydrated. Think small—short easy walks (to classes or doing errands) or a few stretches can go a long way in keeping your energy up during the day.

5. A few secrets to a successful sehri (pre-sunrise meal). Together, the components of a balanced meal help your blood sugar remain most stable,

which gives you good energy. Some of the elements to include in your sehri:

Whole grains—sources include whole grain cereal, whole grain bread, brown rice, and oatmeal.

Fresh fruits and vegetables

Protein—sources include milk, yogurt, eggs, and nuts.

Healthy fat—sources are nuts and olives.

Try these easy combinations in addition to drinking water during sehri:

Oatmeal made with low-fat milk and topped with fruit and nuts.

A bowl of whole-grain cereal and low-fat milk, topped with fruit and nuts.

A piece of whole-

grain toast, a boiled egg and a piece of fruit.

A peanut butter sandwich on whole grain bread and a glass of low-fat milk.

A banana or apple with peanut butter and a glass of low-fat milk.

A bowl of vegetable soup, a piece of whole grain toast, and a glass of low-fat milk.

Whole-wheat couscous salad with mixed vegetables, olive oil, and canned tuna.

6. Find what works for you. Depending on your sleeping schedule, you may want to experiment with how often and when you eat to keep your energy up, which brings me to a (somewhat obvious) point...

7. Trust how your body feels. Every person is individual and may feel best with different ways of eating. If you’re having trouble with fasting and these tips don’t work for you, talk with a dietitian or other health-care provider to get more specific advice based on your situation.

And last, but not least...

8. Celebrate! This is the most joyous month of the year! Enjoy meals with your family, exercise, and be patient with your body and with others.

“Healthy hydration levels can help your nose by maintaining the mucous membrane and decreasing irritation when coughing, sneezing and even just breathing.”

**So, STAY HOME
STAY SAFE
STAY HYDRATED
STAY HEALTHY**

THE DEVASTATING STATE OF INDUSTRIAL SECTOR DUE TO COVID-19



MUSAIB BIN NISAR
Managing Director
Himalayan Peaks Wood
Industries (Kashmir)
smusaib567@gmail.com

We have all come across the fact there is a deadly virus going around in the world, Preying on our health, wellness as well as our pockets and we all know that the current situation is worrisome due the Covid-19 pandemic, It's brought the biggest countries in the world to their feet, The countries which had the best health care and patient care system are helpless and still trying to find a cure or antidote to this virus. First China then Italy, soon it covered America and then the other world countries, It has its effects on everything, But for us, people of the Industrial sector, it has gotten things even worse, we are crumbling within and no one is even noticing that because right now our priorities lie in terms of our health and wellness, But the financial matters are getting worse every passing day, as a third world country

we don't have the adequate measures and means to fight this pandemic, So we are put in a lockdown, but God forbid if this disease prevails here we would not be able to come over it, as we don't have the means. First China then Italy, Iran, America and other world countries who are gradually surpassing each other in the number of deaths and infected cases, where as Italy has the second best health care system in the world and still we had to watch it's supreme leaders burst out in tears as they couldn't do anything to save their people from these unfortunate deaths. Whilst here in India due to various reasons And everything going on over here has already made the industrialists and young entrepreneurs over here suffer huge losses, and due to this recent situation many units have gone bankrupt. Many of the young entrepreneurs who were thinking of starting up their ideas and make their lives better have completely dropped the idea Of entrepreneurship. The current situation is not only worrying in terms of health but also in terms of business losses as well, We have already gone through a lot and now due to the covid-19 pandemic we had to

shut down our units for our very own safety as well as the safety of our employees. But this is high time to talk about the situation of industrialists as well as the small business owners, this pandemic has effected every single business person ranging from the street vendor to the highest in rank industrialist. Though this is a disaster nature put us through, it's an endlessly fearsome thing for young entrepreneurs like myself and the ones I know who are struggling with payments of bank loans, debts to various people and companies and it's threatening the spirit of entrepreneurship here, It's not a hidden fact that not many people here in India would go after businesses and leave the notion of getting government jobs, Everyone knows that our parents as well as most of our youth due the prevailing circumstances over here is conditioned to think in a way where government jobs feel like the most secure option, Yet this notion was changing a slight bit, but first the situations arising here broke the spirit of entrepreneurship among the youth and now this Covid-19 is on a mission to get it completely erased from the mind and hearts of our youth,

