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MAISHA SYED (Std IX)
St Mary's ICSE School
Kopar Khairne

A Wake up Call

"Health is not valued till sickness comes" by Thomas Fuller. This is a great and the best quote relating to today's situation. The corona virus pandemic is a wake call people for us to take care of our health. The corona virus is infectious. The Corona virus outbreak has caused many problems in the world. The economy of the world has come down with hundreds of cases every day being reported from almost every major country (some daily figures are into a couple of thousand too). This is the time for us to think before going out of our homes. Our homes are the safest place right now; keeping in mind why many people came out to go back to their hometown. A vaccine for this deadly virus is still to be developed. Before this pandemic a little cough and cold and sneezing was totally normal but now people are afraid of it. Many measures are being taken to prevent the spread of this virus. Ma-

majority in India were urging to extend the lockdown of States which made people rush to buy extra grocery. The Corona virus has caused havoc, as many cities in the world reported deaths in hundreds on a daily basis. New York being the worst affected. There is really big problem of spaces in hospitals. God has pulled the string it seems. He has had enough of people exploiting nature the starting of wars and fighting of nations. This deadly virus started in China but spread in the world within months, affecting a large part of mankind. This is the time for us to realize what we have done. We are regarded as the best creation of Almighty God but by our actions we have proved to be the worst of them. Super Powers are spending millions of dollars on bombs, and other lethal weapons destroying other countries and rendering thousands homeless and orphans. We totally are helpless in this situation. We know that we have done wrong but now is the time to think it out. Daily laborers and medics department is suffering the most. Laborers starting their jour-

ney home because of the pandemic but instead ended up not going where destined to. I feel that we can fight this virus and hopefully a miracle will happen and vaccine will be developed soon. For all the people who died they will always be remembered and for all the people fighting the virus they all are the warriors. Hopefully people will understand what they've done wrong and after the outbreak has stopped we will try to bring ourselves back to our normal life. We weren't ready and this is the time nobody imagined to see in their lives. Please eat healthy stay home and stay safe. We will succeed.

Now the lockdown being extended the daily wage worker who set out for their hometowns are suffering. The daily wage workers now have a lot of problems to deal with like the food the place to stay and if they stand in line if they will get the food or not. The workers start standing from 6 am in the morning for their lunch. This is the most heartbreaking thing to see; even small children are in the queue. So we should under-

stand that home is safe at this moment and when at home, pray for the world to bounce back to normal soon. I am disgusted by people forwarding jokes on the corona virus and still not taking the situation seriously, this is like a war on mankind. Corona virus is disease which is 10 times more deadly than swine flu. It is a disease which has caused a lot of chaos in the world. In India too random testing has started. People with no international history are also getting infected by corona virus. We need to pray that a vaccine is developed soon so that we can carry on with our normal lives. We should learn from this outbreak that we need a lot of hospital beds and a lot of sanity and cleanliness and even if in the future (God forbid) anything like this happens we will be ready to fight it

and carry on with our lives like normal.

One thing is for sure, and may be this is one positive that we also should be pleased by this virus (just kidding) that it has made us hygienically more aware. We are now more conscious of keeping physical distance (not social distance) when out in public. Wearing a mask is going to become a new accessory on our faces when outside, and keeping our hands clean, either by washing or using a sanitizer are the new normals henceforth.

**STAY SAFE
MAINTAIN
PHYSICAL DISTANCE
AND COVER YOUR
NOSE AND MOUTH
WITH A MASK WHEN
OUTSIDE
AND DON'T FORGET
TO WASH YOUR
HANDS AS
FREQUENTLY
AS POSSIBLE
YEH SAB CAROGENA
TO KEEP CORONA
AT BAY.**

PLEASE NOTE:
Our April and May issue
Vol. 3, Issue - 7 (April 1-30, 2020)
& Vol. 3, Issue - 8 (May 1-31, 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

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Editorial

HOPE WE COME OUT BEING BETTER HUMAN BEING !!!

Even the worst of situations have something positive, though in this situation being “positive” was the most dreaded word. Jokes apart, even this pandemic will ease out soon and things will return to normal (though it may take months for everyone to come out of this terrible shake up). If we come out a better human being, realising our responsibility towards the society in general and towards our family in particular, we wouldn't have lost much but on the contrary gained more.

A happy family and a cheerful society takes away lot of stress from an individual. A stress-free person surely would be more productive on his job, contributing to the National growth. A good family atmosphere is supposed to be the best stress buster calming down whatever tension one faces on his/her professional front.

