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MANDATORY ACCESSORY SHOULD BE KEPT ON

When you are going outside
Physical Distancing and Washing your hands are the other two important things to follow
STAY SAFE STAY HEALTHY



THE MIGHTY MAGNESIUM



Dr. Shalini Mukherji

(Master functional trainer, Nutrition consultant and expert, Muscle Rehab Trainer)
Mobile : 9323178637
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Magnesium is an essential mineral and electrolyte.

ELECTROLYTES have something to do with the way water behaves in our body.

When dissolved in a solution, electrolytes are electrically charged.

They are critical for a bunch of essential functions in our body.

They help maintain fluid balance.

We cannot make

Magnesium in our body. We have to get it from foods or supplements.

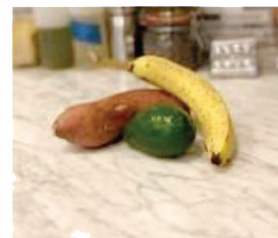
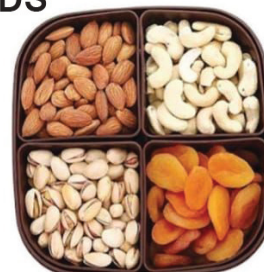
Following foods are a rich source of Magnesium.

Greens, nuts, seeds (especially PUMPKIN SEEDS), dry beans, whole grains, low fat dairy products, soy milk, peanut butter, avocado, potatoes, banana.

Magnesium...

- Regulates nerve and muscle func-

MAGNESIUM RICH FOODS



- tion
- Aids in enzymatic reactions
- Cell membrane function
- Regulation of calcium and potassium
- Aids cardiac and brain function.

Signs of Magnesium deficiency....

- Loss of Appetite
- Irritability
- Headaches
- Vomiting

- Fatigue and weakness
- Muscle cramping
- Irregular sleep
- Digestive problems

Having optimum Magnesium levels in our blood regulates our sleep patterns, enhances memory, im-

proves bone health, maintains optimum blood pressure and blood sugar levels, prevents headaches and muscle cramps.

Fasting depletes the magnesium levels so we need to supplement accordingly.

It is an important supplement for people in active sports and doing regular exercise routines.

Maintaining optimum levels improves your metabolism and keeps your mind and body happy.

PLEASE NOTE:

Vol. 3, Issue 11 (August 1 - 31, 2020),
Vol. 3, Issue - 12 (September 1-30, 2020) and
Vol. 4, Issue - 1 (October 1-31, 2020) Print Edition was not printed due to the pandemic and its related problems, the inconvenience caused is regretted. You can see the same digitally on our website: www.datewithhealth.com

- Editor

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

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 !!!!





Editorial

NEED TO STRENGTHEN IMMUNITY ... MAINTAIN PROPER BALANCE !!!!

For the past six months people have been not just very conscious of their health and fitness but also about developing a strong immunity. One doesn't know what methods European countries and America adopted to strengthen their immune system, but here in India it was a series of Desi formulas that dominated. From Chawanprash (with different ingredients) to milk and turmeric to Ayurvedic and Unani kadas, each one was loading themselves with almost all that was available. At times the body must be confused as to what exactly the owner wanted to achieve :-)

Over indulgence with goodness also is bad for people and so was the case with the mad rush to strengthen immunity to fight Covid. Though it was supposed to be the best defence but overdoing it actually made many end up harming themselves than strengthening their immune system. People who over did these desi recipes of immunity booster actually ended up with mouth ulser, damaging their intestines and other internal organs. The fear of Corona gripped people so badly that none wanted to leave any stone unturned. Kadas, milk-turmeric combo ginger, garlic and what not became a daily routine that too several times a day. This routine started to harm the internal parts, the least serious being mouth ulsers. People who didn't want to visit a clinic ultimately ended up visiting for these ailments.

The conclusion one can draw from this immune boosting frenzy is that one needs to keep a balance between various options available to strengthen oneself internally. If Chawanprash and kadas are important so is physical exercises, relaxation and when unlock phase started, going out to the nearby garden maintaining full Covid protocol.

Children should be allowed to play in the ground, indulge in tree plantations, play outdoor with pets. All these activities also are strong immunity booster and makes one feel at peace. A peaceful mind also boosts immunity though it may not be immediately felt the way one may feel after having a tea spoon of Chawanprash or a glass of hot milk with turmeric.

Times have changed in these last six months. Previously kids would go out to school and play indoors on the computer or their parents mobile. Today schools have gone online and children spend their study time on mobiles and computer. One has to push them away for some creative activity and playing. Now with each unlock phase people are allowed to go out though with maintaining Covid protocol. Let's encourage kids to go out and play in the open, dirty their clothes and hands. Run around like free birds. This is the best way to boost their mental immunity and make them feel stress free. Well, teach them to use a Mask when outside, maintain physical distancing while playing and most important wash their hands (if water and soap are not available use a sanitizer) as soon as they have finished playing. When home they should take a thorough shower and a glass of hot milk after that, may be with a quarter tea spoon of turmeric added to it for relaxing and healing the body and muscles.