which is what is more worrying than the fact that the disease kills, Covid-19 is not only dangerous to one's body but also to the will and spirit of youth to do something better and change lives, It is deadly to creativity as well as to the faith in oneself to become a life changing entrepreneur. In terms of business and industrial development. It's always been hard for the small businesses to survive when there were big sharks hunting them down and get them to merge and give up their ideas, it has taken us a decade to get to a point where our youth is finally starting to develop a notion of entrepreneurship as a way of being successful and happy in life, but with the given conditions, our ideology is going backwards to the era where our youth would look for safe options than have a will and take risk to do something big, This pandemic has proven to be deadlier than many of the deadliest diseases we have ever come across. Being locked up in house gives us enough time to think and then go in a process of over thinking things and make the conclusions that aren't very healthy for a risk taking young mind to turn an idea into a big business opportu-

nity. For me in person Coronavirus is more than a disease, It is an enemy that is compelling me to re-think my place and my source of income, It is making me have second guesses about why in the world did I even think of choosing to do a business whilst I knew the worst case scenario over here. And I am sure many of the young entrepreneurs like me are going through the same situations and thinking the same things, it's like we are regretting the choice we made about our careers and now we think of ourselves as helpless people who took a risk to change their lives where as nature opposed them, Such are the times where young minds like me go into the deep over thinking process and end up being hopeless and lose their will to do something different, something big, and something better, and these are exactly the times where we should come forward address the issue and encourage the youth that you are not alone, That we are going through the same things, we are suffering same losses and we are being targeted in terms of health, economy, finance and what not by this Covid-19 pandemic. So, it's a high time that we keep our

spirits higher than ever, and keep our will stronger than ever, and keep going, keep supporting each other through this calamity. In these testing times I would like to address my youth through this piece of writing, I would like to let them know that their spirit and will of changing lives is far stronger and mightier than the disease that's out there killing people, Killing dreams and killing the opportunities to make ours and other young people's better than what they are and change the situations with new innovative ideas. I would like to point out that our faith and our will matters and that is what will get us through these testing times if only we hold on tight to the rope of hope and will. We may be suffering immeasurable losses which might put us in debt for a long time but I am hoping that these big sharks and the companies we deal with, will make better policies for us to get out of this financial disaster that came. This threat that we are facing, in terms of health and wellness as well as in terms of finances. We can only overcome it if we help each other out through it. Be each others cornerstones and get this industrial sector blossom back to it's glory.

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QUARANTINE DIET PLAN



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

Lockdown period!!!

I see many of us worrying about lack of availability of domestic helpers and restaurants being shut because of perpetual dependence on others for our survival. Food is one of the most essential element for our survival. As of today, during such crisis their inconvenience as they are unable to cook & clean house without a domestic helper and whine about getting bored sitting at home. It's only a matter of how you utilize the most important resource which does not come back to us, that is, time.