During these hard times we all went through lot of stress, thinking about our health and financial constraints, but then this very situation provided us solutions for it. Family togetherness provided that much needed atmosphere to boost our immunity (which in this situation was vital to keep the virus away). The financial constraints were also taken care off, because this situation taught us to be happy in whatever we have. Many had money but couldn't venture out to buy things of their choice, either because those items were in short supply or weren't available due to the lockdown. We were also made to realise how fortunate we were than lakhs who were struggling to survive and not able to get even one meal a day. Hope all these situations have made us a better human being, understanding better what staying indoors for so long could do to one's mental and physical fitness. Also seeing the difficulties people were facing should make us understand their situation too making us reach out to people in difficult situations in future.

Many have learned to keep safe distance in crowded places, also it made us just brush up some hygiene tips which we all knew but probably didn't pay much heed to it. Covering our mouth while sneezing and coughing is probably one more practice which we need to follow in public places.

Many people must have shifted to a healthy diet and healthy lifestyle practices, which includes drinking lot of liquid preferably hot water atleast after meals (instead of cold water).

Let us all pray that soon we all return back to performing our normal duties again but surely with more responsibility and much more Karuna (empathy) not Corona.

GOD'S BLESSINGS BE UPON ENTIRE MANKIND!!!! AMEEN

IMPORTANCE OF VITAMIN C IN MAINTAINING GOOD ORAL HEALTH



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Vitamin C helps inhibit the formation of plaque and tartar on your teeth. You need vitamin C for your body to fight infection, synthesize new collagen, and protect DNA and proteins from potential damage throughout your body. If you have a deficiency in Vitamin C, you are at higher risk of developing gum inflammation, gum recession, enamel erosion, cavities, tooth sensitivity, abscesses, and systemic inflammation, thereby increasing your risk for heart disease, diabetes, arthritis, and a multitude of other inflammatory disease conditions. If you clench or grind your teeth, you will need more vitamin C than others to battle tooth sensitivity and gum disease.

What is the daily minimum allowance? For women age 19+, it is 75 mg. For men age 19+, it is 90 mg. For smok-

ers, the minimum allowance is another 35 mg.

How much is too much? Taking over 2000 mg of vitamin C per day increases the risk for kidney stones, birth defects, atherosclerosis, excessive iron absorption, B-12 deficiency and erosion of dental enamel.

How many mg of vitamin C supplement is recommended for opti-



mal oral health?

A typical over-the-counter 500 mg tablet of vitamin C should provide more than enough and be well below the amount that affects the body negatively – even when combined with the vitamin C natu-

rally found in citrus fruits, green vegetables, and tomatoes. Because excess intake of water-soluble vitamins, such as vitamin C, is excreted through urine.

Note: Vitamin D also provides significant benefits for periodontal health. Ask your primary physician if you have a vitamin D deficiency and if you should be taking a vitamin D supplement.

oral health circumstances and their respective treatments.

Your oral health future will be reflected in your health choices, but keep in mind three things:

1. You should focus on having a nutritional diet, brush and floss twice daily at a minimum, have your teeth professionally cleaned at least twice a year, and have dental check-up every six months. It's your choice and responsibility to do these things to preserve your oral health.
2. Treatments are recommended because they stop dental damage and preserve your dental health, function, and smile. It's your choice and responsibility to accept treatment.
3. Restoration of teeth with fillings or crowns and replacement of teeth (with traditional bridges and dentures or implant supported prostheses) is successful and predictably lasts when periodontal health is optimal. Therefore, the nutrition your body needs is not a trivial matter.

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of AAKANKSHA:
Desire For Wellness.

Food, clothing and shelter are the basic needs of life. Food comes first as it is the most important thing for survival. We know very well that "Food is fuel". Today people are suffering from so many diseases. Obesity stands top in the list and risk of other diseases like cardio vascular disease, hypertension. Type II Diabetes, cancer are increasing. There is a segment of people who have enough money to spend on good food but they suffer more from such chronic diseases. The reason is we are not eating food in the right way and in right amount. There are so many apps nowadays which calculates how much carbohydrates, fats and proteins you have consumed. But just calculating carbs and proteins is not enough. Most importantly one should know what he is eating is good for his body. As per Ayurveda Nutrition, food is far beyond carbs, proteins and fats. It says food should have "Prana" (Life) that gives energy to the body. But in today's time, most of the food which we are eating is either low in prana or almost dead food we are consuming.

