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PLEASE NOTE:
Our August issue Vol. 3, Issue - 11 (August 1-31, 2020) Print Edition was not printed due to partial lockdown in some areas here we had problem distributing the copies. We have therefore decided not to come out with August issue, the inconvenience caused is regretted. You can see the same digitally on our website: www.datewithhealth.com
- Editor

NEED OF THE HOUR: RAINWATER HARVESTING

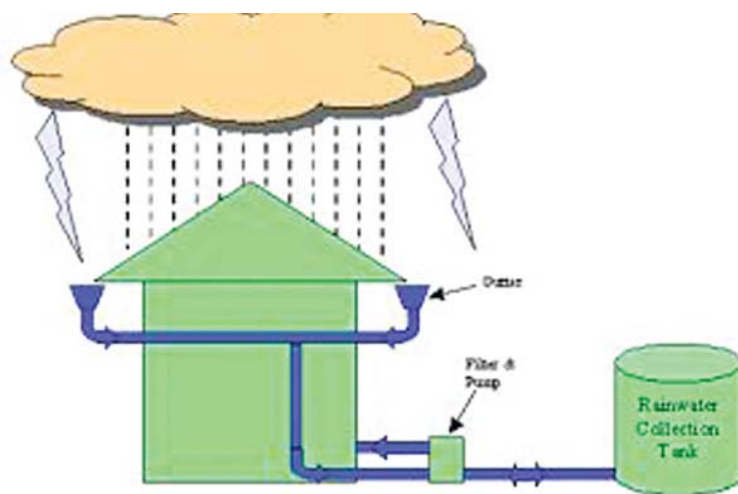
Rainwater harvesting is the process of collecting rainwater from surfaces on which rain falls, filtering it and storing it for multiple uses. It is a technique used to collect, convey, and store rainwater from relatively clean surfaces like the roof, rock catchment, or land surface – essentially for later use.

Rainwater harvesting isn't some modern technique, but has been practiced for over 3,000 years across the world. Normally in arid and semi-arid areas, rainwater harvesting systems has provided water for do-

mestic use, drinking, livestock, and small irrigation purposes. Today, rainwater harvesting is gathering a lot of significance as a modern, water-saving simple technology.

The best part about rain-water harvesting is that it saves a lot of time as one does not have to buy time in order to store water. You can simply filter out the impurities from the water and it can be used for purposes like gardening, crop irrigation, watering livestock, laundry, and flushing

toilets. Also, it should be noted that rainwater is not ideal for drinking and bathing purposes but can be used for all the other



mentioned purposes. As this method is really easy and does not require any advanced

equipment or hi-tech water purifiers, it is also an extremely budget-friendly option.

In order to make sure the ecological

balance is maintained, one needs to make sure that water is used optimally. This is because

we tend to waste a major portion of water as compared to the amount we actually use. For instance, flushing a toilet is almost 30% of complete domestic water usage and other activities that are carried out on regular basis in a household like irrigating the lawn, washing cars, etc. might take up an incredible amount of water. Thus, we can check this wastage of water by utilizing rainwater to execute such tasks.

As rainwater harvesting provides an alternative source of

water that promotes an optimal usage of it. We tend to use tap-water and purified water for various purposes that we can carry out with rainwater as well. With this, we can make sure that we utilize this natural resource in an optimal way and also limit the wastage. Thus, it is important to use this technique which will make sure that we are not devoid of this precious natural resource.

As this is beneficial for us and the environment it is advised that more and more people should opt for this innovative and cost effective method.

ASK FOR A MASK



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



Editorial

COUGH AND SNEEZE : 2020's MOST OVERHYPED WORDS

A few months back nobody cared even if someone sitting next to you sneezed or coughed a few times, but then how things have changed now. One sneeze even a few meters away immediately makes one worried as all in the vicinity take evasive action as if some bomb has been dropped. People who would always meet with a smile and handshake have now been careful and even somewhat suspicious about the other. One never cared to even tidy a sofa cushion after the guests left now is particular to sanitize not just the living room but right even the entrance and other items too !!!