Strengthening immunity shouldn't be left just to eating immunity boosting things but to maintain a proper balance between food, exercise and indulging in creative and stress relieving activities too.



SALMA PRABHU

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

In my last column, I wrote about the habit formation and how to go about creating a new habit which we want so much in our daily routine. I am sure the steps have helped you begin many good habits which are serving you, and you are on your way to making them a part of your daily routine and life.

In this column I would like to continue on the same lines and also make you aware that a habit must serve the purpose and at the same time not become an obsession. For example if waking up at 5 is a good habit, one must also not become so obsessed that in case one day in a month or so, if the schedule changes, it creates a havoc in your life and the lives of your family members. If you become irritated and angry that due to some reason that will not be possible and you keep fretting and fuming over everyone for spoiling your routine then it will be called that you are obsessed with it and later in life it may turn into OCD, Obsessive Compulsive Disorder.

Therefore to have great mental health, another characteristic which is very important is to be FLEXIBLE. When I say flexible it means, sometimes if situation demands, then one can adjust and not get upset about it.

In the last couple of months, I got many cases in the age group of 5 to 50 plus of individuals suffering from OCD. Let me elaborate on the terminology with an example. Let us say, you have had a long day and you decide to retire for the night, when suddenly you realize that you may have left the front door unlocked. You become anxious and go check if it is locked. Once you've ensured that it's locked, you relax and return to bed. This regular habit of locking the door and checking that it is done is good for you as it ensures that you're alert about your environment.

However sometimes, however, these thoughts can be recurring and intrusive. You may go check the door and ensure that it's locked but when you return to bed, you start to worry about it again. You go check the door again and return to bed but your worry still remains. These recurring thoughts, which make you feel anxious all the time and affect your daily life in the process, are known as obsessions.

Obsessions can vary; some people are obsessed with cleanliness and may worry that their hands are germ-infested even if they washed them less than a minute ago. Some keep counting all the time and hoarding things, while others may be obsessed with their desks being in the same order and throw a huge tantrum if anyone touches their things or keeps it in some other position.

People with OCD experience severe anxiety and distress. To relieve this anxiety, they perform some repetitive acts known as compulsions.

Compulsions offer temporary relief to people suffering from OCD. In severe cases, the urge to perform such actions repeatedly can severely hamper a person's daily life activities. When this cyclical occurrence of obsessions followed by the compulsive behavior begins to hamper a person's ability to cope with daily life, it may be a case of OCD.

Therefore, if one notices the above symptoms where habits become obsession then one must start with the practice of being flexible consciously. The steps to do so would be the following

1. Make a list of the activities you do in a day
2. Tick mark the ones that give you joy

and the ones that cause stress

3. See if the ones that give you stress are because of the strong habits. Like for example, you like your shoes to be kept in a particular direction, but the maid turns it around and till the time you do not make it right, you are anxious and you also get irritated with her daily.

4. If you have noticed that this gives you a lot of irritation, then consciously try to relax when the feeling comes and tell yourself it is ok if the shoe is turned. It is not the end of the world. If the relaxation works, then you have become managed to control the anxiety and you are on the path to let go. But if the relaxation does not work, then seek help with a counsellor and try talking about your feelings and the counsellor will help you with the behavior modification techniques and relaxation techniques.

5. OCD if not treated can become very severe and one would need then medical attention to go on peacefully with the normal day to day life.

I hope this column helps you to take steps now to identify if your habits are bothering you or serving you.

UNDERSTANDING THE ORGAN CLOCK

In the last issue we had discussed about concepts in acupuncture, diagnosis etc. Now let us understand how the vital force/energy/Qi flows through our body.

24 hour body clock is divided into 12 two-hour intervals of the Qi (vital force) moving through the organ system. Acupuncturists use The Organ Body Clock to help them determine the organ responsible for diseases. For example, if you find yourself waking up between the hours of 3-5am each morning, you may have underlying grief or sadness that is bothering you or you may have a condition in the lung area. If feelings of anger or resentment arise, you may feel them strongest during the time of the Liver which is 1-3am or perhaps if you experience back pain at the end of your working day, you could have pent up emotions of fear, or perhaps even Kidney issues.

The Body-Energy Clock is built upon the concept of the cyclical ebb and flow of energy throughout the body. During a 24-hour period (see diagram that follows) Qi moves in two-hour intervals through the organ systems. During sleep, Qi draws inward to restore the body. This phase is completed between 1 and 3 a.m., when the liver cleanses the blood and performs a myriad of functions that set the stage for Qi moving outward again.

In the 12-hour pe-

riod following the peak functioning of the liver—from 3 a.m. onward—energy cycles to the organs associated with daily activity, digestion and elimination, the lungs, large intestine, stomach/pancreas, heart, small intestine. By mid-afternoon, energy again moves inward to support internal organs associated with restoring and maintaining the system. The purpose is to move fluids and heat, as well as to filter and cleanse—by the pericardium, triple burner (coordinates water functions and temperature), bladder/kidneys and the liver.

