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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



My Thoughts On 2020



SAMEER BAPAT
York University
4700 Keele Street, Toronto, Ontario, Canada, Lassonde School of Engineering

By all accounts, 2020 has been one of the most tragic, humbling, and tumultuous years in human history. Civilization itself has been crippled by the coronavirus- a miniscule parasite no more than 0.14 microns in length but with enough virulence and reproductive capacity to bring humanity to its knees. Over the past few months,

integral components of our livelihoods have been stolen by this pandemic. Students across the world were denied exciting milestones such as graduation parties and convocation ceremonies, high school graduates are experiencing their first of university by exclusively online means, the challenges of on-line learning have done a number on many students, our social lives have been interrupted, simple activities like grocery shopping are now laden with anxiety, travel is more difficult than ever, and society is experiencing a mental health crisis. Nobody could have conceptualized, let alone predicted, such

massive wrenches being thrust into the complex machinery of 21st century society. My family is fortunate not to have been adversely affected by the pandemic. Of course, the same cannot be said of millions of other families. This situation has but one silver lining. I, like many others, have spent time doing things that I may not have had the chance to otherwise (learning to drive, exercising more often, etc.). However, nothing can make up for what society has lost over the past few months. However, as the adage goes, diamonds form under pressure. Some countries, especially India, have demonstrated

tremendous resilience and strength in the face of this pandemic. Even though India was projected to be one of the worst hit countries, it managed to stay well below the projections even in some of its poorest regions- an absolute victory. These circumstances have presented a learning opportunity. This pandemic will incite radical changes in the way we handle public health crises, and there is bound to be public health renaissance. Most of all, this pandemic has taught us never to take normal life for granted. After this chapter is over, we will cherish normal life more intensely than ever.

FOR A GREENER TOMORROW



Imran Khan, Watering Pomegranate Sapling
Shahjahanpur, Uttar Pradesh

PLEASE NOTE:

Vol. 4, Issue - 2 (November 1-30, 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

BYE BYE 2020

Nobody ever must have thought in their wildest imagination when they wished each other Happy New Year on the midnight of 31st December 2019 that the happiness would last a few months only. Wuhan in China had reported a couple of cases in November 2019 itself but none thought that in a few months it would not be the only place suffering from the deadly Corona Virus. By March this year the world started to feel the terrible impact of the virus as first Europe and then America started reporting deaths in hundreds on a daily basis. Hospital beds fell short for the increasing number of cases, sadly "selecting" people for treatment on priority basis became the only option. No the priority was not on the severity of the cases but who's life mattered more. The aged were thought to be "not so useful" in comparison to the younger ones. Would anyone across the world especially in the developed countries ever imagined this to happen where there are more advanced facilities available to majority of the population. The plight of the developing world was even worst. By the time the world took its first breather and got to some terms with the virus and how to protect oneself from it, almost several lakhs had already been consumed by it.

The world now knows how to stay safe from it, but sadly now many don't seem to pay a heed to it. The use of Mask, Physical Distancing and Hand Washing has now been replaced by casual approach, especially in our country, where festivals and lack of common sense made the cases soar skywards in just a few months.

Let us realise for our own safety and that of our loved ones too, the so called Bad Year is coming to an end but the virus still is active. Our foolish approach may result it to inflict more damage as we become extremely casual on Mask Wearing, Physical Distancing and Hand Washing.

Though the world is on the verge of a successful breakthrough in getting a vaccine but till then let's be careful and God Forbid not repent a few months later, that had we been alert some of the dear ones would still be alive.

STAY SAFE STAY HEALTHY

DON'T FORGET THE THREE GOLDEN RULES

MASK - HAND WASH & PHYSICAL DISTANCING !!!

WISHING 2021 ONWARDS THE WORLD WOULD

BE A MUCH SAFER PLACE

MENTAL HEALTH ESSENTIAL PART 6



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

Having a Purpose

There are two types of people in this world or maybe I can say in this universe. One who wake up each day and have a goal a purpose to live and other who are still in search of their purpose of existence. They live life with a feeling of emptiness and are like radarless ship.

Mindfulness is living in the moment, for the moment, but that need not be confused with the fact that people who practice mindfulness have a purpose to find joy and happiness in everything they do. They live in the moment, but do have a life plan and a goal. Their approach is to move to the goal by enjoying every moment of the journey.

Having a purpose gives meaning to our lives and existence. The purpose may be

as simple as being a herdsman who wakes up in the morning and takes his flock of sheep for grazing. He has a routine, he has a task, he enjoys his journey, he may play a flute along with the herding, or may sing, or may just gaze at the beauty of nature. If he is happy with his work and at the end of the day he sleeps peacefully with a smile that his sheep got good grass and he will get good wool or a good price for the sheep, then he belongs to the first category of people who have a purpose and are happy pursuing it.

Having a purpose is an essential and most important part of having good mental health. When we wake up, we may have time for ourselves and then we start with our purpose, either to attend to family, or go out and work, contribute to self and the society, work for a cause, create or inform, manage or manufacture, etc. we all do something which not just gives us our livelihood, but also gives us joy and happiness and a feeling of being worthy. A feeling of doing justice to being on this earth.

However I come

across many people and especially teenagers who tell me they do not have a purpose. They do not wish to live and they do not know why they are here. This can be a very simple understanding if one pays attention to the inner self

Tips for people who are searching for their purpose.

1. Look for a mentor who will help you to first calm your mind talk and help you learn to listen to self.
2. Make notes of what the inner self is telling you
3. Note down all the things and experiences that make you happy
4. List down how you could do that often.
5. Check if there is a source of income as well in the things you do which make you happy. For example: Being with children makes you happy. Now you could take a course which helps you to be with children, teach and play with them and also earn a living out of it. This I call as a win win situation.
6. If you are already in a profession

which gives you good monetary benefits but not a lot of happiness then do time management and spend weekends on doing things and spending time doing what makes you happy. For example, I know a person who has restaurant business since his forefathers and the business has come to him and his brothers since generations. It fetches good stable income, but it does not excite him. He attends to the business, but also does a lot of marathon, environment conservation work, helping orphanages and social causes in his spare time. He has found a balance and is happy. As he has not one but many purposes. In fact he is one of the happiest person I have met.

7. Do keep checking at your inner feelings as you find yourself and see that the level of peace and calmness is increasing slowly within you.

Wish you all the readers abundance of happiness with your **PURPOSES** in life.

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ACUPUNCTURE, ANXIETY & DEPRESSION

As our broadband speeds up and our phones get smarter, some matters regarding our health get overlooked — especially our mental health. Tablets and smart phones have made it more convenient to be connected, but a large number of people still feel disconnected. Fortunately, the Internet also has allowed people to explore the possibilities of trying complementary therapies such as acupuncture.

Acupuncture is an ancient form of traditional Chinese medicine. It works on the principle of stimulating points in the body to correct imbalances in the flow of energy (Qi) through channels known as meridians. This belief is based on the interaction of the five elements (wood, fire, earth, metal and water) and having profound effects on internal organs, which are either yin or yang.

More recently, acupuncture has been recognized as a legitimate treatment for some conditions and is growing in popularity.

Traditional Chinese medicine also recognizes the mind and body interacting as one, meaning that emotions have a physiological effect on the body. Five emotions are represented by the five elements:

- Water (fear)
- Wood (anger)
- Fire (happiness)
- Earth (worry)
- Metal (grief)

Anxiety

Anxiety is one of the most common mental illnesses worldwide. Many people suffer some form of anxiety occasionally but others cannot manage this natural response to a stressful situation. When a person experiences a highly stressful or threatening scenario, the mind can be overloaded and fail to develop ways of coping.

Although the symptoms can be as manageable as an ominous feeling in the pit of the stomach, some suffer much worse. Anxiety can trigger the following responses:

- physical, such as an irregular heartbeat



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- cognitive, which can cause negative thoughts
- behavioral, which may include uncharacteristic aggression or restlessness emotional, such as fear.

Depending on which of these symptoms are suffered, different anxiety disorders may be diagnosed. These include:

- generalized anxiety disorder (GAD)
- panic disorder
- social anxiety disorder
- post-traumatic stress disorder (PTSD)
- obsessive-compulsive disorder (OCD)

There are a variety of causes of anxiety; all have different treatments. A person's personality, behavior or thinking style can cause them to be more susceptible to anxiety. Research has proven it also can be hereditary. Biochemical factors such as a chemical imbalance in the brain also has been proven to cause anxiety.

Traditional Chinese medicine relates anxiety to an imbalance of the heart and kidney.



Massage (H7) Acupressure Point to relieve nervousness

Fire represents the heart and joy according to the five elements. The diagnosis is that too much heat in the heart will imbalance the interaction with the kidney (represented as water and fear). This will result in the water organ failing to contain the fire organ rising up to the mind, leading to anxiety. Acupuncture on points around the heart, kidney, spleen and ear are used to treat anxiety.

Depression

It is estimated that approximately one in five people will experience clinical depression

at least once in their lifetime. Although it is natural to feel sad and down at times, especially after experiencing loss, these slight effects can be managed with gradual lifestyle adjustments. Clinical depression, however, refers to a long-lasting and intense emotional, physical and cognitive state that greatly affects day-to-day life. Symptoms include:

- Loss of positive associations and sense of achievement (lack of interest in normally pleasurable activities)
- Negative thoughts (often worrying about the future)
- Irritability, agitation and exhaustion
- Changes in sleeping patterns (too much or too little)
- Hopelessness (feeling trapped or suicidal)

The causes of depression are known to be similar to the causes of anxiety. It is traditionally treated with antidepressant medication, psychological methods or a combination of both. Depression is considered to be a problem with circulating Qi around your body, according to traditional Chinese beliefs. The main organ responsible for circulating Qi is recognized as the liver with the heart and spleen playing supporting roles. The most common acupuncture treatment used to increase the flow of Qi is known as The Four Gates. This involves stimulating source points on both



hands between the thumb and index finger and both feet between the big toe and second toe.

Anxiety and depression remain two of the most common mental disorders worldwide. As further research continues, acupuncture and other forms of complementary therapies are gradually being proved to be legitimate treatments for anxiety, depression and other illnesses. Perhaps more important than anything for our health is varying our lifestyles by trying alternative therapies, including exercise, yoga and meditation.



Ranju Satia

RECIPE: CHICKEN PULAV

Time To Cook

- Preparation Time = 10 mins.
- Cooking Time = 30 mins.

Serving:

- 4 Persons

Measures

- 1 Cup = 250 ml.
- 1 Teaspoon = 4 g.
- 1 Tablespoon = 15 g.
- Chicken, with bones – 200g
- Daawat Basmati Rice – 1 cup
- Vegetable Oil – 3 tablespoon
- Kasuri Methi – 1 teaspoon
- Onion, chopped lengthwise – 1 Large
- Garlic Pods, chopped

Contd. to page 4



OPINION

What's your idea of good health and fitness !!!!



The first thing about where fitness starts is food. We should take nutritious food. Food rich in protein, vitamins, minerals, and carbohydrates is very essential. Protein is necessary for body growth. Carbohydrates provide the required energy in performing various tasks. Vitamin and minerals help in building bones and boosting our immune system. However, taking food in an uneven quantity is not good for the body. Taking essential nutrients in an adequate amount is called a balanced diet.

- **Madiha Khan, Student, Shahjahanpur (UP)**



Good health and fitness is all about our mental health. If our mental level is well then our whole body will be good. The things which we are doing, during this pandemic situation is only to calm our mind. Because of the pandemic, social life is affected, specifically for the new generation who are addicted to mobile and fake news. Due to this news and more use of mobile they are not able to give proper rest to their body and mind. One needs to distance oneself from such types of things and change their life style to enjoy fit and healthy life.

- **Mohd Zubair Khan, Food Safety Officer, UAE**



In my humble opinion a good health means living without medicines. One is physically fit if he is able to perform his duties towards profession, family and society the whole day without getting tired. One should spare at least an hour out of his busy schedule for his health and keep himself fit by any means e.g. jogging, walking, gym, yoga, exercise etc.

- **Yogendra Kumar, Retired Professor, AMU Aligarh**



I suggest you can focus on traditional medicinal practices to reduce today's chronic diseases. It's the mother of modern day medicines with more effective treatment and less side effects too.

- **Chetan Sharma, Business, New Delhi**

With 2020 finally coming to an end, what is that one changed habit (due to the pandemic) which you would like to continue in future too

Send your opinion in not more than 50 words to datewithhealth@gmail.com on or before 15th December, alongwith your Name Age and Occupation.

Don't forget to send in your profile pic too

RECIPE.. Contd. from page 3

lengthwise – 2-3 Nos.

- Ginger, chopped lengthwise – 10 gm
- Black Cardamom Pods – 1 No.
- Cinnamon – 1" stick
- Bay Leaves – 2 Nos.
- Black Pepper, coarsely ground – ½ teaspoon
- Jeera – 1 teaspoon
- Clove Pods – 2 to 3 Nos.
- Red Chilli Powder – ½ teaspoon
- Everest Biryani Pulav Masala – 1 tablespoon
- Coriander leaves, chopped – 2 teaspoons
- Salt to taste
- Water – 2 cups

Method

- Soak Daawat Basmati Rice for 20mins. Drain. And keep aside.
- Heat oil in thick bottomed Kadai.

- Add jeera. Sauté till it turns brown.
- Add all whole spices.
- Add onion, garlic and ginger. Sauté till it turns brown.
- Add chicken and sauté for 2-3 mins.
- Add red chilli powder, Everest biryani pulav masala and black pepper.
- Sprinkle little water and cover it for 5-10 mins till half done.
- Add 2 cups water.
- Add salt to taste.
- Add soaked rice when the mixture starts boiling.
- Mix well. Cover with lid. Cook on medium flame till rice is half done and stir occasionally.
- Cook on low flame till rice is fully done and water is absorbed.
- Transfer into serving bowl and garnish with chopped coriander leaves.



Sahrish Akhtar

Dried fruits, which serve as important healthful snacks worldwide, provide a concentrated form of fresh fruits. They are nutritionally equivalent to fresh fruits in smaller serving sizes, ranging from 30 to 43 g depending on the fruit, in current dietary recommendation in different countries. Daily consumption of dried fruits is recommended in order to gain full benefit of essential nutrients, health-promoting phytochemicals, and antioxidants that they contain, together with their desirable taste and aroma. Recently, much interest in the health benefits of dried fruits has led to many in vitro and in vivo (animal and human intervention) studies as well as the identification and quantification of various groups of phytochemicals. This review discusses phytochemical compositions, antioxidant efficacies, and potential health benefits of eight traditional dried fruits such as apples, apricots, dates, figs, peaches, pears, prunes, and raisins, together with dried cranberries. Novel product formulations and future perspectives of dried fruits are also discussed.

Dried fruit has been available for thousands of years in the Medi-

DRY FRUITS & NUTS

terranean and Middle East. Dates are one of the earliest dried fruits that were eaten.

Dried fruit is made by taking the water out of the fruit by sun drying or using a special machine called a dehydrator. Since the water is removed during drying, this also means that the natural sugars in the fruit are concentrated.

You can add some sweetness to your day by enjoying dried fruits. Popular dried fruits include raisins, dates, prunes (dried plums), figs, apricots and peaches. Fruits



such as dried mango, pineapple and berries are also available, but these tend to be dried with added sugar.

Nutritional profile of dried fruit

- One Food Guide serving of dried fruit is ¼ cup (60 mL).
- Dried fruits are as part of the Vegetables and Fruit food group.
- Dried fruits can be a source of antioxidants in the diet. Dried apricots and peaches are also important sources of carotenoids, which your body turns into vitamin A.
- Prunes, raisins and apricots also contain iron.
- Many dried fruits are also a source of fibre. