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# Date with Health

Monthly Newspaper on Health & Fitness

RNI Reg. No. MAHENG/2017/76690

Vol. : 3 • Issue : 11 • Pages : 8 • Price : ₹ 20/-

August 1 - 31, 2020

Wishing all a very **Happy Independence Day**  
from The Entire Team of **Date With Health**

## NUTRIENTS FROM FOOD



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

There are 3 processes involved, that is digestion, absorption and utilization of nutrients in the body.

Digestion is a process, that releases many nutrients in the forms of the body can use breaking up food in the intestinal tract.

Absorption is the process carries these nutrients into the circulation system and deliver them to the cells.

Utilisation – As cell is the functional unit of life,

therefore a large number of chemical reactions in the cell utilize the nutrients absorbed to produce material needed for our existence.

Digestion involves mechanical processes like chewing of food particles that mixes with saliva and dilutes it with water, hence making it easy to swallow. The churning action in stomach helps the food get mixed with enzymes and acids. Further the contraction of intestine helps to break the food into small particles and move the food mass forward through the digestive tract.

The digestive enzymes are only one group of a large number that are essential to regulate body processes. Other enzymes are present in various tissues of the body and help in the utilization of food

that has been absorbed.

### SYMPTOMS OF PROPER DIGESTION

1. Feeling of enthusiasm
2. Excretion of wastes at the proper time



3. Lightness in the body
4. Feeling of hunger and thirst

### FUNCTIONS OF NUTRIENTS

Each nutrient class has its own function. The nutrients found in food are carbohydrates, proteins, fats, vitamins, minerals and water. The chief func-

tion of carbohydrate is to provide energy needed by our body. The function of protein is the building of new tissues and maintaining and repair of those al-

ready built. Fats are concentrate sources of energy. Minerals are essential for body building and water is essential for utilization of food material in the body and also for elimination of food waste. Therefore its necessary to include all the food in our daily diet.

**स्लिमफिट मल्टीग्रेन सल्लू**  
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Wellness Discovery Club  
Eat Healthy, Feel Healthy

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- ◆ Boost energy.
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**ASK FOR A MASK**

**Date with Health**  
Monthly Newspaper on Health & Fitness  
www.datewithhealth.com

**A COVER THAT STANDS BETWEEN YOU AND THE DEADLY VIRUS WHEN YOU ARE OUTSIDE**



## Editorial

### MASK IS A MUST !!!!

Half a year back one would have found it ridiculous had someone told to cover your face while going out. Women would be called old fashioned and backward had they been covering their faces either with a dupatta or with a veil. But imagine now anyone without a face mask is looked upon as foolish and utterly irresponsible. A virus has almost turned our lives upside down. A piece of cloth around your face is probably what's protecting you from severe illness and possibly even death.

Masks probably have become the new accessory that one cannot miss out on when stepping out. This piece of cloth has been now assumed to be an important part atleast for a year or more (or till the time this virus either disappears as quickly as it came or a safe vaccine is made for human use). Fashion designers have used this also as a business opportunity and already the market is seeing some beautiful and designer Face Masks which are expensive too (considering that a normal one to be in the range of Rs 20 to may be Rs100). It also has been coming with lot of different fabrics, making the masks more user friendly and longer to use. A normal cloth piece may make people breathless and force them to remove it for a few minutes to breathe properly, if one has indulged in a brisk or straining activity like climbing staircase or staying longer outside and doing some physical activity like walking to the vegetable market or a grocery store, at a brisk pace.

One should now keep his / her face masks along with those items which they require before stepping out like a wallet, house keys and an umbrella (these days). So please take proper care of yourself and take extra precaution when stepping out. Maintain proper physical distancing, cover your mouth and nose with a proper mask, use sanitizer and wash your hands when back from outside.

This time too shall not stay long, though may be the virus may stay a bit longer than our expectations. But we have to make sure till the time it stays we remain a step ahead of it and protect ourselves properly.

For the time being remember MASK IS A MUST !!!!

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## MENTAL HEALTH PART 2



**SALMA PRABHU**  
Clinical Psychologist Career  
Counselor and Author of  
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Mom Dad U R Wonderful  
and You are My Star  
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Call 9322851484

I have been happy as I have seen in the past one month the level of proactivity has gone up in the population towards mental health. It is unfortunate that it has taken a few people to end their lives, however more and more people have come forward and not just shared their stories, but also have taken the step to seek professional help.

What is required now is that they have begun a journey towards their wellbeing. They have accepted that they need help, have approached a psychiatrist in case of severe symptoms and have approached counselling for recognizing that they can prevent it to go to severe if they start taking help now. It is now essential for the next important factor which is COMMITMENT. To take this journey to its final destination with success a very high level of commitment is needed.

When I say commitment I mean the following steps

1. As any kind of treatment and in-

tervention is not a short term and quick fix step. It is going to take time to see the result and then take more time to ensure that the new results are maintained. Let me give an example of a person who decides to reduce weight. The current weight is accepted. Based on which a goal is set with a timeline. Then begins the diet, exercise, regular monitoring etc. Once the goal is reached, one also has to learn to maintain that and not go back to binge eating and again return back to the previous state. So you see many steps are involved and this requires dedication. So the first step to be committed to the path of recovery is dedication and giving it time and effort.

2. Here it is essential to take help from family members and friends, because alone, a person who is already feeling depressed may give up easily and stop going for treatment or counselling or both. So to remain determined take help of family and close friends who will go with you and help you not lose your determination to continue the treatment.

3. Third step in commitment is taking the medicines if prescribed on time and also building the body's natural resources through appropriate diet and activities. Even if taking baby steps it is essential to add some

kind of yoga and bring about a change in diet. Doctors generally prescribe food which increases the level of endorphins, Serotonin and dopamine which are the neurotransmitters responsible for releasing happy hormones. We shall cover more regarding these neurotransmitters and their role in the next month's article.

4. No one wants to remain on medication for ever and therefore simultaneously building the system to start relying on its own is necessary. A good monitoring mechanism is very useful to keep a check on the progress of improvement. For example maintaining a small activity note of how and what is changing each day in terms of thoughts, feelings, energy levels, activities etc. Most important is monitoring the feeling. When one starts feeling good, all the other aspects start moving automatically and we have learnt that feelings are triggered by thoughts. So monitoring of the change in thoughts will help not just to see the current improvement, but also in future in case the symptoms appear again, one can just go back to the notes and see how they moved from negative to positive, from pessimism to optimism, from fatigue to energy from sadness to happiness.

5. Another helpful step would be to

note down the statements and guidelines given by the counselor and the doctor that affected the mind the most. In every client I have seen a turning point and a statement which they clung to for a lifetime. Recently I met a client who had come to me depressed a year ago and in the course of counselling I had told her a few things which reached her core and she brought about many changes in her. So noting down what touches the most or as we say "hit the nail" words, statements, recommendations etc. would be very helpful.

6. Another step to remain committed is talk to a support group or be a part of it. This helps in seeing that you are not alone and also see so many people have reached their goals and are not just maintaining, but helping others too now enjoy a happy frame of mind and better life. One also sees in the support groups that life cannot be always in the happy mode, but we learn to come out of the dumps, the techniques are there, the patience is developed and panic is out.

The second mantra is COMMITMENT. Stay on it and succeed.

So I encourage you all to share this article far and wide so people experiencing any kind of psychological or physical disorder would benefit.

Anxiety is a feeling of uneasiness one experiences before a big exam.

**Symptoms of anxiety:**

Your heart beats faster with a feeling of suffocation and restlessness

- Churning in the stomach
- Unable to eat well or binge eating
- Insomnia!!

Human race is battling one of the biggest pandemics of recent times.

- Uncertainty about the immediate future...
- Social distancing and isolation leading to mental stress...

Friction in relationships as a result of being locked in without any outside social interaction...

What our mind and body needs right now

## ADDRESS YOUR ANXIETY



**Dr. Shalini Mukherji**  
 (Master functional trainer, Nutrition consultant and expert, Muscle Rehab Trainer)  
 Mobile : 9323178637  
 mukherji.shalini@gmail.com

Eat well balanced meals to create and sustain a healthier and stronger immune system.

Eat UNPROCESSED foods rich in vitamins,

Physical activity and relaxation techniques help you remain calm and continue to protect your health.

Do short bouts of movement like....

Dancing, playing with kids, performing domestic chores, gardening, walking in your home... or follow an ONLINE EXERCISE CLASS of your choice.

Stand up from your seated position whenever possible or at least once every 30 minutes of sitting.

Few simple exercises you can do at home....

Squats, Planks, Side knee ups, Front knee up with torso turn, Bridge lifts, Back extensions.

RELAX... deep breathing and meditation helps.



is...

- 1) Proper Nutrition and Hydration
  - 2) Any form of Physical Movement
  - 3) Relaxation Activities/Meditation
- Proper Nutrition...

minerals, dietary fiber, protein and antioxidants.

Drink enough water.

Avoid SUGARS, Trans fats and high salt foods.

Have a HOBBY...

This is the time to "REDISCOVER YOUR PASSION"

Join me for my fun online workout sessions. DM 9323178637 for details.

## SUICIDES, MYTHS AND PREVENTION!!!



**Tina Acharya**

On 14th June 2020, the entire nation was swamped with a shocker wave, more precisely a bombshell tsunami with horrifying news; the heart-breaking news of sudden demise of Actor Sushant Singh Rajput, the lead actor of the movie Chhichore. He was found hanging in his Mumbai

residence. What was more disturbing it was reported that he had committed Suicide? The irony couldn't have been harsher as the actor himself had given a strong message against SUICIDE in his last movie.

Before that we had already witnessed the unexpected and shocking demise of VG Siddhartha, owner of the famous coffee chain CCD. He was feared to have committed suicide by jumping into Netravati River, after a letter surfaced in media in which he had apologized to his CCD staff for failing

them. Mr. Siddhartha had mentioned that he had a huge financial pressure.

From my personal experiences, one day I had to wake to hear

from the balcony of a lavish hotel in New Jersey in the mid night. It was unbelievable and disturbing. That evening he was



that a very successful and award-winning photographer and blogger friend jumped

last seen hanging out at Star Bucks with his beloved wife and

speaking to his mom and dad at Mumbai over phone, having a smile on his face.

Another incident

I boarded the train at Mulund on my return from Office. The train just stopped mid-way as it entered the platform at Thane station. We came to know that a girl in her mid-twenties had jumped into the tracks. I don't know if she survived or succumbed to the injuries. But it was just a impulsive suicide or an attempt for it.

And one more case that had really stirred me deeply was a 4th Std boy in my son's school jumped from 4th floor of his school and died on the spot. The reason was



**SUICIDE PREVENTION IS EVERYBODY'S BUSINESS**

was at Mumbai Local Railway station.

**Contd. to page 6**

## THE IMPORTANCE OF DIETARY FIBER...!!



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

**D**iet plays a major role in the health of an individual. For a healthy, disease free living, for the proper functioning of the body, your diet has to instead of a complete, balanced diet containing all the required nutrients in recommended proportions. Apart from the basic nutrients, your body also needs adequate amount of fiber (roughage) for a healthy gut. **EAT MORE FIBER!!** You've probably heard it before. People considering weight loss have often been advised to consume adequate amount of fiber.

### WHAT IS DIETARY FIBER..??

Dietary fiber is the term collectively given to indigestible carbohydrates in plant foods. Unlike other food components, such as proteins, fats or carbohydrates- which are metabolized in the body, fiber isn't digested by your body. It passes relatively intact through your stomach, the intestines and out of your body. Fiber is not a nutrient since it is not digested by the human digestive system but it is as important as any nutrient, as it

has a very important role in various aspects of gastrointestinal functions and prevention and management of variety of diseases.

### There are two basic types of fibers- SOLUBLE AND INSOLUBLE FIBER.

- The insoluble fibers are those that do not dissolve in water and are non fermentable. Insoluble fibers are found in wheat and corn bran, whole grains, nuts, legumes and certain vegetables.
- The soluble fibers are soluble in water and are mostly viscous in nature. Are found in fruits, vegetables, oats and oat bran, barley, beans, peas, flaxseeds etc.

### Dietary fiber has multiple health benefits, some of which are:-

- Helps flush toxins from the body- Diets low in fiber cause fecal matter to become dry and hard to expel, causing a build-up of toxins. Fiber acts as a sponge

absorbing water as it goes through the stomach, reaches the colon full of moisture. Fiber increases the weight and size of your stool and softens it. A bulky stool is easier to pass, thus decreasing the chances of

constipation. It normalizes the bowel movements and helps maintain bowel health.

- Lowers cholesterol levels- The soluble fibers found in beans, oats, flaxseeds and oat bran may help lower total blood cholesterol

levels by lowering low density lipoprotein, or BAD cholesterol. They mainly interfere with the absorption and recirculation of bile acids and cholesterol. Soluble fiber has the ability to bind with cholesterol

and it is excreted from the body with it. Some researches have also shown that high fiber foods may have other heart health benefits, such as reducing blood pressure.

- Works to reduce blood sugar levels- Commonly, high

fiber foods have a lower glycemic index, therefore their consumption do not increase the blood sugar levels. Particularly soluble fibers can slow down the absorption of sugar and help improve blood sugar levels. A healthy diet that includes insoluble fibers may also reduce the risk of developing type 2 diabetes.

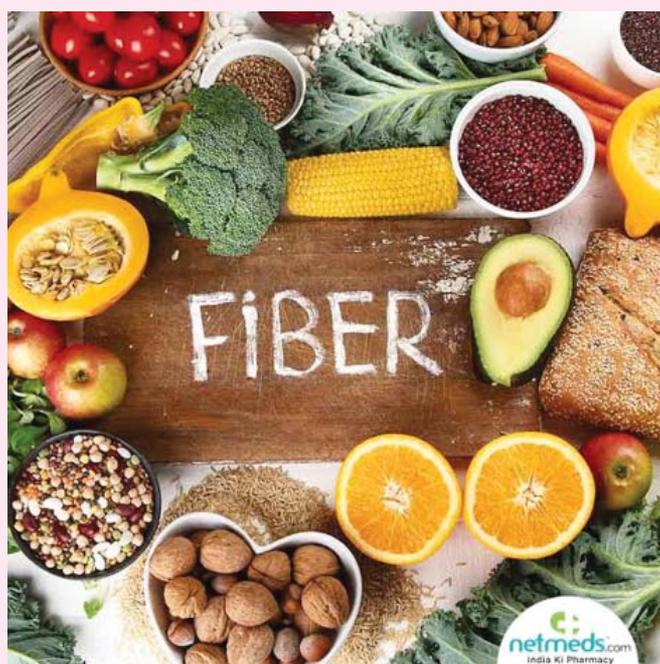
- Aids in achieving healthy weight- High fiber foods are less energy dense, which means they have fewer calories for the same volume of food. They tend to be more filling, so you're likely to eat less and stay satisfied for long. Contributes to the feeling of fullness, decreases appetite thus leads to weight loss.
- Protection against colon ailments- Fiber binds to potential carcinogens, which help in protection against colon cancer. They absorb

bile acids thereby reducing the risk as high bile acid concentrations are associated with increased risk of colon cancer. Prevents formation of small pouches in the colon (Diverticulosis) that cause bloating or cramping.

There are many fiber supplements available in the market but it is always better to suffice the needs through the naturally available food stuff. Adding fiber to your diet isn't a difficult task. One can boost the daily fiber intake by making a variety of small changes as-

- Eat fruits and vegetables with the skin on, as the skin contains a lot of fibers.
- Add beans and lentils to fresh vegetable salad or soup.
- Replace refined foods with whole grain varieties. Include brown rice to your meal.
- Consume 3-5 almonds daily.

High fiber foods are good for your health. But adding too much fiber too quickly can promote intestinal gas or bloating. One should increase the fiber in the diet gradually over weeks as it allows the natural bacteria in the digestive system to adapt to the changes. Also, remember to drink plenty of water as fiber works best by absorbing water for easy passage of stool and intestinal cleansing.



### Adequate Intake for Total Fiber

LIFE STAGE	AGE	MALES (g/day)	FEMALES (g/day)
Infants	0-6 months	Not Determined	Not Determined
Infants	7-12 months	Not Determined	Not Determined
Children	1-3 yrs	19	19
Children	4-8 yrs	25	25
Children	9-13 yrs	31	26
Adolescents	14-18 yrs	38	26
Adults	19-50 yrs	38	25
Adults	51 yrs and older	30	21
Pregnancy	All ages		28
Breast feeding	All ages		29



## ORAL PIERCINGS



**Dr. Ruhina Khan (BDS)**  
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**B**ody piercing is a popular form of self-expression. Oral piercings or tongue splitting may look cool, but they can be dangerous to your health. That's because your mouth contains millions of bacteria, and infection and swelling often occur with mouth piercings. For instance, your mouth and tongue could swell so much that you close off your airway or you could possibly choke if part of the jewellery breaks off in your mouth. In some cases, you could crack a tooth if you bite down too hard on the piercing, and repeated clicking of the jewellery against teeth can also cause damage. Oral piercing could also lead to more serious infections, like hepatitis or endocarditis.

If you pierce your tongue, lips, cheeks or uvula (the tiny tissue that hangs at the back of the throat,) it can interfere with speech, chewing or swallowing. It may also cause:

- **Infection, pain and swelling:** Your mouth is a moist environment, home to huge amounts of breeding bacteria, and an ideal place for infection. An in-

fection can quickly become life threatening if not treated promptly. It's also possible for a piercing to cause your tongue to swell, potentially blocking your airway.

- **Damage to gums, teeth and fillings:** A common habit of biting or playing with the piercing can injure your gums and lead to cracked, scratched or sensitive teeth. Piercings can also damage fillings.
- **Hypersensitivity to metals:** Allergic reactions at the pierced site are also



Oral Piercings carry many risks besides the danger of infection.

possible.

- **Nerve damage:** After a piercing, you may experience a numb tongue that is caused by nerve damage that is usually temporary, but can sometimes be permanent. The injured nerve may affect your sense of taste, or how you move your mouth. Damage to your tongue's blood vessels can cause serious blood loss.
- **Excessive drooling:** Your tongue piercing can increase saliva production.
- **Dental appointment difficulties:** The jewellery can get in the way of dental care by blocking X-rays.

**If you already have piercings:**

- Contact your dentist or physician immediately if you have any signs of infection—Swelling, pain, fever, chills, shaking or a red-streaked appearance around the site of the piercing.
- Keep the piercing site clean and free of any matter that may collect on the jewellery by using a mouth rinse after every meal.
- Try to avoid clicking the jewellery against teeth and avoid stress on the piercing. Be gentle and aware of the jewellery's movement when talking and chewing.
- Check the tightness of your jewellery periodically (with clean hands). This can help prevent you from swallowing or choking if the jewellery becomes dislodged.
- When taking part in sports, remove the jewellery and protect your mouth with a mouth-guard.
- See your dentist regularly, and remember to brush twice a day and floss daily.

Of course, the best option is to consider removing mouth jewellery before it causes a problem. Don't pierce on a whim. The piercing will be an added responsibility to your life, requiring constant attention and upkeep. Talk to your dentist for more information.

## HAPPY & HEALTHY MONSOON!



**Sahrish Akhtar**

**T**he monsoon is here to relieve us from the heat of an extended summer. Although we'd like to welcome the change in temperature we have to accept that India's monsoon rains are getting heavier, with more severe weather likely in the future.

The goal of safety awareness during the monsoon is to reduce the number of disease, injuries, damage and deaths caused by weather related hazards. Through education and proper precautionary measures, lives can be saved and damages can be minimized. The rains not only bring us the much needed water but also a whole host of health threats. There suddenly seems to be an increase in the number of flies and mosquitoes exposing us to diseases such as diseases like Malaria, Dengue, Typhoid, Cholera, and Leptospirosis etc. For the best chance at thwarting these tiny killers called mosquitoes' we need to know how they live, how to repel them, and how to kill them. The dengue, yellow fever, and chikungunya vector mosquitoes bite mainly from dawn to dusk unlike the malaria mosquitoes that bite mainly from dusk to dawn. By far the pre-

ferred approach for managing mosquitoes is to keep them out of tanks and other water sources. In addition, rainwater should not be allowed to pool in containers or on surfaces below tank outlets or taps, as this can also provide a breeding site. Many species of mosquito stay fairly close to where they hatch and breed.

One of the best ways to keep mosquitoes from biting you is to simply cover your skin. Wear your sleeves and pants as long as possible to cover as much skin as you can. Also keep your clothing as loose as you can. This serves two purposes: first, it's much more comfortable in the hot,



humid weather where mosquitoes thrive. Second, mosquitoes can sometimes bite through clothing that's held tight against the skin, especially if the fabric is thin.

Ensure adequate protection during times of the day when mosquitoes are most active. Apply mosquito repellent to uncovered skin surfaces when outdoors. When using sunscreen, apply it before applying the insect repellent. Clothing may also be sprayed with repellent to help keep away mosquitoes. It is common sense to reapply repellents as protection

wanes and mosquitoes start to bite again.

Typhoid and Hepatitis A outbreaks are common during the monsoon rains. The public health goals that can help prevent and control these diseases safe drinking water, improved sanitation and adequate medical care may be difficult to achieve. For that reason, some experts believe that vaccinating high-risk populations is the best way to control these diseases. A vaccine is recommended if you're traveling to areas where the risk of typhoid fever and Hepatitis A is high. You need to be extremely careful about the water you drink as most illness are water borne during

the monsoon season. Drink clean boiled water and if not possible drink bottled water. Protect your school going children by providing them with their own bottle of water. Ask for drinks without ice. Use bottled water to brush your teeth, and try not to swallow water in the shower if you think the water could be contaminated.

Wash your hands with soap before eating or preparing food and after using the toilet. Carry an alcohol-based hand sanitizer for times when water isn't available. Avoid

**Contd. to page 8**

**Time To Cook**

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

**Serving:**

2 Persons

**Measures**

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

**Ingredients**

• Bread Slices – 3 To 4 Nos.  
• Beaten Curd – 1 Bowl  
• Green Chutney – ½ Bowl  
• Tamarind Chutney

– ½ Bowl

• Coriander Leaves – ½ Bowl  
• Salt To Taste  
• Black Salt To Taste  
• Black Pepper To Taste  
• Red Chilli Powder To Taste  
• Roasted Cumin Seeds Powder To Taste  
• Dried Mint Leaves Powder To Taste

**Method**

• Cut the bread slices into round shapes using a round lid or



Ranju Satia

## RECIPE: BREAD KA DAHI VADA



a cookie cutter

• Add ½ teaspoon of salt in a beaten curd  
• Mix well. If you

like sweet dahi vada add powdered sugar

• Dip the bread slices in curd

- And, after dipping keep them in a serving tray
- Add little curd on the bread slices
- Add little green chutney on the bread slices
- Add little tamarind chutney on the bread slices
- The recipe of Tamarind Chutney is already explained earlier
- Add little salt on the bread slices
- Add little black salt on the bread slices
- Add little red chilli powder on the bread slices
- Add little roasted cumin seeds powder on the bread slices
- Add little dried mint leaves powder on the bread slices
- Garnish with little coriander leaves
- Bread Ka Dahi Vada is ready
- Prepare just before serving otherwise bread becomes soggy

## SUICIDES, MYTHS AND...

Contd. from page 3

the teacher had just warned him before to call his parents and report his mischievousness. Awful!!