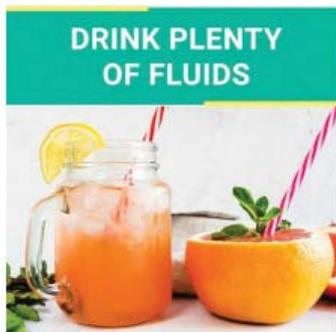
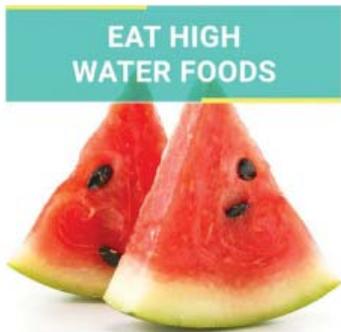
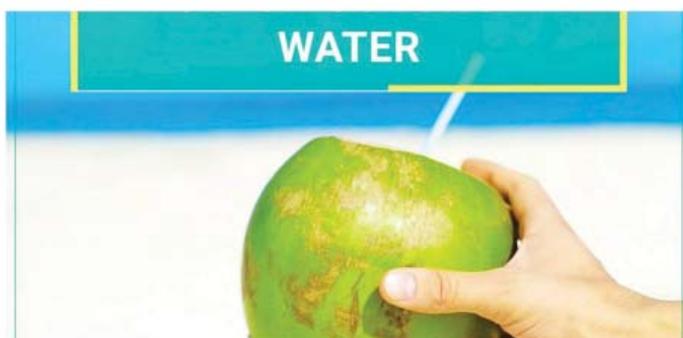
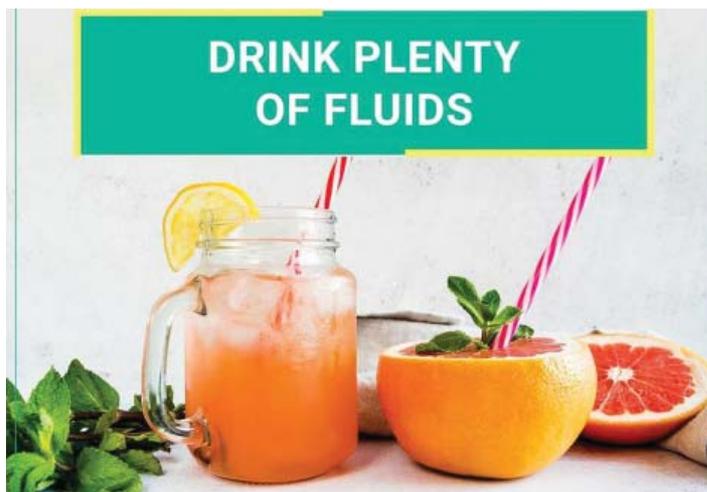
Yes you heard it right..... It's time to educate all our people irrespective of gender and age to learn a few basic household work for their survival during emergencies. Three weeks time is a lot to invest in yourself, your thinking, your eating habits and your

family's health. Don't want to try something new for the betterment of your family to meet contingencies? Bring out the chef within you. Venture out some new taste and serve it your family also. Husbands cooking or helping wives or cleaning home will be of great help and the relationship will also strengthen.

I would like to share with all of you the diet plan which you should be following for next 3 weeks and observe the difference and share your experience with

Lunch: Roti + Sabzi + buttermilk
Evening: Unsalted peanuts
Dinner: Daliya/ dal + rice/Roti + dal
Bed time: Turmeric milk

Ensure that you drink plenty of water to keep yourself hydrated. Drink more of hot water adding turmeric to it. It is also equally important to exercise. Since you cannot go for morning walk you can do Pranayama and some yogasanas at least for 30 minutes in the morning. Include 10



me.

Morning upon rising : soaked nuts (almonds, walnuts, raisings, anjeer)

Breakfast: Fresh homemade Indian breakfast

Mid day: Banana

minutes meditation both morning and evening. You have enough time to take care of your physical and mental health now. So make use of this time and let's turn this adversity into blessing.

Endurance Sports with Anmol Prabhu - Triaddict STAY HOME TRAIN INDOORS

The COVID-19 pandemic has taken the world by a storm, it has led to worldwide sporting events being cancelled or postponed.

Citizens have been advised to stay home to fight this battle against the COVID-19 virus.

Most have noticed that this situation has led to 2 things:

1. Restriction to train outdoors
2. Lack of Motivation due to events being cancelled

Thus, as responsible citizens this would mean us curbing our urge to go out and swim in the ocean, bike in the mountains, run outdoors, and experience the beauty of endurance sports. In addition to giving up outdoor activities sporting events are getting cancelled. In situations like these you may just not feel like pushing yourself for any activity.

But, we all know that this battle against COVID-19 is going to be a long one. As the world is adapting and pivoting, we as individuals should also adapt.

We obviously would not be able to experience the thrill of outdoors sports, but there is a lot we can do indoors to keep the momentum on to stay fit and motivated, for example:

1. Strength Training
2. Yoga
3. Indoor Cycling

It is a good time to form habits around fitness. All we need to do is set weekly goals and work towards it. Goals such as:-

- 100 Push Ups/2min planks/ 50 Squats/ 500 Jumps
- 100 km of indoor cycling /week

The above exercises can be boring, but every habit formation in initial stages can be challenging mentally. A fitness habit, once set, can be a way of life. Don't Stop yourself from being creative as you can use lot of home furniture, walls etc as supporting elements for your home workouts. For example, I mark a line on the wall which is high enough and try to jump towards it. This helps in my overall

body strength plus concentration. To keep the adrenaline rush there is no harm in playing some music in the background. Enjoy every moment and process of the workout

It is all about setting those weekly goals to keep yourself going. Those precious hours spent in training indoors will reap benefits when things normalize.