THE ORGAN CLOCK

5 am to 7 am is the time of the Large Intestine making it a perfect time to have a bowel movement and remove toxins from the day before. It is also the ideal time to wash your body and comb your hair. It is believed that combing your hair helps to clear out energy from the mind. At this time, emotions of defensiveness or feelings of being stuck could be evoked.

7 - 9 am is the time of the Stomach so it is important to eat the biggest meal of the day here to optimize digestion and absorption. Warm meals that are high in nutrition are best in the morning. Emotions that are likely to be stirred at this time include disgust or despair.

9 - 11 am is the time of the Pancreas and Spleen, where enzymes are released to help digest food and



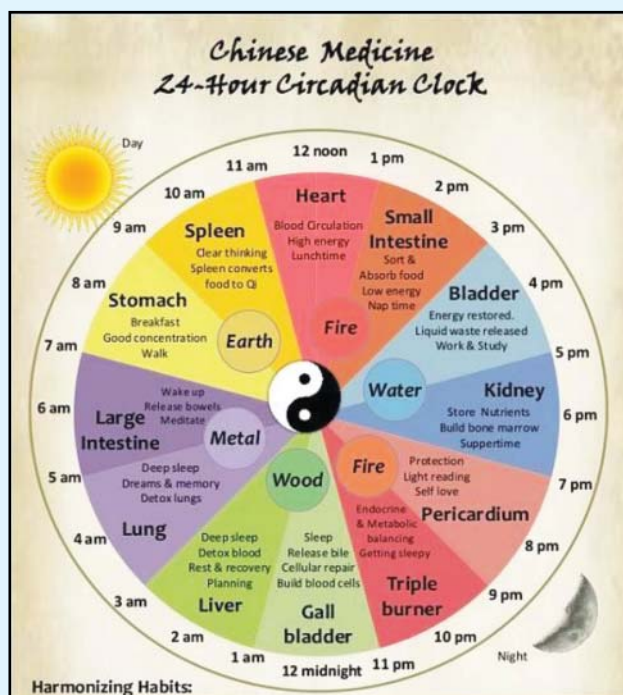
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release energy for the day ahead. This is the ideal time to exercise and work. Do your most taxing tasks of the day at this time. Emotions such as low self-esteem may be felt at this time.

11 am - 1 pm is the time of the Heart which will work to

vulnerable thoughts or feelings of abandonment my subconsciously arise at this time.

3 - 5 pm is the time of the Bladder when metabolic wastes move into the kidney's filtration system. This is the perfect time to study or complete



pump nutrients around the body to help provide you with energy and nutrition. This is also a good time to eat lunch and it is recommended to have a light, cooked meal. Having a one hour nap or a cup of tea is also recommended during this time. Feelings of extreme joy or sadness can also be experienced at this time.

1 - 3 pm is the time of the Small Intestine and is when food eaten earlier will complete its digestion and assimilation. This is also a good time to go about daily tasks or exercise. Sometimes,

brain-challenging work. Another cup of tea is advised as is drinking a lot of water to help aid detoxification processes. Feeling irritated or timid may also occur at this time.

5 - 7 pm is the time of the Kidneys when the blood is filtered and the kidneys work to maintain proper chemical balance. This is the perfect time to have dinner and to activate your circulation either by walking, having a massage or stretching. Subconscious thoughts of fear or terror can also be active at this time.

7-9pm is the time of Circulation when nutrients are carried to the capillaries and to each cell. This is the perfect time to read. Avoid doing mental activities at this time. A difficulty in expressing emotions may also be felt however, this is the perfect time to have sex or conceive.

9 - 11 pm is the time of Triple Heater or endocrine system where the body's homeostasis is adjusted and enzymes are replenished. It is recommended to sleep at this time so the body can conserve energy for the following day. Feelings of paranoia or confusion may also be felt.

11 pm - 1 am is the time of the Gall Bladder and in order to wake feeling energized the body should be at rest. In Chinese medicine, this period of time is when yin energy fades and yang energy begins to grow. Yang energy helps you to keep active during the day and is stored when you are asleep. Subconscious feelings of resentment may appear during this time.

1 - 3 am is the time of the Liver and a time when the body should be asleep. During this time, toxins are released from the body and fresh new blood is made. If you find yourself waking during this time, you could have too much yang energy or problems with your liver or detoxification pathways. This is also the time of anger, frustration and rage.

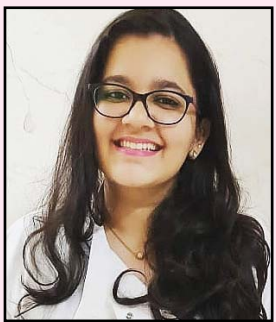
3 - 5 am the time of the Lungs and again,

this is the time where the body should be asleep. If woken at this time, nerve soothing exercises are recommended such as breathing exercises. The body should be kept warm at this time too to help the lungs replenish the body with oxygen. The lungs are also associated with feelings of grief and sadness.