In this article, I would like to share the importance of pranik food and how pranik food provides energy to your body and regular consumption of pranik food will keep you away from diseases thereby leading a healthy and happy life. Pranik food is divided into three categories :

1. Positive Pranik Food (gives energy)
2. Negative Pranik Food (these have medicinal benefits but may have harmful effects if consumed for a very long period of time)
3. Zero Pranik Food (creates lethargy in the body)

To begin with the negative pranik food, the list consists of all the food items that human beings like the most. Example : garlic, onion, asafetida, green chillies, coffee, tea. Tea and coffee addiction is at its peak now. People cannot imagine their lives without a cup of tea/coffee right from getting up in the morning till evening. Some people keep drinking coffee even at night while working because coffee is a great stimulant and it keeps you awake to work efficiently. Anything in excess is harmful for health and do not make coffee and tea as compulsion. Garlic has lot of medicinal benefits but it should not be consumed daily as it stimulates the nervous system. We should not make food as religion or not associate food with religion. But all these negative pranik food, even though have medicinal benefits, are not suitable for daily consumption.

PRANIK FOOD

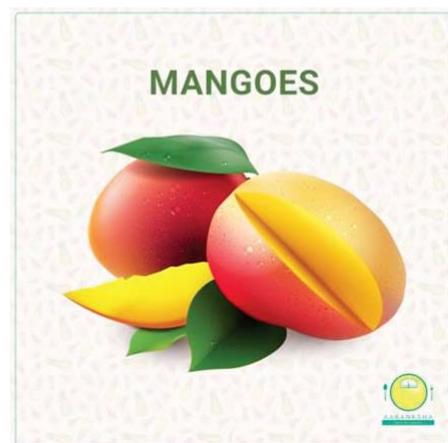
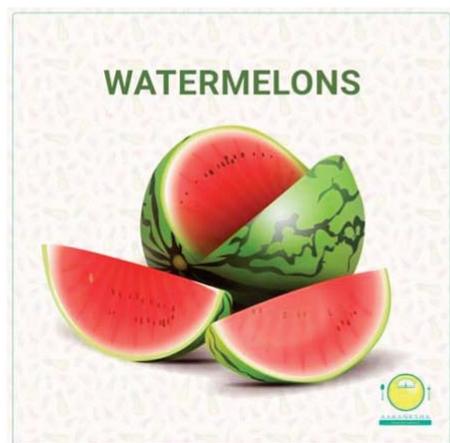
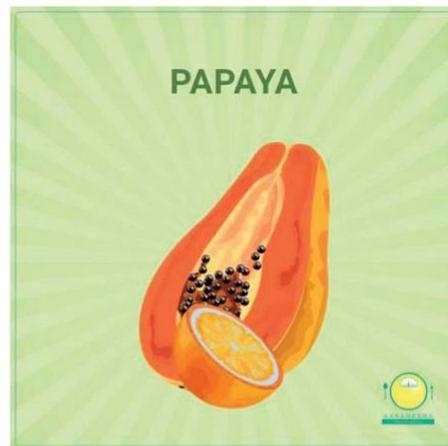
On the other hand as all the ailments start from improper digestion or weak digestive power. They are extremely good to taste but they

more of the positive pranik food in your diet. Most importantly cooking destroys lot of enzymes and the nutritive value of the food goes down. Hence make a practice of in-

protein gets destroyed. Hence to get a good amount of protein consumption of raw food is good.

Let us go more deeper to understand the pranik food. Freshly cooked food is considered as satwik food. It means consume cooked food within 1.5 hours after it comes out of the stove. If you refrigerate it and reheat and eat it after 8-10 hours then the properties of food will change. It becomes tamsik food which means it is not going to provide positive prana rather it will have a negative impact. Eating properly is also an important aspect of health. Eating properly means eating in a good and peaceful environment keeping away all the gadgets and just concentrating on the food which you are eating. Also eating in a happy state of mind.

Remember,
"Our body is the accumulation of food, not just protein, carbohydrate and vitamins".



create lethargy. Your tongue would be very happy with the zero pranik food but your stomach would not be happy with it. Ultimately your stomach is going to take care of your whole health

at the positive pranik food list. Ashgourd, honey, nuts, dry fruits, leafy vegetables, black pepper, sprouts. These foods have a very positive effect on our body. They are high energy foods. Include

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PHARYNGITIS (SORE THROAT)



Dr Maheen Memon
(Naturopath ND,
Alternative system of
medicine, Dietetics)

Pharyngitis, an inflammation of the tissue lining of the pharynx (throat), is the medical term used for a sore throat. It causes a feeling of scratchiness, burning or pain and tends to be worst first thing in the morning and when swallowing. Swallowing your pride can be painful. But when just normal swallowing hurts, you have a real problem. After all, it's hard to go even few secs without swallowing at least once. And the more you try not

to, the more you find yourself doing it. In contrast to throat irritation due to factors such as smoking, nasal allergies and shouting, pharyngitis is also caused by bacterial and viral infections.

CAUSES:-

The most common cause of pharyngitis is an infection with a cold virus. A sore throat is usually the first symptom of cold or a flu. Cold viruses cause pharyngitis directly by infecting the throat and causing inflammation or indirectly by increasing the production of mucus in the nasal passages, which then drips into the throat and causes irritation. Sore throat is also a symptom of viral infections like influenza.