We will see a lot of media attention around strength training and Yoga but very less on indoor cycling.

Indoor cycling for endurance athletes is about attaching the bike to a trainer which is like a machine. Riding indoors gives you the road experience with the machine capabilities. The investment for the machine (indoor trainer) can be a tad bit expensive, however, I believe

it's better to invest in fitness than binge eat and binge watch shows. I personally have been riding indoors. There are athletes who even come together over weekends over a zoom call for Century rides (100 kms) indoors.

We have also been seeing people doing runs in their homes, running on staircases etc. Thus it is all about giving

yourself that extra push.

World Brands IRONMAN have also been conducting virtual events.

Thus we see that the world is adapting, so should we.

If you want to be an Endurance Athlete, an IRONMAN, a marathoner, a swimmer etc, these precious hours spent training indoors will be a test of your mental and physical strength to achieve your goals personally and professionally.

I will get back to talking about my Ultracycling race experience in the next article

Till then Stay home, Stay Safe but also train indoors

And for any queries, do reach out to me on the below mentioned contact details: Anmol Prabhu- Triaddict
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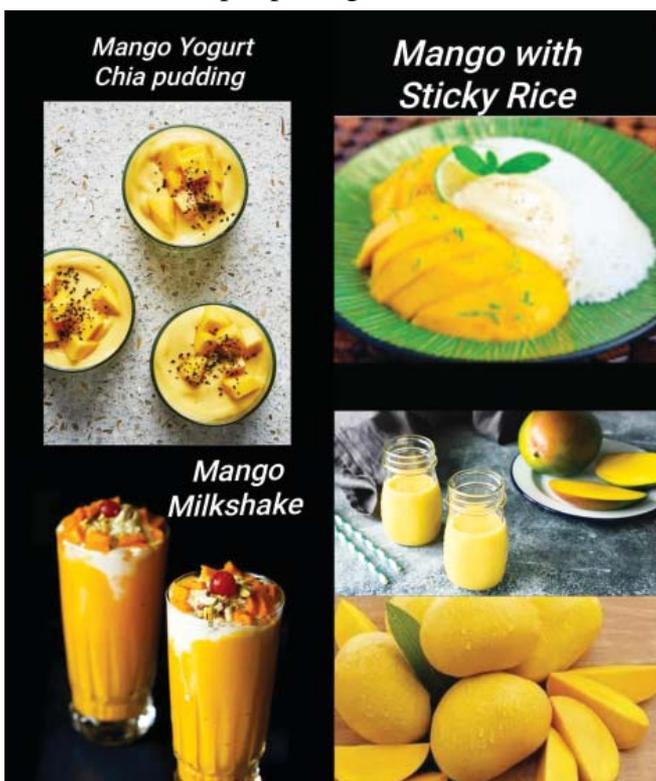
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Vitamin C plays an important role in formation of COLLAGEN and helps pre-

tial for the absorption of iron which is equally important for hair growth.



vent cellular environmental damage, helps in wound healing, reduces fine lines and wrinkles and improves hair growth.

Vitamin C is essen-

Mangoes are rich in Vitamin A (Beta-carotene). All cells require Vitamin A for growth especially skin, hair and eyes.

They are rich in

PHYTONUTRIENT... mangiferin which has heart protective benefits.

Mangoes contain many ANTIOXIDANTS which help protect against breast cancer, colon cancer, prostate cancer, leukemia.

Mangoes have a LOW GLYCEMIC INDEX; hence eating them in moderation within your individual calorie requirements will not increase blood sugar levels.

You can have Mangoes to curb your cravings for sweets and they are a great alternative to desserts.

Mangoes helps your body fight against heat strokes.

So don't deny yourself this amazing fruit especially during these difficult times, where we need to keep our immunity high and reduce any kind of inflammatory response in our body.

Stay Strong Stay Safe ...

Have a MANGO A DAY TO KEEP THE VIRUS AWAY

TESTING TIMES – HAVE YOU EMERGED...

Contd. from page 1

delegation and strategizing abilities.

Next what has been done is creating more fun and creativity in the responsibilities, thus showing thinking out of the box attitude and also flexibility. The women who have been flexible and not too much of perfectionist have allowed their families to make mistakes and have also seen their children and spouses show some inventive methods of getting things done.

Third everyone with an open mind has learned to use up all the existing resources available and make the most of it. Thus also clearing up all the reserve stock and living on need based only. This is actually a depiction of getting stranded on an island and living with the bare minimum. The best part is that they have enjoyed doing so and learning to save and preserve in the process.

Lastly they have made perfect use of social media to share and interact with the people they want to. They have done video chats, had parties online, have played group games online and also studied and acquired knowledge.

We cannot forget the role of them also praying and blessing the world.

The above have been depicted by people who are good leaders, who have a mind which is part of the solution and who are warriors by themselves. They have made the most of an adverse situation.

Good leaders always know how to make the most of the most difficult and adverse situation. Each one of them has a story to write and they keep a journal to share it with others as well.

Whereas people with a negative mindset or the mindset of being panicked and freezing in the process have dreaded every moment, have grudges, have had arguments with family every day and are eagerly waiting for this to end so they can run away to their work place and be free of this enclosure they call home.

Do write to me your winning experiences.



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

Hello everyone we are going to be talking about the pandemic. Yeah! You are right the novel Corona virus in India. Yeah I know a small virus could cause a big lockdown and a big chaos in our minds. But you know

PANDEMIC YEAR

what's the problem in this we do whatever we want to do you see there are policemen, doctors, nurses, and medical departments etc helping or should I say warning to not come out of our houses because the air is not that

good for us nowadays because the virus is in the air which is not that pure now. I am sad too but if we the playful

children can control and wait until we get our freedom to come out we won't because



Be **thankful** for what you have; you'll end up **having more**. If you concentrate on what you **don't** have, you will **never, ever** have enough.

- Oprah Winfrey

we know that there are some other things that we do to not get bored. Like I am pretty sure that you all might have

online classes like me. I know it's kind of boring but you know that our teachers are actu-

ally trying their best to make us have fun and study at the same time. I think you can understand me right what

I am trying to say is that even though you can't come out of your houses that doesn't mean you can't have fun. See if you want to have fun at home try some new things that

is exactly what I am doing or write essays or articles like me I am having fun doing it.

TRY IT!!
AND I HOPE YOU WILL!!
HAVE FUN!!
MEET YOU AGAIN!!!!

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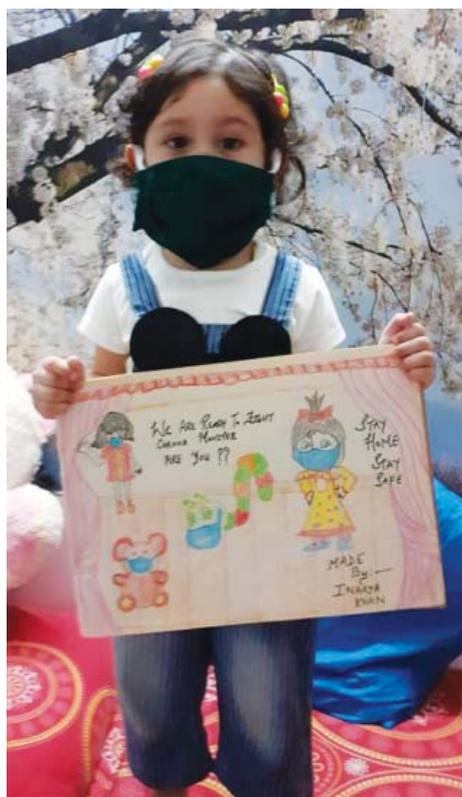
THE LOCKDOWN PERIOD HAS BROUGHT OUT THE HIDDEN TALENT OF THE KIDS TO THE FORE !!! THEY REALLY ARE AMAZINGLY GIFTED... AREN'T THEY!!!



Vedant Wete (12 years), 10, Ramchandra Bhavan, Uttalsar Naka, Thane (W) 400601



Adira Shetty (7 years), Prem Nagar, Mira Road, Mumbai



INAAYA KHAN (2 and half years) Sector 17, Vashi



Hiren Bhuliyani (6 years), A- 5009, Olive Shallots CHS, Plot No 17, Sec. 16A, Sanpada



Ain Alsaba (7+ years) , 23B Jagannath Ghosh Road, Kolkata



Ameliya, (3+ years), Kolkata



Ms. Aahana Chaturvedi (7 years) A- 5004 , Olive Shallots CHS, Sector 16A , Sanpada, Navi Mumbai



Filzah Syed, Cooking at Home, Sec. 9A, Vashi



Hemant S. playing Guitar at his home at Sec. 10, Vashi.

HUMANITY AT ITS BEST DURING THE TIME OF PANDEMIC



SAIQA JAN
Operational Manager at Himalayan Peaks Wood Industries, Psychologist Kashmir

Every country in the world was taken aback, just as the realization of how deadly of a disease COVID-19 pandemic actually is started to sink in. Then watching the countries around the world with best and most advanced health care system crumble and fall on their knees for the fact that all their efforts were in vain to control the spread and cure the disease. So, when a situation like this arises in the world, and when you watch the superpowers crumble, a third world country like ours, is bound to be devastated with fear and the people are very well expected to be in panic, which was exactly what happened here in Kashmir. Just as the government introduced the lockdown

the panic did take a rest but what came next was even more worse than the disease itself. This community lockdown led us all to a situation where many households lost their livelihood. Their only way of survival was to go out, work for the day, and earn so that they can get something to eat at night. We are all very well aware about the fact that our society has a class that work hard for the day to feed themselves and their families at night, but due to COVID-19 and the lockdown they weren't able to do so, there were people who didn't have a single penny in their pockets, let alone afford the medicines or the basic necessities. Now as the shareholders in the community this job was ours to be fulfilled. In view of which Darul Khairiya Baitul Maal, halqa Khanabal Anantnag, reached out to the people and gave a call for donations so that they would be able to supply all the basic necessities to such families who cannot afford it right now for themselves in these situations, and what was even more commendable was the fact that many local youth of

this BAITUL MAAL came forward as volunteer for serving people. These guys did and are still serving humanity.

They have maintained various groups of volunteers who carry out different tasks every day. From daily sanitization of streets, houses, roads, vehicles, and various public places like masjids and markets to serving the poor and needy families with food, medicine, and financial aid these guys work hard from dawn to dusk, to reach out to the people who are in dire need of help. Till now (11 April 2020) they have raised 4.26 lakh rupees which they have successfully transferred to 321 families who were hit hard by COVID-19 pandemic, which is very commendable. They have gone around providing necessary information about COVID-19 and making people aware of how it works and what one should do to keep oneself safe from it. These volunteers are helping the local com-

munity in maintaining social distance and are spreading awareness about what one should do in view of this pandemic. They have been working for the betterment of the society and community since ages, and they have been helping poor families by taking over their financial responsibilities, marrying the poor girls, providing financial aids to needy families despite what their religion or beliefs might be. They did a very commendable job even at the times when flood hit Kashmir in 2014, and they are serving humanity yet again. All the NGOs, Semi-government, government, or private organizations who are working for the providence of basic necessities to these needy families should be appreciated. These people who have higher level conscience have displayed that serving people on the humanitarian grounds is the biggest act of charity anyone can do. They have displayed human-

ity at its utmost best. Many people here are still taking it as fun, we see memes and jokes about COVID-19 everywhere on social media and memes about lockdown and being bored at home, but we need to understand the harsh truth that people who have their pockets and bank accounts filled with money can never really feel the devastation of such families who do not even a dime to provide for themselves, in these times where all of us privileged people are missing and thinking about how we used to go outing, and how we used to eat at expensive restaurants and how we used to travel around and post our best moments on our respective social media accounts, there are people who are more worried about their family starving to death rather than the disease killing them, and it's heart wrenching to even think about it let alone living such a life. If you ask me I would say that COVID-

19 as a pandemic has given us all a chance to serve the humanity, and give back to our communities, and societies who we have been taking from all along. This is a chance to redeem ourselves by taking care of the people who have always been serving us our necessities at our door steps. Now is the time to donate to those needy families, who work so hard to survive,

It is a high time that we ask ourselves a question,

How alive is our conscience?

How much humanity is left in us? How empathetic can we actually be? And how can we serve the humans who have been serving us for all this time?

All these NGOs and volunteers cannot reach everyone, but you can reach out to the families in your society that you identify as needy and poor. Ask yourself; are you able to help someone? If yes then why aren't you helping them right now?

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