Understanding that every organ has a repair/maintenance schedule to keep on a daily basis offers you the opportunity to learn how to treat yourself for improved health and well-being. It also allows you to identify exactly which organ system or emotion needs strengthening/resolving. Always use your symptoms and body cues as a guide, and if you make a connection above, such as that you get sleepy between 5 - 7 pm, don't hesitate to research what you can do to strengthen that meridian (which would be the Kidneys). A great solution to deficient kidneys is having a sweet potato for breakfast!

Make sure to look at the emotional aspect too. If you're sleepy during kidney time, do you have any fears holding you back from reaching your true potential? Are you afraid of rejection? Failure? Addressing this emotion will strengthen the organ and improve your physical health forever.

In the next issue we look forward to introduce how emotions and these organs are related.



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You may be surprised to learn that hormone surges may make you more vulnerable to gum disease. Here's why: More female hormones (oestrogen and progesterone) cause more blood to flow to your gums, which causes them to become more sensitive and "overreact" to anything that may irritate them. Women are more sensitive to the presence of plaque and bacteria around the gums when the hormone levels are high. This can cause your gums to become inflamed, swell and bleed. If left untreated, ongoing inflammation in the gums can also lead to bone loss around the teeth and eventual tooth loss.

Your hormones are a fact of life, but gum disease not so much. It's actually preventable and reversible in its early stages. So, what's a woman to do? Start by paying extra attention and taking good care of your mouth during these five times in your life.

Puberty

Raging hormones can leave a teenage girl's gums red, swollen and bleeding. Some teenage girls may also find themselves developing

HORMONES AND DENTAL HEALTH: WHAT EVERY WOMAN NEEDS TO KNOW

canker sores, which usually heal on their own.

The best treatment? Prevention: Brush twice a day with a fluoride toothpaste, floss once a day and see your dentist regularly. Removing plaque and bacteria thoroughly every day can reduce the inflammation, discomfort and bleeding.

Your Period

You may not notice any change in your mouth in the days before your period. But if you have swollen gums, bleeding

levels of oestrogen and progesterone in today's birth control prescriptions are too low to cause any issues with your gums.

Still, it's important make sure your health history forms at the dentist are up to date if you are taking birth control. Here's why:

- Your dentist may need to write you a prescription, and some medications can make your birth control less effective.
- If you're having a tooth removed,

good daily habits.

Visiting your dentist during pregnancy is incredibly important — and absolutely safe. In fact, your dentist may recommend more frequent cleanings during your second trimester and early third trimester to help control gingivitis. If you notice any other changes in your mouth during pregnancy, see your dentist.

Menopause

Menopause is a huge change in a woman's life and a woman's mouth, including altered taste, burning sensations in your mouth and increased sensitivity.

Still, there are two critical changes to be aware of: dry mouth and bone loss. Saliva cleanses the teeth and rinses cavity-causing bacteria off your teeth but, when you have dry mouth, your saliva flow decreases and you're more at risk for cavities. What you eat can also make a difference when it comes to dry mouth. Avoid salty, spicy, sticky and sugary foods, as well as and dry foods that are hard to chew. Alcohol, tobacco and caffeine can also make dry mouth worse. To help reduce your risk of bone loss, work with your dentist or physician to make sure you're getting the right amount of calcium and vitamin D, don't smoke and avoid excessive alcohol consumption.

you may be more at risk for a painful complication called dry socket. Women who use oral contraceptives are nearly twice as likely to experience dry socket compared to those who do not.

Pregnancy

During pregnancy, your body is in hormonal hyper drive. Some women find they have developed pregnancy gingivitis — a mild form of gum disease that causes gums to be red, tender and sore. It is most common between the second and eighth months of pregnancy, and you can help keep it under control through



gums, canker sores or swollen salivary glands, hormones may be to blame. These symptoms should subside after your period stops — but if they don't, then the increased bleeding by your gums is signalling something else. Talk to your dentist if you have questions about how your monthly cycle and apparent health of your gums are related.

Using Birth Control Pills

Inflammation may have been a side effect for women taking birth control in the past, but today there's good news for your gums. The

WORLD DIABETES DAY



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

World Diabetes Day is every year on November 14, first created in 1991 by the International Diabetes Foundation and the World Health Organization. Diabetes is a chronic disease where

due to :

1. Inability of the body to produce enough insulin (due to decreased functioning of beta cells in pancreas) or.
2. Inability of the body to use insulin effectively (insulin resistance) or
3. Both 1 and 2

Diabetes can be classified into 3 general categories :

1. Type I diabetes (due to beta cell destruction, usually leading to absolute insulin deficiency)
2. Type II diabetes (due to progressive insulin secretory defect on the background of insulin

Aroma of a Healthy Bowl of Food



the pancreas doesn't produce enough insulin if any at all. It also leads to serious health conditions and, in many ways, can be preventable. That's why we take this day to spread awareness and education. In today's fast moving world diabetes is common lifestyle disease. There has been an exponential rise in diabetes worldwide.

Diabetes mellitus is a persistent, long standing disease where utilization of carbohydrates, fats and proteins by the body is disturbed. This occurs

- resistance)
3. Gestational diabetes mellitus (diabetes diagnosed in the second or third trimester of pregnancy that is not clearly overt diabetes).

Signs and symptoms of Type II diabetes include frequent urination, excessive thirst, excessive hunger, weight loss, extreme fatigue, frequent infections, slow healing of wounds, numbness in hands and feet and blurred vision.

Diabetes can be prevented and delayed

Contd. to page 6

VITAMIN C AND IMMUNITY



Dr Maheen Memon
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Vitamin C is an essential micronutrient and has several roles in maintaining good health. The human body cannot produce or store vitamin C, hence it is necessary to consume sufficient amount of the nutrient through the diet or supplements. Also, Vitamin C is water soluble so must be continuously supplied to the body to maintain its healthy levels. Although the RDA (Recommended Dietary Allowance) of Vitamin C is 75mg for women and 90mg for men, taking 500mg/day is evidently safe and has beneficial effects.

Also known as Ascorbic acid, vitamin C has received a great deal of attention during this on going pandemic for all good reasons. Almost every person, no matter what age has started consuming vitamin C supplements. The immune system depends to a significant extent on the intake of nutrients. Vitamin C is advised to be taken for maintaining apt immunity as it strengthens various parameters of the immune system.

Here's why vitamin C is known to be an immune booster-

- It is a potent antioxidant, prevents the cellular damage caused by unstable free radicals in the body thus decreasing the risk of chronic diseases. Tissues of the organs which are metabolically active such as the brain, liver, kidneys, pancreas and the adrenal gland

contain more vitamin C to prevent the cellular damage. Vitamin C is especially important under the conditions of stress, as stress severely affects the functioning of the adrenal glands. Also helps in keeping the thyroid gland healthy

bone fractures and wounds.

- It helps form blood components like the RBC'S and H A E M O G L O - B I N . It encourages the production of WBC'S that helps protect the body against various infections.
- Vitamin C is es-



and functioning.

- Vitamin C is a major component required to build and maintain bone matrix, cartilage, teeth, capillaries and connective tissues. It keeps the skin healthy by boosting collagen production. Lack of vitamin C delays the healing of

essential for the absorption of iron. The iron especially from the plant based sources is poorly absorbed in the absence of vitamin C. It reduces the risk of iron deficiency.

- It does not actually prevent or treat cold but surely helps shorten the

duration and severity of common cold.

- Vitamin C rich foods and supplements have been known to reduce the blood uric acid levels, lowering the risk of gout.
- It is also studied to have a protective effect on the thinking and memory as you age.

As now known, deficiency of this vitamin may lead to bleeding gums, frequent bruising, delayed healing, anaemia, scurvy and reduced resistance to infections.

Your best bet is to eat a diet that's full of a variety of fruits and vegetables, which naturally provide all the vitamin C a healthy person needs – along with many other nutrients and antioxidants.

Sources of vitamin C are abundant and extend well beyond the ever-popular orange or orange juice.

Many fruits and vegetables supply this vital vitamin. Sources of vitamin C include citrus fruits, tomatoes, potatoes, strawberries, green and red bell peppers, broccoli, Brussels sprouts and kiwifruit and amla among others. You can enjoy these foods raw or cooked, but it's important to note that fruits and vegetables lose vitamin C when heated or stored for long periods of time. To get the most nutrients, eat them as soon as possible after shopping and consider steaming or microwaving vegetables for short periods of time to limit nutrient loss.

For people considering supplements, consuming this vitamin in its safer levels does benefit but the risk of side effects is greater with higher doses of vitamin C supplements. So do check with your Doctor or a Dietitian before you start the intake.



Sahrish Akhtar

The act of performing Hijama (cupping) is a Sunnah of the Prophet Muhammad (Allah's peace be upon him) and it is extensively reported in a wide collection of authentic ahadith. Its practice is strongly recommended and emphasized in a number of narrations. The practice of Hijama

forms an integral part of Islamic Prophetic Medicine.

Hijama was a common practice of the Prophet Muhammad (Allah's peace be upon him) and his companions for the treatment of a range of ailments as well as a form of body maintenance and health promotion. In the Sunnah Hijama was praised by the Prophet (Allah's peace be upon him) and it may be regarded as a safe, non-invasive and economical way of curing and preventing many diseases. Though Chinese use of this method was limited to certain

medical complications like lungs infection, colds, to treat internal organs' disorders, joint pain, etc. the scope of hijama in terms of benefit is much greater in the Sunnah.

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of

deep-tissue massage.