Bacterial infection can also cause sore

throat. Strep throat a bacterial infection must be treated with a course of antibiotics. A bacterial infection if left untreated can cause serious complications.

Pharyngitis is also a symptom of tonsillitis.

Sore throat is often accompanied by fever, pain in the back of the throat, soreness in swallowing, a runny or a blocked nose.

TREATMENT:-

The treatment of pharyngitis depends on the underlying cause of the inflammation. Viral infections are managed with warm salt water gargles, pain relievers and fluids. Antibiotics are needed if bacterial infection especially strep throat is diagnosed. Most cases of pharyngitis go away on their own, without any complications.

HERE ARE SOME ALTERNATIVE REMEDIES THAT ARE HELPFUL IN CASES OF A SORE THROAT:-

- Gargle with a mixture of warm water and salt should be done to soothe a sore throat.
- Drinking warm liquids that feel soothing to the throat, such as hot tea with honey, soup broth or warm water with lemon. Herbal chamomile tea is also a must try to ease throat irritation.
- Throat lozenges- A variety of throat lozenges can offer relief from symptoms of inflammation by lubricating the throat and numbing inflamed tissues.
- Consuming good amount of foods rich in vitamin C helps fight infec-

tion.

- Warm milk with added turmeric works as a strong anti-microbial and kills the infection causing microbes.
- Garlic- Garlic has natural antibacterial properties. It contains Alliin, known for its ability to fight off infections. Adding fresh garlic to your diet is one of the ways of gaining anti-microbial properties.
- Fenugreek- Fenugreek tea is a natural remedy for sore throat. It relieves pain and kills the bacteria that causes irritation and inflammation.
- Licorice- It is long been used to treat sore throats. It is effective when mixed with water and used as a gargle solution.

- Apple cider vinegar- It has many anti-bacterial properties. Because of its acidic nature, it can be used to help break down mucus in the throat and stop bacteria from spreading. Apple cider vinegar diluted with water should be used as a gargle with good amount of water intake between the gargling sessions.

Rest your voice, drink plenty of fluids, avoid alcohol, quit smoking to get quick relief from a sore throat.

See a doctor if you have a sore throat for two weeks or if it is accompanied by a rash, high temperature, swollen lymph nodes or difficulty in breathing. These can be signs of condition that needs prompt medical treatment.



Sahrish Akhtar

A Heatwave occurs when the temperature rises several degrees above the normal maximum temperature, generally between the months of March and June. Higher daily peak temperatures and longer, more intense heat waves are becoming increasingly frequent globally due to climate change. The extreme temperatures and resultant atmospheric conditions ad-

versely affect people they may cause physiological stress, dehydration, heat cramps, heat exhaustion or heat stroke. Temperatures will climb up to an average of 44 degree Celsius from current average of 39 degree Celsius recorded during this period.

Even as the government machinery at all levels is embroiled in the battle to contain the spread of the COVID-19 pandemic, the National Disaster Management Authority (NDMA) has urged States to be ready for dealing with the adverse effects of the severe heatwave ex-

pected this summer.

The India Meteorological Department (IMD) has predicted that heatwave conditions are likely to be severe in 2020. Temperature is expected



to exceed 45 degrees Celsius by mid-June in core heat-wave States and parts of Delhi, Punjab and Haryana will be affected by this.

Searing heat during

summer days is one of the many dangerous consequences of human-caused climate change. As the mercury creeps up over the summer, it gets harder to do anything other

than curl up inside an air-conditioned room or dive into the ocean. If you've noticed that recent summers have felt particularly hot, you're not wrong. The past four years

have been the hottest four on record around the globe, with this year tracking to be the fourth hottest year ever. Heat in 2018 and 2019 has already set all kinds of records.

But when the sun goes down and there is little cooling off as day turns to night, the risks to human health multiply. Now, a new study projects that without steps to rein in heat-trapping gas pollution, as many as three-quarters of summer days across much of the Northern Hemisphere could feature nearly around-the-clock extreme heat by 2100. Some scientists

say these nearly non-stop sweltering temperatures will stretch our ability to adapt and in some places, could test the limits of human survivability, especially among vulnerable populations. As humans continue to pump greenhouse gases like carbon dioxide into the atmosphere, more of the heat that our world absorbs from the sun gets trapped, raising the world's average temperature and triggering other changes.

By 2050, cities in India and around the world are expected to see a skyrocketing

Contd. to page 7

SPROUTS have CLOUT!!!



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SALMA PRABHU
Clinical Psychologist
Career Counselor
and Author of Parenting book Mom Dad U R Wonderful and You are My Star
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The recent situation has really helped many to make new beginnings in their lives in many areas and the biggest among that is physical and mental health.