I know everyone must have witnessed couple of such cases in their lives. It's often difficult to understand what led a friend, family member, child or a celebrity to commit suicide. However, one thing is clear that the "FEELING OF SUICIDE or SUICIDAL FEELING" doesn't have barriers like age, gender, financial status, social status or anything like that. It exists across all the strata of people.

Suicide is always a permanent decision to deal with a temporary problem & it's often taken impulsively. It is a thoughtless reaction to sudden flush of strong emotions that makes the person extremely edgy for those few vulnerable moments.

Understanding suicide or the mind that goes through suicidal thought is not only difficult but next to impossible. The World Health Organization estimates that ap-

proximately 1 million people end their lives by suicide every year. What drives so many individuals to take their own lives? It's really a mystery. Often, it's said that Depression is the reason but it's not entirely true. It may be one but not the ONLY reason for it. Because It's not that every depressed person will commit suicide or everyone who is committing suicide is depressed but those who are in depression are vulnerable for sure. So, to those who are not in the grips of suicidal depression and despair, it's even more difficult to understand what pushes them to take their own lives.

Probably, suicide is a desperate bid to escape unbearable pain and suffering. Sometimes it could be fear of undesirable consequences too in future. Or it could be to get away from a sudden void created by heartbreaks or avoid ugly embarrassments. Possibly the person becomes blinded by deep feelings of anxiousness, self-hatred, hopelessness, and loneliness and lives in an inner isolation.

Maybe a suicidal person can't see a way out to live & find respite except beyond death.

Often, many factors combine to lead a person to the decision to take their own life. It's often an act made during a storm of strong emotions and life stresses rather than after careful consideration. However, the suicidal thoughts in a person are not created instantly. It's layered through so many scars before. Barring impulsive few, in many cases the person might have similar thoughts before but never acted on it seriously, or could have failed in the attempt without anybody's notice. Here, I feel few people can really be helped.

Regardless of their desire to get out of the pain and suffering, most suicidal people are intensely differed about ending their own lives. Means, killing self is the last they resort to when things go beyond their control. They wish there was an alternative to suicide, but they just can't see one.

That's the space where we can act attentively and empa-

thetically to save few lives and prevent suicides.

To Prevent Suicides the first thing is to have an awareness for it. There are many myths doing rounds in this regard.

Dr Soumitra Pathare, Director Centre for Mental Health Law & Policy ILS. Psychiatrist, innovation, mental health policy, law, human rights, had the following explanation about the myths of suicide on twitter which can give an insight how we can help a vulnerable person and prevent him/her committing suicide.

MYTH 1: Talking about suicide is a bad idea, as it may be encouragement

FALSE. Rather than encouraging suicide, talking openly helps prevent suicide.

MYTH 2: A person who is suicidal is determined to die

FALSE. Au contraire, suicidal persons are often ambivalent about dying. Emotional support at the right time can help prevent suicide.

MYTH 3: Most suicides happen without warning.

FALSE. Most sui-

cides are preceded by warning signs, either verbal or behavioural. Many will talk to friends & relatives or doctors about wanting to die. Don't ignore it. That brings us to.

MYTH 4: People who talk about suicide do not mean to do it

FALSE. People who talk about suicide may be reaching out for help or support. They may feel there is no other option. You can help. Sit down. Listen to them. Offer help. You will save a life.

MYTH 5: Once someone is suicidal, they will always remain suicidal.

FALSE. Suicidal thoughts are not permanent. They are usually short term and situation specific. Many individuals with suicidal thoughts & attempts go on to live a long life. IF they get support at right time.

MYTH 6: Only people with mental illness are suicidal.

FALSE. Especially in India, where research shows only ~ 50% have a pre-existing mental illness. People with mental illness are not necessarily suicidal & those who die of suicide do

not necessarily have a mental illness.

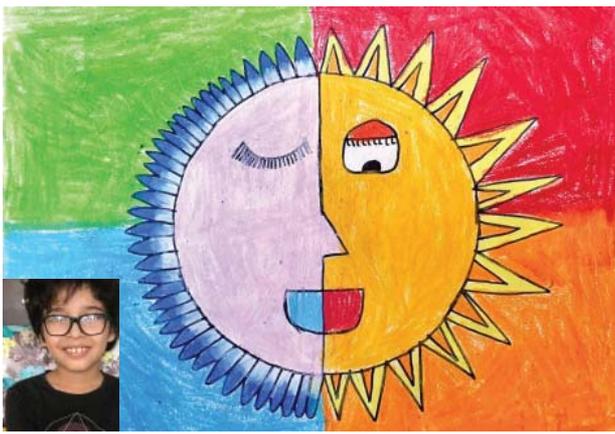
Let's accept, it's really difficult to Prevent Suicides Entirely but I feel a hell lot of it can really be prevented if WE act being bit considerate, attentive and compassionate.

They exist in us, around us, we are all humans and have our own share of weakest emotions at times. There may have been no clear warning signs, and we may wonder what clues we might have missed in the person. But they are between us only and they so off, whether we notice or not.

"Atma hatya Mahapapa – Means suicide is one of the worst sin one can ever commit." It's against nature, against humanity. It defeats the very Purpose of Life. But a suicidal person is in so much in pain or fear or embarrassment that death seems to be easier than life. But it's We must remember that

NOTHING IS PERMANENT then WHY CHOOSE TO DIE PERMANENTLY!!! Why not face the challenges and fight it out.....!!

**CREATIVE SPACE**



**Vivaan Natekar (8 Yrs) Std. 4th**  
Rustomjee Cambridge International School, Dahisar



**Filzah Syed Vashi**  
All should be doing a bit of exercise to stay fit .... Right



**Shrirang Shetty (8yrs old), Std. 4,**  
Christ Academy, Koparkhairane



**TOOTHPASTE BALLS** made by Filzah Syed  
These toothpaste balls which can be carried when travelling or going out on trekking !!! These can be used for brushing or even as a mouth freshener (can be taken 1/4th part for it)



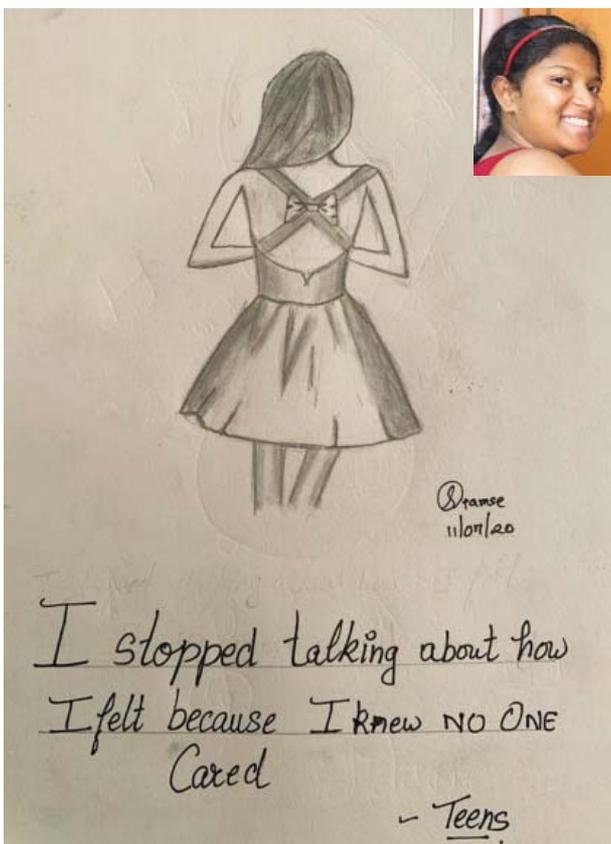
**Filzah Syed Vashi**  
Trying her hands on cooking !!!



**Ain Alsaba (7+ Yrs)** is making Alu Chaat for the family.  
23B Jagannath Ghosh Road, Kolkata



**Alina Jafri (8 yrs), Std. 5th**  
Holy Cross High School Kurla (West)



**Shruti Tamse Kalash Udyaan Kopar Khairne**



**Amelia's under water activity (Kolkata)**

## Endurance Sports with Anmol Prabhu – Triaddict : Combining the Right Approach

It is very important to balance and structure training in a way that will help keep one fit, motivated and strong for actual execution during the event. Endurance sports & Triathlons demand impeccable cardiovascular conditioning along with the mental strength to pass the finish line. Training involves an event-specific regimen heavily centred on aerobic exercise.

Typically, one should plan on training 5-to-6 days per week. The structure of the training will depend upon the kind of sport each one will focus on. I have covered details around training for Triathlons and long distance cycling in my previous articles. But effectively if one is a beginner then the first few months will go in base building before one starts unleashing the true potential of himself / herself. But if one is looking at monthly guidelines then the time and effort gradually increases every week. For e.g. one would spend 5-6 hrs in the first, 8-10 hrs in the second and 12-14

hrs in the third. Peak weeks can go up to 20+ hours

It will be important to cut down the intensity and frequency of training every 3-4 weeks to ensure for adequate body recovery. One shouldn't wear himself / herself down.

These workouts are challenging and require a basic level of conditioning before starting them.

### The Importance of Strength Training

One can't train every day without risking injury and one can't just only run one week, only swim in the next & only cycle in the third. There has to be a balance. In triathlons the balance is also created by emphasising on one's weakest link ( swim, Bike Run ?). But at the same time it is very important to focus on strength & core to achieve maximum gains. Thus 2-3 days in a week should be dedicated for the same. It will make one stronger, leaner and faster over a period of time. Thus there is no harm in investing in weights over a period of time.

**The Nutrition Approach** (I am not a certified Nutritionist thus the below guidelines are suggestive based on my own experience)

It is important to hydrate in the course of training, even when one is swimming. The macronutrients ratios of protein to carbohydrates needs to be balanced based on person to person along with a good multivitamin, and maybe some calcium supplements to help repair your bones from excessive training. But by far, the most important thing is to keep oneself hydrated and eat healthy meals limited on simple sugars and saturated fats.

### Benefits ( What & Who)

One will lose a lot of fat with clean food and structured training. But the most noticeable difference is how amazing one will feel about himself / herself on race day. An increased stamina and strength will be noticeable on race day

Someone who is super stressed or has health problems can benefit a lot from this type of training

and sport. Even if the training is not event specific, it always has its benefits.

Anyone looking for endurance gains would benefit greatly from a training like this. Also, those training for triathlons would surely benefit from the workout. Marathon runners, swimmers and cyclists would all benefit from these workouts.

One may not be able to squeeze the last lap or rep of their training. One may start feeling worn out right now, but that's no excuse to quit or cut the training short. Keep going as the destination is near

The Experience should be free flowing and effortless over a period of time !

Stay Safe, Train Well & Keep Smiling!

**And for any queries, do reach out to me on the below mentioned contact details: Anmol Prabhu- Triaddict (Ironman Triathlete, Endurance Cyclist & Triathlon Mentor)**  
Email: [anmolprabhu09@gmail.com](mailto:anmolprabhu09@gmail.com)  
Ph No : +91 9870725884

### HAPPY & HEALTHY... Contd. from page 5

eating food like chutneys, pani-puri, juice and lassi that may put you at a risk of water borne diseases. Make sure you wash fruits and vegetables that you can't peel before eating them as they may have been washed in unsafe water or stored in an unsafe manner. Make sure canned food and drinks are washed with clean water before being opened. Avoid food that's stored or served at room temperature. Steaming hot foods are best. And although there's no guarantee that meals served at the finest restaurants are safe, it's best to avoid food from street vendors as contamination is more likely. Keep your refrigerator and freezer doors closed during a power shut down food will stay fresh up to 8 hours.

Wear special monsoon shoes (wellingtons) and raincoats in order to protect yourself from getting wet. If you happen to get wet, remove the wet clothes and dry yourself thoroughly. This can prevent you from getting colds, coughs and fungal infections. Avoid swimming during this season. The risk of acquiring leptospirosis can be greatly reduced by not swimming or wading in water that might be contaminated with animal urine.

No place outside is safe from lightening during a thunder storm. When thunder roars, go indoors. If you can hear thunder, you are close enough to be struck by lightning. Remaining indoors for 30 minutes after seeing the last lightning and hearing the last thunder will eliminate the risk at the end of storms. Never touch wiring during a thunderstorm. It's too late to unplug electronics if thunder is heard. Avoid contact with inside wiring and plumbing during thunderstorms. This includes all appliances. Corded phones are dangerous during thunderstorms. Lightning traveling through telephone wires has killed people. Cell phone and cordless phones are safe. Wait to use any plumbing-sinks, showers, tubs, and toilets. Plumbing can conduct electricity from lightning strikes. During a thunderstorm, turn off the AC unit. Power surges from lightning can overload units, leading to costly repair bills.

Watch current weather forecasts on the TV or the internet. Listen to the weather report on Radio if you are travelling. It is important for every family to prepare a family disaster supply kit in the event of severe weather conditions. The disaster supply kit should contain essential items such as food, water, sturdy clothing and medi-

cation; to sustain a family for up to three days since electric power, gas and water services may be interrupted.

Keep up to 12 litres of water in clean closed containers for each person and pet, a stock of food that requires no cooking or refrigeration. Keep ready a portable and working battery-operated radio, flashlights, and extra batteries. Remember candles and oil lamps are fire hazards, back-up power source for life support or other medical equipment that requires electricity to function. Prepare a first aid kit and put it in an accessible place and make sure that all your family members are aware of it. Adding dry amla, turmeric, ginger, garlic, pepper and curry leaves to your diet can boost your immunity.

Stay safe this monsoon.

Prepare and prevent.

Don't repair and repent.

### DATE WITH HEALTH'S INITIATIVE FOR A BETTER TOMORROW!!!

Plant a Sapling, click a picture with it and send it to us on [datewithhealth@gmail.com](mailto:datewithhealth@gmail.com)

We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue. So plant a sapling today as your contribution for a better tomorrow !!!!

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