The cups may be made of:

- Glass
- Bamboo
- Earthenware
- Silicone

Types

There are different methods of cupping, including:

- Dry
- Wet

During both types of cupping, your therapist will put a flammable substance such as alcohol, herbs, or paper in a cup and set it on fire. As the fire goes out, he puts the cup upside

down on your skin. As the air inside the cup cools, it creates a vacuum. This causes your skin to rise and redden as your blood vessels expand. The cup is generally left in place for up to 3 minutes.

A more modern version of cupping uses a rubber pump instead of fire to create the vacuum inside the cup. Sometimes therapists use silicone cups, which they can move from place to place on your skin for a massage-like effect.

Wet cupping creates a mild suction by leaving a cup in place for about 3 minutes. The

therapist then removes the cup and uses a small scalpel to make light, tiny cuts on your skin. Next, he or she does a second suction to draw out a small quantity of blood.

You might get 3-5 cups in your first session. Or you might just try one to see how it goes. It's rare to get more than 5-7 cups. Afterward, you may get an antibiotic ointment and bandage to prevent infection. Your skin should look normal again within 10 days.

Side Effects

Cupping is fairly safe, as long as you

Contd. to page 6

CUPPING THERAPY

RYAN CHRISTIAN SCHOOL – VASHI

GLOBAL HANDWASHING DAY



Warm wishes on Global Hand washing Day.... Break the germ cycle. Be responsible for your own health. Never forget to wash your hands to keeps away all the germs and viruses! -- Wishing a very Happy Global Handwashing Day,

The COVID-19 pandemic provides an important reminder that one of the most effective ways to stop the spread of germs and stay healthy is also one of the simplest — handwashing with soap and water. Keeping hands clean can prevent 1 in 3 diarrheal illnesses and 1 in 5 respiratory infections, such as a cold or the flu.

Each year on October 15, Global Handwashing Day highlights the importance of handwashing with soap and water at home, in the community, and around the world.

The 2020 Global Handwashing Day theme is “Hand Hygiene for All.” This year’s theme follows the recent global initiative calling on all of society to scale up hand hygiene, especially through hand-

washing with soap. This year’s theme reminds us that we must work toward universal access and practice of handwashing with soap for now and for a healthy future.

Many germs that can make people sick are spread when we don’t wash our hands with soap and clean, running water. That is why Hand washing day serves as a yearly reminder that handwashing with soap and water is one of the best steps we can take to avoid getting sick and spreading germs to others. To inculcate this habit among the students and to make them aware of present pandemic situation Ryan Christian School Vashi, Section Head Mrs. Sharlet Fernandes conducted this offline activity for the little ones from Mont I to Grade II where in the teachers also imparted their knowledge to the students that handwashing is so important, especially at key times such as after using the bathroom, when preparing food, before eating, and after coughing, sneezing, or blowing your nose.

CUPING THERAPY...

Contd. from page 5

go to a trained health professional. But you could have these side effects in the area where the cups touch your skin:

- Mild discomfort
- Burns
- Bruises
- Skin infection

If the cups and equipment become contaminated with blood and are not sterilized correctly between patients, blood borne diseases such as hepatitis B and C can

be spread. It is noted that hijama promotes the flow of energy in the blood. It removes toxins and other waste material from the blood. It helps hasten recovery time for people recovering from certain diseases. Hijama is known to prevent many diseases and, therefore, can be considered one of the best preventive measures against many diseases. Moreover, in many cultures, hijama is thought to help those who are under some

magic spell or who are under the influence of some evil beings.

Hijama is an excellent way to remove the toxic waste from the blood stream, and the results will obviously be a healthy and properly functioning body. We should never forget that this highly useful and recommended Sunnah of the Prophet SAW helps us in controlling many diseases such as infections, hypertension, circulatory diseases, pains, infertility, cancer, etc.

RYAN CHRISTIAN SCHOOL – VASHI

WORLD HABITAT DAY - 5th OCTOBER 2020

The theme of World Habitat Day 2020 is Housing for All: A better Urban Future.

To make the day remarkable, Tiny tots from Mont I to Gr. II of Ryan Christian School, Vashi celebrated World Habitat Day under



importance of having and providing adequate habitat from a very young age, Section head of Ryan Christian School, Vashi Mrs. Sharlet Fernandes indulged the students in making creative activity such as best out of waste -fish tank, using bottle caps in making fish, poster making etc. Activity conducted was interrelated with the motive of



Habitat for Humanity to build better habitat for everyone.

World habitat Day is Celebrated to encourage the active participation of people in action towards ending homelessness due to poverty and this can be done by creating awareness and recognizing the basic human rights of people to adequate shelter added Ms. Edwin Fernando Principal of the School.

the guidance of our Respected Chairman Sir Dr. A.F. Pinto and Managing Director Madam Grace Pinto.

One of the primary needs of life is having a safe shelter and a healthy environment. To learn the

WORLD DIABETES DAY...