Let me share with you the way people have realized how little they need for their body and how they have been able to clear the clutter from the brain as well.

As the tenure of the lockdown went on extending, people started adjusting to the new set of rules and also the added work in the house especially in the absence of the house help which is a privilege to us Indians.

The first new beginnings were seen in realizing that organizing oneself helps in saving time, money and energy. Remaining organized is one of the essential key factor to success. I am not talking about being obsessed and driving others and oneself to the point of pulling ones hair, but just being organized in the manner to find ones things at the right time in the right place.

I have a tip here to share. Make your kitchen and each room of your house like

the office cabinet or your document folder, where every item is listed and where it is. For eg: Wardrobe in Drawer 2, Sportswear in Drawer 3, Office shirts in Drawer 4 etc. Similarly chart out a list of every cabinet in every room and if you wish print a list of it and stick it on the side of the cupboard. One can go still deeper by making a list of which clothes or accessories in which drawer. For eg: Drawer 1. 10 sarees. 1. Blue sequine saree with costume jewelry, Red embroidered saree with pearl jewelry so on and so forth. Each one can do this for their own wardrobes and cabinets and the kitchen or common areas like tools, cleaning items, common drawers data can be shared with the family.

The above method will help you to plan and wear things when the lockdown opens without having to search for socks, or the matching jewelry, shoes, accessories every time you want to go out. Organizing things helps reduce a lot of stress caused at the last moment and time wasted in searching for things and documents.

The other new learning which has happened to be grateful and also realize how little we need to survive and how we can make the best of what is available instead of over ordering or overstocking things and they get spoilt or wasted often. This revelation has come as

people have been paying a lot of attention to what they are eating and have the time to buy fresh. After the initial panic people realized that things were available and they just had to plan accordingly. Many realized that they are not wasting food or other things like tissues, soap, etc. It is very essential to be grateful and prior lockdown a lot many things had been taken for granted. Now we all have realized that to remain healthy and happy we need to be grateful and also share and save. Many friends have shared with me as to how they have managed to save during this time and have realized that this needs to continue as earlier they did not pay attention to these matters.

The third realization has been of eating what is required for the stomach and not for the brain and the tongue. If you watch any TV program, a serial or a movie, you shall notice that a lot of alcohol and food is on the screen. This has increased a lot in the past couple of years. Now the mind is already conditioned to eating while watching as when we go to the theatre, we do eat something in the interval and therefore since childhood the mind is already conditioned to eat when watching anything. Now in the house, the TV is there and food delivery is just a click away. This had led to excessive eating, comfort eating and eating when really not required. The

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Endurance Sports with Anmol Prabhu - Triaddict RIDE AWAY TO GLORY

As children, all of us have picked up a bicycle and enjoyed riding it. We all love to cycle, but have ever thought of riding for 200, 400, 600, 1000+ kms. However, most of us have heard or seen the world renowned long-distance cycling tournament "Tour De France", wherein the cyclists compete against each other for days. This cycling sport has picked up well even in India. Now-a-days India has many long distance cycling events which are called BRMs or the ones organised by Inspire India. Cycling is a the major part of a triathlon as discussed in my first article.

I would say that Long-Distance Cycling (LDC) in India is an endurance sport physically, mentally and emotionally. As a long distance cyclist one may experience many things on the way such as traffic, bad roads, jungles, tyre punctures, saddle sores etc. But, one must keep going. LDC is also very technical in nature where one needs to understand the bike dynamics along with knowing how to maintain them.

I participated in one such race, called the Deccan Cliff-hanger, in 2019. The total distance to be covered was 643 km race from Pune to Bangaluru to be completed in 38 hours. The interesting part of the race was that if this race completed in 32 hours you would qualify for RAAM (Race Across America). The 32 hours cut off is called RAAM qualification (RQ). RAAM is approximately a 5000 km race which is to be completed in 12 days. Crazy numbers, aren't they?? But that is the real thrill about endurance cycling.

The Deccan Cliff-hanger was a real challenge in itself, one comes across Ghats, rolling terrains, cold nights etc. The good part about this race is that you need to have a support crew vehicle along with you throughout the duration of the race. Trust me when I say that in such races an astounding 70% work is done by the crew! The crew takes care of your nutrition, navigation, motivation, tantrums etc. The Crew's task is like Project Management we counter in our professional lives. The crew is what keep the

cyclists going for 38 hours.

After months of training indoors, training outdoor in the rains or harsh weather conditions, making family and social sacrifices etc, I was able to complete it in just over 33 hours. I missed the RQ in 2019, but I am all gearing up and absolutely determined to attempt it again in 2020. The lockdowns haven't stopped me, they have in fact presented me an opportunity to spend considerable time to do structured training indoors



like discussed in my previous articles.