The season of monsoon previously used to accompany cough and fever, which simply was taken as flu and nobody would even bother to check with a doctor for a couple of days as it would vanish during that period with home remedies and a few tablets for fever. But since the beginning of this year everyone gets a jitter if someone in the neighborhood is down with fever or even flu like symptoms.

It's good to be careful but not to the extent of madness. All cough and fever even during this pandemic atmosphere isn't Covid and getting too anxious will actually put the person severely under mental stress which may end up aggravating the problem. One has to maintain a balance between casual pre Covid approach and overcautious one during these times. Keep a tab on the flu like symptoms that one may have especially during this rainy season (for flu and flu like symptoms are common during this period) and take necessary steps as and when required. One doesn't rush for an operation if there is slight pain or problem in any part of the body. So don't crowd the hospitals on the first sneeze you get. Many more serious patients may be denied much needed hospital facilities due to lack of it, or should we say wrong use of it. If you don't need it leave the hospital facilities for those who really require.

Let's be careful and responsible, but please don't panic and create an atmosphere of fear.

Don't forget to keep these simple practices in your daily affairs

Use a Mask when outside, maintain physical distancing and keep washing your hands as frequently as you can.

These times too will pass soon !!!



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We started this topic and have moved now from acceptance and commitment and in the past two articles, I have mentioned how to go about it.

Good mental health has many characteristics and here is the third article on how to build those characteristics.

Once you are on the path to building that mental health, the next step is to be open to learning new methods and ways to keep that mental health intact and healthy.

The steps to being open to learning would be following:

Start by looking for things to do which make you feel good and also increase the feeling of being worthy. Many people go through tough emotional feelings because they feel they are not doing what they want to do and often are feeling helpless and frustrated because of the home

environment or their responsibilities. Let me share that human brain has tremendous abilities to do multiple things in a day and if one is able to schedule their day constructively, they can do what they like and also be able to fulfil their responsibilities. So for example a woman who is feeling very stressed out because she is not able to do what she wants, there are constraints from the family on not socializing, she is very gregarious, but her family is not supportive of that, she is outgoing, but is not allowed, she just has to work and come home and take care of her children and family. In such a case, she is having physical and mental ailment and is actually sitting on a time bomb of exploding any day. This person was not going to run away from this environment to the mountains to find peace, she had to find it in the given restraints itself. Her smart move was to learn, to nip it in the bud and save her mental health. She took help and I guided her to

1. First make a list of things she likes to do. She wrote down the most she wants is to get appreciated for her baking.

2. Next was to

write down her schedule and find a time slot. She found that as she was an early riser she could bake in the morning before going to office.

3. To go online and learn the skill and fine tune it, she found a good online class which she attended while travelling.

4. To share with people in her office by making small gifts. She baked and gifted small quantities well packaged to friends and colleagues.

5. Take feedback and make a file of it. She got amazing feedback and people started asking her if she would sell. She felt very good and worthy. Her mind was occupied, her face was beaming and now she was ready to take the next step which was taking out time for learning yoga and meditation.

We may find what we like and feel good regarding the appreciation, but mental health also needs preserving constantly and learning to relax, if it does not come automatically is another important part. So keeping the mind calm and the body strong is the mantra. Ensure that while you are learning what you like, it is also very essential to learn to keep that mind strong and healthy.

Another step to keep the mind open to learning is use technology to keep updated and learn new things. Today the world is open to us and a medium like Youtube is so powerful and full of options. Being open to learning not just gives us many insights but also helps us become flexible and get rid of our rigid thoughts and behavior.

Learning need not stop, but if you are learning a skill then keep one at a time and do not go for too many simultaneously. Give time to practice and reach to good level. Perfection is good, but not to get too obsessive about perfection. Keep that mind open to learn many things and apply in your day to day life and also help others.

Learning and sharing is another way to make your learning more concrete. When you share or teach others, more avenues open up for learning further and going to the next level.

Remember all living beings have growth and evolving in the DNA, problems happen only when we go against the natural instincts.

**So the mantra is BE OPEN TO LEARNING
Do share your experiences with me.**

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HEALTHY MIND LEADS TO HEALTHY BODY



Sahrish Akhtar

Mental health and physical health have a lot in common. Both benefit from basic and regular maintenance. Nutrition and exercise are the basic maintenance for both a healthy mind and a healthy body.

While diet and exercise are often thought of as tools of physical health, research has shown that these factors have an impact on how we feel and how well we function mentally and emotionally, as well as physically. Many of the symptoms associated with deterioration in mental health – including fatigue, lack of energy, poor concentration, anxiety and poor body image – benefit from exercise and a healthy diet.

Diet and exercise are also crucial to the prevention and management of many chronic diseases, such as diabetes, obesity, and cardiovascular disease, among many others. Maintaining physical health can help avoid not only physical illness, but it can also support resiliency in your mental health. Conversely, poor physical health can lead to increased vulnerability for mental illnesses, such as depression.

DIET AND NUTRITION

It makes sense that a nutritious diet helps keep you healthy both physically and mentally. Good nutrition helps the body maintain a healthy weight, manage stress, and fuels the physical activity that is part of a healthy lifestyle. The brain, like any other organ, needs the right nutrients to function well. And many brain functions – from regulating hormones to falling asleep to concentrating



– can affect mood.

All activities of the brain, those you are aware of and those you aren't, involve a series of chemical processes and impulses. The raw materials for those neurological processes come from nutrients: proteins, complex carbohydrates, the right fats, and vitamins and minerals are all required to keep the brain healthy. Certain mental illnesses can impact nutrition. For example, it is not uncommon for people who are depressed to notice changes in how much they eat – either eating significantly more or less. Others may notice an increase in craving certain foods high in sugar or simple carbohydrates. These foods might make you feel better when you first eat

them, but can actually exacerbate your depression because they lead to a “sugar crash.” Certain medications used to treat mental illness can affect your diet, causing weight gain or nausea. The relationship between mental health and diet is complex – they are both impacted by and impact each other.

FITNESS AND EXERCISE

All the physical aspects of exercise that benefit the body (such

as increased circulation, improved metabolism, and the body's ability to use oxygen more efficiently) also benefit the brain and all of the neurological functions it performs.

Exercise is an effective tool for managing stress, as well as symptoms that stem from stress including worry, irritability and sleep problems. Studies have shown that aerobic exercise can help alleviate anxiety, and there is a wealth of research pointing to the close link between exercise and mood. In fact, one of the most important lifestyle modifications that people at risk for depression can make is to exercise regularly.

SLEEP

The benefits of a good night's sleep include being alert and

Contd. to page 8

NUTS & SEEDS IN DIET



Bhavani Swaminathan
Mob. 7021648382

Nutritionist & Founder of AAKANKSHA:

Desire For Wellness.

4 0-50% of our diet should consist of raw food. These raw food can be fresh fruits, vegetables, dry fruits. We all include some amount of fruits and vegetables in our diet but nuts and seeds are rarely included. Dry fruits are usually taken with some dessert preparations. All the dry fruits are rich in micro nutrients and we get natural oils as well. Flax-seeds are rich

in omega 3 fatty acids. Almonds are richest source of vitamin E and so on. Following are some of the nuts which you can include in your daily diet.

Apricots: Apricots are rich in sodium, calcium, magnesium, Sulphur and Iron. Constipation problem will be resolved if taken in

large quantities (8-12 nos). Apricots also help anemic patients as they are rich in iron and calcium. For easy chewing and assimilation, apricots must be soaked overnight. The water in which they are soaked is rich in nutrients and hence must be drunk.

Dates: Dates give power to stomach and has the power to cure many diseases. They are helpful for cough and cold, general debility, nerves issues. Dates combined with milk for breakfast is very beneficial for people suffering from anemia. This is the best tonic for those



who do not have stamina. As dates are alkaline in nature it is regarded as health food and strengthens blood.

Raisins: Raisins contain vitamins like thiamine and niacin. They are excellent natural laxative. Raisins boiled in milk can be given to people suf-

fering from chronic constipation. This has to be taken before going to bed to get maximum benefit. Anyone who is weak, old or suffering from debility or disease in which the body slows wastes away should eat raisins.

Almonds: Almonds are heavy and oily in nature. Almonds are superior nut and a favourite of most people. They are delicious, nutritious and vitalizing. Almonds contain best quality protein and fat. The presence of thiamine (vitamin B1) in almonds makes them a nerve tonic and brain food as well. That is the reason why our

ancestors say to have almonds to increase memory power. Proteins found in almonds are of best quality and are easily assimilated and digested. However their skins are difficult to digest. Ayurveda recommends blanching almonds before using.

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A GUIDE TO MANAGING YOUR ORAL HEALTH DURING COLD AND FLU SEASON



Dr. Ruhina Khan (BDS)
Abu Dhabi
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Everyone has their own personal regimen when it comes to avoiding the cold and flu bugs common to the rainy/winter season. You may have heard that oral health and overall health are closely linked, so regardless of your preferred method of fighting the flu, you should know that preserving your oral health can actually help you to

reduce your risk of getting cold and flu bugs, or at least help to minimize the impact. If you want to make sure you're practicing optimal oral hygiene as a way to fight the flu this season, here are a few strategies to incorporate into your personal health regimen.

Hydrate, Hydrate, Hydrate your mouth isn't meant to be a dry place. Saliva does a lot to flush away lingering food and bacteria and balance the pH of your mouth, but you have to do your part by

drinking plenty of water to keep your entire body hydrated. If you're diligently drinking the recommended eight glasses a day (and then some), but you still suffer from dry mouth, it's time to speak with your dentist about steps to rectify the situation.

Dry mouth could be caused by any number of factors like heredity, age, or illness that are out of your control. It could also be caused by medications or tobacco use, issues you could potentially address. In the meantime, there are

you imagine.

When your mouth is already fighting infection from the food you eat, you may have a harder time staving off other bacteria and viruses, like flu bugs. Don't forget, many cold and flu medications (liquid cough syrup, cough drops, lozenges etc.) have added sugar that only exacerbates the problem. In other words, consider addressing the sugar in your diet and seeking sugar-free alternatives as a way to promote good oral health and lower risks for catching the flu.



products like hydrating mouthwash specifically formulated to help with dry mouth. Using them could not only keep your mouth healthy, but also fight the flu.

Improve Your Diet! The foods and beverages you consume have a marked impact on your health, for good or for ill. When it comes to both your oral and your overall health, one item you might want to focus on is sugar. This tasty additive is hidden all over the place, and you're likely ingesting a lot more than

Be Diligent with Brushing, flossing, rinse, repeat. Keeping up with good oral hygiene isn't rocket science. Get Rid of That Old Toothbrush If you've already caught whatever cold or flu bug.

There is a connection between your oral and your overall health. When you take necessary steps to maintain oral health, there's a good chance your entire body will benefit. Make sure to see your dentist regularly, as well, for professional check-up, cleaning, and x-rays.

INDEPENDENCE DAY... FLAG HOISTING



Despite heavy rain the previous night and waterlogging around the flag pole the enthusiasm wasn't dampened even slightly. The flag hoisting was done in a simple way with less than usual people attending for obvious reasons (the pandemic issue). Only Tennis and Badminton group members were present.

Flag hosting is done every year

by Navi Mumbai Citizens Welfare Association NMCWA at Mini Seashore Tennis courts Sector 10A Vashi. Following members of NMCWA were present

Joint secretary Mr Narayan Shinde, Committee members Mr Mahesh Singh, Mr BB Sonawane, Mr Ram Kanwar and a few others. Flag hoisting was done by senior member Mr Shetty.

ME AND LOCKDOWN



By Shruti Tamse

If someone would have told me that I would be sitting in my house for 4 months, I would have laughed and made joke of them. But now if someone tells me that I will be staying in my house for the next 4 months I would gladly accept the fact of 'staying at home is better than, going out'.

My papers were over in the month of February, we had got 15 days of holiday, and got our results on 16th of March, 2020. And on 18th our Prime Minister declared a Lockdown. In the beginning I thought it was great, but as slowly and steadily it increased, I started getting a little frustrated. It's not like I hate staying with my mom, but I am not used to staying among 4 walls.

My daily routine was completely energetic like getting up in the morning going to school, coming back from school to home by walk-

ing or by cycle, or let it be going to my dance class. I would usually be out of the house and come back by around 8pm. And now 24/7 staying at home is just getting more and more frustrating.

These days when I get up in the morning the first thing I see are my plants and my phone and then my laptop. After that I eat my food and stay in my room I either sleep or I read or I make notes for my studies.

Before all this my teachers and parents would always tell me to stay away from digital devices but now no matter what everybody says I have no choice but to use my digital devices.

I really wonder, when this all is going to stop.

I really hope that the scientists find the vaccine, because I want to go back to my school. I miss my school, teachers, school bench, fights with my bestie, the beeping of the tech next my class room, and my old routine.



THE SUPER RHIZHOME- GINGER



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

Originally from Asia, **GINGER** (ZINGIBER OFFICINALE) is now cultivated in Africa, India, the West Indies and the USA. It is a tall, slender, perennial, rhizomatous herb with orchid like flowers. Rhizome that is the root of the plant is used medicinally and in cooking. Ginger is known as a universal medicine for versatility and healing properties. It is among the healthiest and most delicious spices. It not just brings a ton of spicy and sweet flavor to any food dish but also is loaded with nutrients and bio active compounds that have powerful benefits for the body and the brain. Dried ginger is used for infusions, extracts, tinctures and in other pharmaceutical products.

Ginger is rich in

aromatic volatile oils. These oils are its medically active constituents, and also give ginger its characteristic aroma and flavour. Ginger has been used for thousands of years for the treatment of numerous ailments such as colds, arthritis, migraines and hypertension. Traditionally used as a pain reliever. Ginger is loaded with antioxidants, compounds that prevent stress and damage to the body's DNA. They help your body fight off chronic diseases like high blood pressure, heart diseases and the diseases of the lungs and promote healthy aging. Ginger oil contains bio active components particularly Gingerol and Zingiberene, both known to be anti-inflammatory. It is therefore helpful for chronic inflammatory conditions such as arthritis. A study found that a combination of ginger, mastic, cinnamon and sesame oil can reduce pain and stiffness in osteoarthritis patients when applied topically. Ginger essential oil is prescribed for external use in a rub for rheumatism

and muscular pain. It is shown to be effective against exercise-induced muscle pain. It does not have an immediate impact, but is effective at reducing the day to day progression of the muscle pain. Ginger can help to sweat out

hence helpful in combatting circulatory problems. The pungent root is known for its ability to settle an upset stomach. It is a great digestive tonic. It can also cure flatulence and diarrhoea. Its antispasmodic effects make

sity lipoproteins (bad cholesterol). It stated that ginger could help to protect against the development of atherosclerosis and heart diseases. Also taking ginger water or ginger tea helps promote weight loss when combined with a healthy diet and proper exercise. Being antioxidant, it is also beneficial for the hair and the skin.

As now known, ginger is replete with multiple medicinal properties and benefits. Here are some ways to use ginger for particular ailments-

- A gargle prepared by mixing rock salt, pepper, and long pepper in some ginger juice used a few times a day helps to acquire a strong appetite and power of digestion.
- A tsp of dry ginger powder with some jaggery taken twice a day works as the best liver tonic.
- A glass of warm water added with ginger juice and honey is one good remedy for hyperacidity.
- Ginger tea made with crushed ginger is helpful in

reducing inflammation and relieve congestion and body ache.

- A few drops of warm ginger juice instilled in the painful ear relieves the pain and clears infected material.
- Ginger mixed with mustard oil applied externally on the chest relieves congestion.
- In arthritic joints, a decoction of dry ginger and castor roots should be taken every morning for lubrication of joints and relief from pain.

Taking a little bit of ginger everyday can support your over all health. It can be consumed in numerous forms including fresh, dried, pickled, preserved, crystallized, candied or ground. To date, no toxic or adverse side effects have been recorded with limited intake of ginger. Overdose of anything can be harmful. Do not consume more than 5gms of ginger in any given form in a day to avoid the harm caused by the overdose. Ginger is rightly among the very few superfoods actually worthy of that term.



a cold. It is an antiseptic expectorant and thus helpful for treating catarrhal coughs. Gingerol in fresh ginger helps lower the risk of various infections. Also reputed to lower fevers. Ginger is a strong circulatory stimulant. It has an anti clotting effect and is a vasodilator

ginger a helpful remedy for period pains and digestive cramps. Ginger is a time honoured nausea fighter. It reduces nausea and vomiting including travel sickness. A study in 2000 showed that an extract of ginger reduced blood cholesterol levels as well as the low den-

Sanpada subway was flooded due to continuous rain.



BLACK COFFEE BENEFITS

By YUSRA KHAN

- It is rich in antioxidants
- It improves your memory
- It is good for liver
- It is good for your liver
- It helps you cleanse your stomach
- It may help prevent the risk of developing cancer .
- It improves cardiovascular health
- Regular intake of black coffee may lead to this effect diminishes with me.
- Black coffee for weight loss

RYAN CHRISTIAN SCHOOL – VASHI

REPORT OF INDEPENDENCE DAY CELEBRATION



“Freedom in the mind Faith in the words, Pride in our souls”. Let’s salute the Nation on Independence Day.”

On the occasion of Independence Day, a tri-colour online activity was conducted for students of our school. Under the guidance of their respective class teachers, this activity was not only aimed at developing fine motor skills but also at making the students aware of their national festivals and evoking a feeling of patriotism in their little hearts. All the students of Gr. I & II

from participated with great enthusiasm.

Kranti Diwas is a day observed to remember the historic ‘Quit India Movement’ initiated by Mahatma Gandhi and the Indian National Congress. The students of Ryan Christian School Vashi, from Upper Primary celebrated this day by making posters to pay tributes to various freedom fighters. The term ‘Krantī’ stands for ‘Revolution’ and ‘Divas’ stands for ‘Day’, a day for a revolution.

RYAN CHRISTIAN SCHOOL – VASHI

REPORT OF FRIENDSHIP DAY

“For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.” - Audrey Hepburn

True friends are like the best assets of our life because they share our sorrow, sooth our pain and make us feel happy. ... Everyone needs friends to share their happiness and sadness. Friendship makes



life more entertaining and it makes you feel loved.”

In order to celebrate this day tiny tots of Ryan Christian School, Vashi celebrated offline activity by making creative bracelets, cards, friendship bands, friendship cups etc., expressing their love, care, affection for their friends.

Students from Mont to Gr. II participated enthusiastically and enjoyed the day.

“WATER” ELIXIR OF LIFE



Dr. Shalini Mukherji
(Master functional trainer, Nutrition consultant and expert, Muscle Rehab Trainer)
Mobile : 9323178637
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Water is essential for survival. You can live without food much longer than you can without water

WATER BOOSTS ENERGY

It enables the body to derive energy from the ingested nutrients and deliver the nutrients to all our cells.

WATER PROMOTES WEIGHT LOSS

It helps you feel fuller, and prevents you from unnecessary snacking.

Many a times, people may think they are hungry, when they are actually thirsty.

Water increases calorie burn by increasing the body’s resting energy expenditure.

Water is necessary to metabolize carbohydrates and fats.

The process of metabolizing fats is called LIPOLYSIS.

The first step of this process is Hydrolysis which occurs when water molecules interact with triglycerides (fats) to create glycerol and fatty acids.

WATER AIDES IN DIGESTION

It prevents constipation and helps to move the digestive process along and through the digestive

tract.

WATER DETOXIFIES THE BODY

It moves the toxins through your system faster and optimizes kidney function.

Water regulates the

WATER INCREASES WORKOUT EFFICIENCY

One of the most important components of any weight loss plan is EXERCISE.

Water helps muscles, connective tissue and joints to move correctly. It also helps our lungs, heart and other organs to work efficiently as they ramp up their activity during exercise.

Being hydrated helps improve your focus and concentration and reduces the risk of cramps, fatigue and dehydration.

How much water



body temperature

WATER HYDRATES THE SKIN

Forget expensive creams and lotions, water is the best defense against aging and wrinkles in the skin.

to consume depends upon your...

Age, activity levels, body size, temperature, humidity, sun exposure and individual health status.

Water is a ZERO calorie drink

The Birds War

Free as birds we became today.
We all knew this would happen someday
Freedom was the one thing
About which everyone thought,
Just at the right time they realised
For it, a war had to be fought.
We respect and remember-
the heros who were sacrificed,
Right now we are living in a nation
about which-they fantasized.
Yes, there were times
when all of them were on the edge;
But it did not matter to them,
Because they took a pledge.
Their bloodshed won't go in vain,
From the lives they sacrificed
they gave us an eternal gain.

**Manya Singh, 15 Yrs, 10th Std,
Amity International School,
NOIDA, GB Nagar , UP**

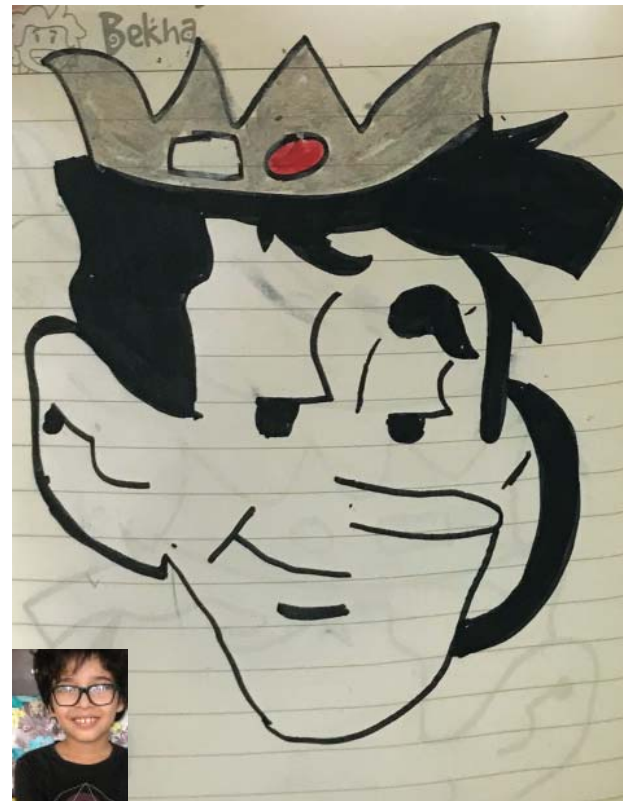
CREATIVE SPACE



Tista Bhatia, Grade 6
Vibgyor High School, Borivali



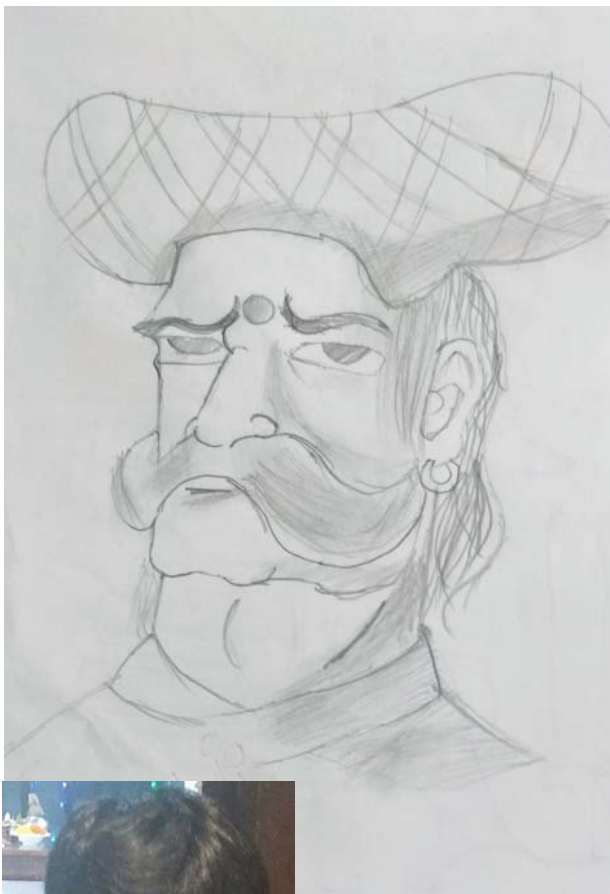
Ain's pic with a Jumbo Sandwich, Kolkata



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



Shruti Tamse Kalash Udyaan Kopar Khairne



Vahin Bhatia, 8 yrs,
Grade 3
Vibgyor High School,
Borivali



Reyansh Krishnan (Made by Wheat flour)
Ryan International School, Gokuldhm,
Goregaon, Mumbai



Rahbar Khan Age 4 yrs & Akbar Khan Age 10 yrs
KALYAN (W)



My Healthy habits during lockdown. Filzah, Sec. 9A, Vashi



Rida Ali, 4 yrs, Fr. Agnel Multipurpose School and Jr. College, Navi Mumbai



Endurance Sports with Anmol Prabhu – Triaddict The Virtual World of Endurance Sports

In the current Lockdown months, we have seen so many aspects of life go virtual, on-line or digital like our professional lives, education, seminars, etc. But out of all these aspects we never imagined that the outdoor endurance sports like cycling and running could be made virtual as well.

This imagination was countered by an event which I participated on 15th August, 2020. It was a 12 hour virtual ride to be done indoors with a lot of other competitors. There were other categories like 6hr /24hr and hats off to all who completed the event. Now one would imagine how is this possible.

If you have read my previous articles

I have spoken about indoor training/indoor riding. This event was just an extension to it. All we needed was to connect ourselves through a Virtual cycling app like Zwift to a common map which



gave us the true road experience with gradients and fellow riders around. The app connects data like power, cadence and heartrate as well. (To know more about the technicalities of the same, please get in touch with me)

It is very important that you have the right equipment like an indoor trainer (please refer to my previous articles to know about this) which connects your cycle and the app to take part in this. All

this just proves the saying that “Where there’s a will, there’s a way”

I personally had a gruelling 12 hour ride to complete around 310 km in this race. Like other endurance cycling events I was

well supported by the crew (my parents, my physio and my friend) with right support like nutrition and motivation. The best part about riding indoors or doing an event indoors also gives you an opportunity to finish a few Netflix seasons. It’s another thing that I don’t remember any of the plots as I was very focused on the race to ensure that my speed and data are on track. You definitely would miss the outdoor experience of riding but I am sure we can adjust a little to the benefits available to us in the indoor experience as well

These events are not only restricted to cycling, but also to other sports like running, thus one can say that the pandemic hasn’t stopped the en-



duration sports world and athletes to challenge themselves and keep training. So what is stopping you?

On a lighter note for all endurance buffs and newbies, do catch up on the World’s toughest Race on Amazon Prime. My Goals are set high. How about yours?

Stay Safe, Train

Well & Keep Smiling!

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

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refreshed, able to concentrate and perform complex physical and mental tasks. It also helps you stay healthy both mentally and physically, and is a key element in managing stress.

Sleep is important for brain function, and is closely linked to neurotransmitters associated with mood, such as serotonin and melatonin.

Not getting enough sleep can take its toll physically, mentally,

emotionally and professionally. It can affect work, family, relationships and both physical and mental health.

STRESS MANAGEMENT

There’s no avoiding stress. Everyone’s life has some pressures and challenges. Sometimes these are exciting and positive things – like getting a promotion or planning a wedding or having a baby. Others are unexpected or sad, such as an illness or job loss or the death of a

loved one. Sometimes stress comes from minor, day-to-day things.

Stress contributes to both physical and mental illness. In the body, stress can cause high blood pressure, upset stomach, aches and pains, and insomnia. It can bring conflict into family life and personal and professional relationships. In the mind, it can lead to anxiety, irritability, and negative emotions. In fact, stress has many symptoms in common with mental illnesses, such as causing sleep

problems, difficulty concentrating, irritability, and appetite changes.

One of the dangers of stress is its connection with unhealthy coping mechanisms. People who are busy and stressed may neglect to eat well. It’s quicker to pick up take-out – or skip a meal altogether – than to do the shopping and prepare something nutritious. Stressed people may be more likely to skip workouts or fitness activities, stay up late to meet deadlines,

and may smoke more, drink more alcohol or use more drugs. It’s unfortunate that the things that stressed people tend to neglect are the very things that help people cope better with stress. A healthy diet, regular exercise and sufficient sleep

help your body and mind manage stress.

Make your own well-being a priority:

- Eat well,
- Stay active,
- Stay happy
- Take good sleep and
- Nurture healthy relationships.

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