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by following simple lifestyle measures :

- Healthy diet habits
- Increasing moderate-intensity physical activities
- Smoking & alcohol cessation

Lifestyle management are the cornerstones of diabetes management. For patients with Type II diabetes who are overweight and obese, major emphasis should be placed on lowering caloric intake, increasing physical activity and behavior modification to achieve weight loss. There are certain do’s and don’t’s which one needs to follow. Replace your morning cup of tea or coffee with green tea as green tea is unfer-

mented and has high poly phenol which helps in controlled release of blood sugar or you can kick start your day with cinnamon water. Drinking cinnamon water adding ½ tsp cinnamon powder on an empty stomach helps increase the metabolism. For breakfast include milk or curd. You can have daliya adding milk or oats porridge with milk or stuffed roti, dal chilla, besan chilla, oats chilla with dahi, sprouts can be taken along with curd. For lunch and dinner make sure that half your plate contains only vegetables. Vegetables either in the form of salad or steamed vegetables or sauté the veggies. 1/4th of your plate should have protein.

Protein in the form of dal, chholey, rajma, paneer. Rest 1/4th part of your plate should be filled with cereals like roti, daliya, red rice, millets. For evening snacks again make healthier and nutritious options like 1 fruit or a small bowl of fruits. You can even have soups, sprouts, roasted chana, sauté paneer and vegetables.

FOOD TO BE AVOIDED

1. Avoid packaged food
2. Prefer fresh fruits over juices because fresh fruits are the best source of fibres and nutrients as well.
3. Completely avoid food prepared with refined flour.
4. Restrict alcohol intake.

IT WAS WE V/S CORONA AND WE WON!!!



Tina Acharya
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In all my life, whenever I used to be apprehensive of life, feeling low or pessimistic, I have been either chided or encouraged by the people around me – depending upon their own temper & nature – for Being Negative. I would get a very strong and powerful assertion from all of them in those times...

BE POSITIVE
DEAR!!

They would say it... firm & confidently

We all are like that only. We always wanted others to BE POSITIVE...isn't it? However, things have changed upside down, thanks to the global pandemic. Now I really wonder... can we ever say this to someone who is standing on a queue to give his/her swab for the testing??? Can we? Well, the eight lettered word "positive" has become the most frightening one these days.

BEING COVID POSITIVE sounds like a death sentence. The entire atmosphere has become very scary and fearful of this word. In such a scenario, that fateful day I encountered with the Invisible Enemy Outside, THE CORONA VIRUS.

My husband was having fever, not too high though. Initially we felt it could be

just viral. But after 3-4 days as it didn't recede, we decided to go for test. I think that was one of the BEST THINGS we did. However, to our utter dismay both I & hubby tested positive in the rapid test itself, I was asymptomatic though. Then immediately we tested our son. His rapid test was negative. His swab was taken for the RT PCR whose result comes after 48 hrs.

I would lie if I say I wasn't petrified, nervous or scared hearing the report. A chill ran down my spine immediately. It felt like as if the ground slipped under my feet. Testing Positive for Covid itself makes you numb from inside. And then the thundering addition words came from the doctor, "10 Days Mandatory Institutional Quarantine." It is a norm in NAVI MUMBAI. It was no less than a pronounced verdict that sends you to a hell...as we had imagined.

There were two things that I was worrying about.

One...how our son was going to manage without us at home for 10 days in case his RT PCR report comes negative too.

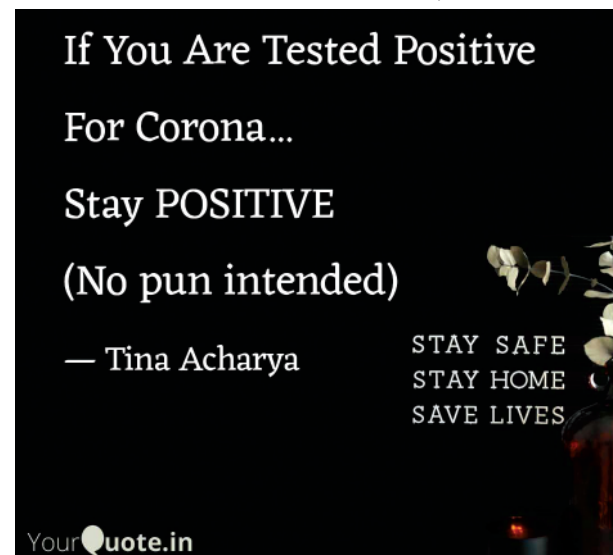
And second, what's going to happen with us. We were totally clueless. We tried for beds at Fortis Hospital, Vashi but no-bed was available.

Finally, we were allotted CIDCO Covid Hospital, Vashi and taken there while our son was asked to stay at home.

First two days were horrible at hospital because we were

not able to accept the reality. Wait, as if it wasn't enough. After two days the RT PCR report of our son came positive too. Gosh!! Let me tell you, I have never hated anything more than this word POSITIVE at that point of time...seriously!! Well, he was also allotted CIDCO Covid Hospital, Vashi.