If you wish to do endurance cycling, it could be slightly expensive sport as purchasing race bikes and maintaining them can be a challenge. It can also be a time consuming affair as its not only riding but also maintaining it. But, it is definitely much better than watching hours of television!

It can be one hell of an experience cycling

across various terrains and battling the various challenges you come across. Below are some tips to kickstart your dreams around endurance cycling:

1. Buy a good race bike according to your size
2. Get a bike fit done from the bike shop or a bike professional
3. Ensure you get the accessories around your bike which are necessary
4. Take tips from me for structured training and enjoy the journey

So keep riding and keep smiling !!!!! Also 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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Mob.: 9870725884

SPENDING QUARANTINE WITH MY FAMILY



AYIMAN ANWAR
Management student
Kashmir

This is not article about coronavirus and its effects this time it is about detox. This detox has brought in my life, as all you know that coronavirus has happened first time in history. It has spread all over the world. For a couple of weeks we have seen in newspapers, news about the coronavirus. The doctors, nurses read and research about it. They are doing their best but still no vaccine has been released yet. This time every common people face difficulties. Everyone is spending quarantine days in their home.

I spend my quarantine days with my family. The greatest blessing that a person can have is to grow under the love and care of family. They shared their memories, beauty of past. They understand us that we have to face difficulties of life and we have that much of strength we can withstand it. They help us to understand the truth of life. I have been so blessed with the most wonderful family and this is the reality of life.

The parents are the one who told us from the childhood that you cannot have it all in life, but with hard work and dedication, you can have what matters most. "Paradise lies under the feet of the mother" this is true and we should respect our parents.

Whenever it is five or ten minutes late, who else worries except them!!! Parents worry about feeding their children before eating. And sometime they are hungry for feeding their children. And what are we doing we take our parents for granted they are actually blessing from Almighty Allah and should be respected and also value them. No one can beat their love and care.

I spend most of the time with my parents which I often do. They teach me a lot of advice. Whenever I spend time with them it helps me relieve stress, this is the love of parents. I am so blessed to have such parents. My father is more attached to me. He shared many things about her mother that she was so hardworking and she had faced lot of difficulties in her life. And it's obvious we will learn something from that. Sometimes, I feel so bad when I see my father is sitting whole day whenever he has any pain or trouble, he never speaks. This is the love of parents.

Everyone is in their homes in these days and I am telling everyone to spend all the time with their family. I mostly see people these days children are playing games and I realize nothing will come of it. Why cannot we appreciate this blessing? Every word, sentence, admonition is in my heart. I share deep secret with her. Some people don't have family they are the ones who know their value. So we have to appreciate every single second.

WHY THE GOVERNMENT SHOULD REVIEW AND REFORM THE INDUSTRIAL POLICIES



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We are all no alien to the drastic effects and consequences covid-19 has put us all in. Every single person in the world is suffering in one way or the other due to this ongoing lockdown and every one of us is paying a price for the situation we still have no control over.

With the announcement from WHO of the possibility of covid-19 becoming an endemic, and finding its way to stay as a part of our lives, the whole world has its eyes glued to the TV sets, the news channels and to the media about what is going to be the next step of the world towards an effective solution for this soon to become endemic. Whilst the world is looking for a solution, it is suffering simultaneously.

So are the industries here in the valley of Kashmir and all around the Nation. The world has now seen what a 2-3 month lockdown and they are already writhing in pain of it, due to the losses and

the threats Coronavirus has posed to their livelihood, Where as we have been suffering all these consequences for about 10 months now, as a result of which our industrial sector is heavily impacted with huge losses and no ways to come back to surface and gain our positions of glory back. As a unit holder in IGC Lassipora, I am talking out of my personal experience. As a young entrepreneur my words speak for all those entrepreneurs who were hopeful that their ideas of startup were going to change their lives for better, and for everyone who is in my shoes right now, going through the same losses and

same frustration that I have been feeling all along this time. We need a vent, we need to speak up to at least try and make our voices reach the ears of the authorities so that they could reform their policies for us, so that in future given the circumstances here we would not have to be the victims of every disaster.

As the big economist think tanks are predicting the world is going to lose all the profit it has earned approximately in last 3 years or so. All those efforts are going to go in vain. Now coming to ground level of India and especially here in Kashmir, our industries have approximately suffered

80% losses and I am not counting the small industries and business startups who went bankrupt as soon as they started to flourish, This has not only affected our economy but our employment rates, our psychological and mental well being as well, Those young aspirant entrepreneurs who were finally seeing a ray of hope for themselves in this place have long lost their hope of doing anything better. On one hand our government was planning develop industrial sector here to provide jobs and make the unemployment situation improve, but on the other hand we never actually got the opportunity to do

so. Even our already set up units had to be closed, as a result of which our youth has totally given up the hope of betterment, with addition to that not restoring the high speed data, and even barring us from the 2G services and calling services time and time again only adds salt to the wounds that Covid-19 and the lockdown past that has given us.

So I hope our government will hear the voices of such youth who are suffering the consequences with no fault of theirs, and take steps to review and reform the industrial policies so that we can hold onto better options if God forbid such situations prevail in the future.

“An Apple a day keeps the doctor away”

This is the most common quote we all have heard of but do we all know that what it means, So let's know what it means really. An apple a day keeps the doctor away” is a common English-language proverb of Welsh origin. It espouses the folk-

APPLE

wisdom that apple consumption (or consumption of fruits and vegetables in general) has identifiable health benefits. So now I am going to tell you about the benefits of the fruit of Apple:

- Apple are nutritious
- Apple maybe good for weight loss

- Apple is good for your heart
- They are linked to a lower risk of Diabetes
- They may have Prebiotic effects and promote Good Gut bacteria
- Substances in Apple may help prevent Cancer
- Apple contains

compounds that can help fight Asthma

- Apples may be good for bone health
- Apple may protect against stomach injury from NSAIDs
- The Antioxidants in Apple may help protect your brain in old age

We all must eat apple because it has a lot of benefits in so many disease and many more.

NEW BEGININGS... Contd. from page 5

lockdown and the fear of contamination has led to people sticking to home food, eating healthy and also exercising either in the form of house work or a work out. They have seen for themselves, how their body is feeling healthy and active. Many friends have shared that they have reduced more than 3 to 4 kgs and are feeling fit.

The fourth realization has been to adopt

meditation Pranayam and Yoga. All three being enormously rich in what they have to contribute. So online classes or Youtube lessons have helped people practice this science of pure health in their own home and they are seeing the benefits from the same.

Now the way to go ahead would be that, pandemic or no pandemic, we need to stick to these new beginnings and move towards evolving into healthy happy and harmonious species.

THE HEAT IS ON...

Contd. from page 5

number of days with temperatures topping 100 degrees, and temperatures are projected to climb even higher

made for the general public, employers and workers, police and traffic personnel and senior citizens. NDMA has asked the state governments to wide-



STAY HOME. SAVE LIVES.

Help stop coronavirus

- 1 **STAY** home as much as you can
- 2 **KEEP** a safe distance
- 3 **WASH** hands often
- 4 **COVER** your cough
- 5 **SICK?** Call ahead

by 2100. That heat isn't just uncomfortable. The warming has serious effects on people's physical health, mental well-being.

Separate sets of dos and don'ts have been

ly disseminate the lists to all concerned and undertake massive information, education and communication campaign to contain the heat-wave related illness or deaths.

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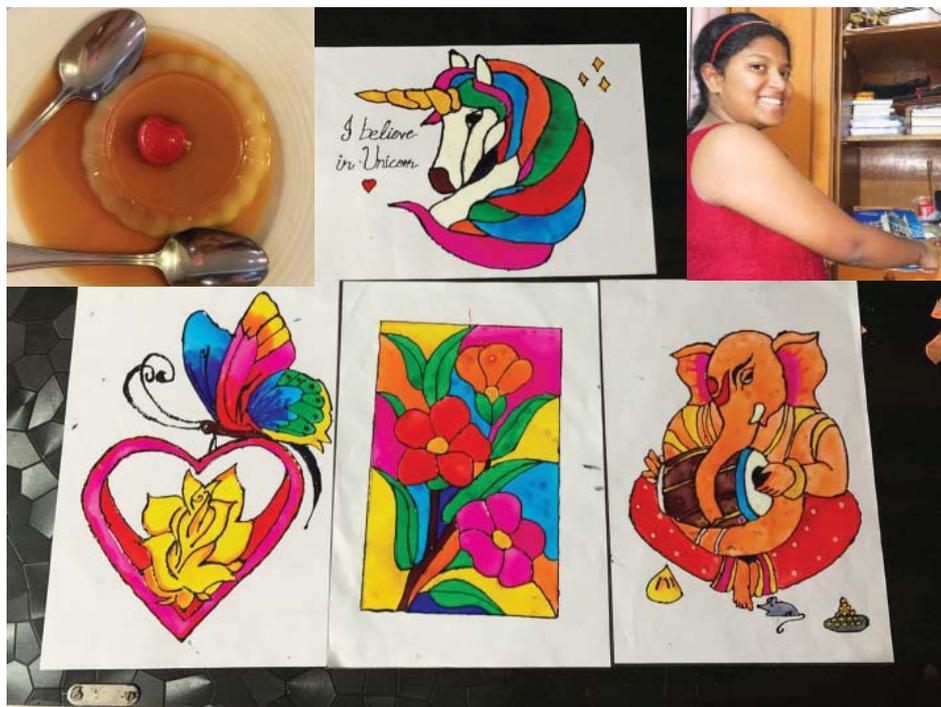
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Please call: 9987309006

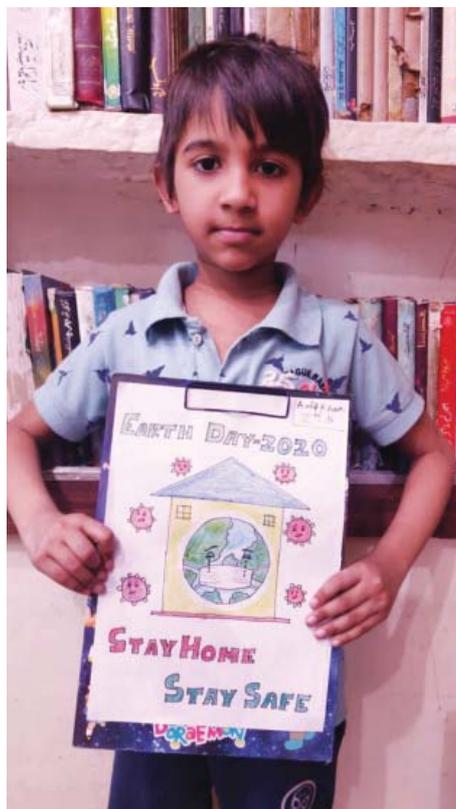
or mail: datewithhealth@gmail.com

Material deadline is 15th of Every Month

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



Beautiful Glass Paintings and mouth watering Pudding made by SHRUTI TAMSE Age 14 Kalash Udyan Kopar Khairne



AALIF KHAN, Age 7 years, New Delhi



ISHMEET KAUR, Age 14 years, Ratlam, Madhya Pradesh



Inaaya Khan, Age 2.5 yrs, Sec-17, Vashi helping Mom to make a cake



Jasleen Kaur, Age 11 years, Pune



Gurleen Kaur, Age 14 years, Pune

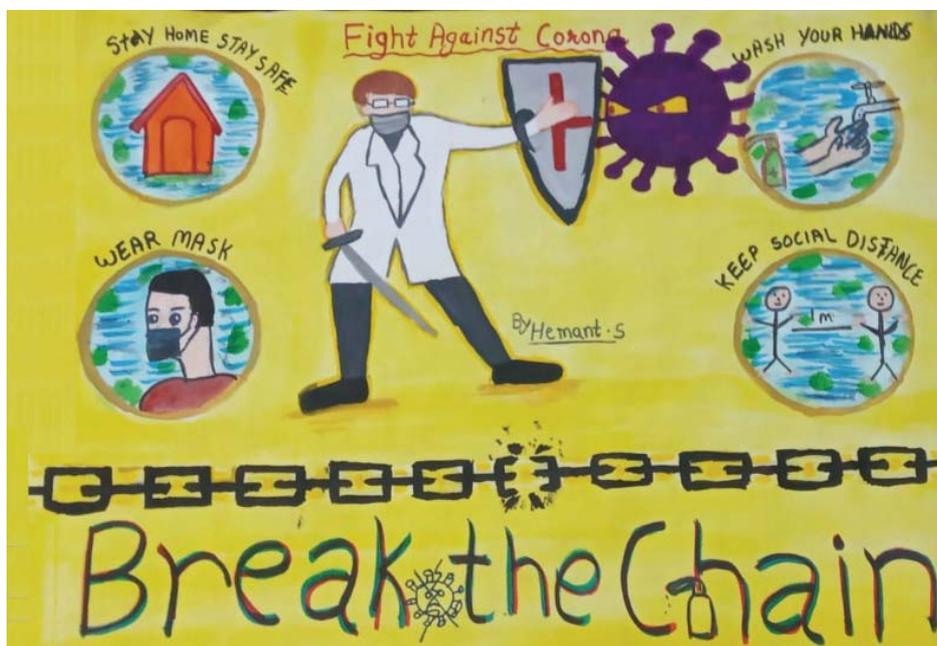
Unicorn Land



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



I woke up in the morning, brushed my teeth, and went down stairs. I saw that it was raining. I ate my breakfast and put on my rain coat and went outside and saw a rainbow. I walked on it, was a bit slippery. I went to the other side of the rainbow and there was a land called Unicorn land. I saw little and big unicorns. I went back home and told my mom all about Unicorn land. I had so much fun at Unicorn land.



Hemant Shanoj (10D), Sector - 10, Vashi. (DAV Public School, Nerul)

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