We desperately tried again to get into Fortis but in vein. That probably taught me the first lesson that no matter how much wealth, affordability or resources you have, it simply doesn't help if things are not available at all. So now



there is no option than to ACCEPT that the next couple of days were to be lived there only.

Thankfully, the hospital is really well equipped, well maintained. The doctors, nurses and housekeeping staffs are humble and supportive. Utmost care is taken for cleanliness and sanitation.

AS MEDICATION

We were given Antibiotic for first five days,

Twice LimC (Vitamin Chewable tablets) and Multivitamin tablets once a day for entire 10days

Our oxygen lev-

els were regularly checked at least 4 times a day. Since husband had developed mild infection in lungs too, he was given HCQ tablets after ECG was done.

Normal food was served to us as per our food habit, veg or non-veg.

We were asked to do gargling & drink Warm water only. That's it.

I would really like to appreciate NMMC and other authorities for being so well prepared with healthcare facilities for this pandemic. I was filled with gratitude for The Doctors, Nurses and

Every journey serves you with some insights...right. Let me tell you what the things that I learnt from this entire episode.

1. Corona AFFECTS EVERYONE EQUALLY, but EVERYONE DOES NOT GET EQUALLY AFFECTED. Because everybody is different and unique so also is their Immune System.

2. After talking to the qualified doctor there, I understood that along with PRECAUTIONS we should also be PREPARED – mentally to be precise- in case we got it in us.

1. **Precautions that help you Play Safe. That includes**

- Wearing Mask Properly.
 - Wash Your Hands or use Sanitiser as consciously as possible.
 - Avoiding going to crowded places and maintain social distancing
 - In case you must go out, make sure when you come back home you change clothes immediately and wash yourselves with warm water
 - Make three times gargling a part of your routine
 - Drink warm water
2. **Preparation helps you if you lost it somewhere.**

As the doctor told me, "It just takes a couple of seconds for the coronavirus to enter your body no matter what precautions you have taken...all through" It just a matter of "Few Seconds"

So it is very important to be better prepared for it.

- First, Be mentally prepared. Getting quarantined, institutionally or at home is certainly not the end of the world

- Second, Look at the brighter side of things. Around 80% people are either asymptomatic or mildly affected/infected by this virus. This is the REALITY no matter what depressing statistics are given by the governments,

- As we know there is no medicine for covid19 so BOOSTING IMMUNITY IS THE KEY to deal with it.

- Make vitamin C a part of your daily intake. People often ignore this even if they know but keeping your body alkaline is not only a necessary way to protect your body from the virus but also it helps neutralize the effect of it in case you get infected.

- Follow everything that works for your body to boost up your immune system. Like turmeric milk, tulsi, amla, kadha...whatever works.

- Take your family doctor's advice, if can take multivitamin tablets or not. It works if it suits you and doctor is the best person to advice.

3. **PLEASE TEST YOURSELF if you have symptoms.**

If you have some symptoms, go and test because it can be lethal if the whole process is

Contd. to page 8



Ismail, Age: 5 years, Shahjahanpur (UP)

IT WAS WE V/S CORONA...

Contd. from page 7

delayed and treatment is started late. Mostly CORONA makes you serious if you DELAY TESTING & identified late. Also, if you don't test even if you have symptoms, then you really become a Potential Spreader risking people around. Moreover, even if one tests positive for the virus, it will pass over within 7 to 10 days at the most...avers Dr Vishwas Pai, ENT surgeon who recovered after being Covid Positive. In fact I have also seen, even 75+yr, 80+ yrs old men/women getting healed and go to their home during my 10 days stay at hospital. EARLY DETECTION is the key.... This is what the doctors told me there no matter whatever condition your health is in.

4. STAY POSITIVE (no pun intended)

No matter how dangerous the word "Positive" sounds these days. it is only 'positivity' that helps a person fight corona virus.

5. BE PRACTICAL but Not FEARFUL.

Although Older people, and those with pre-existing medical conditions (such as high blood pressure, heart problems or diabetes) appear to be more vulnerable and it can make some people very ill but for most people COVID-19 causes only mild illness. More rarely, the disease can be fatal. So why to fear then?

Ever since this virus has come to existence it has successfully gripped the mind with intense fear. Most of the time the fear takes a toll bigger than Corona itself. It seems as if its Reality has become a Shadow Of it...Longer than the Actual Size of it. I feel so.

So Take all CARE but Don't SCARE!!! The Virus is indeed EERIE but not that SCARY what it appears to be. And for me, I am in a state as Louisa May Alcott quotes, "I'm not afraid of storms, for I'm learning how to sail my ship."

Its Okay to be COVID POSITIVE!! BE POSITIVE, YOU ARE GOING TO BE FINE SOON... Trust Me!!!

CREATIVE SPACE



Vahin Bhatia, Age 8 years
Vibgyor High School, Malad East



Tista Bhatia, Age 11 years
Vibgyor High School, Malad East



Tarannum, Age: 9 years
Shahjahanpur (UP)



Rida, Navi Mumbai

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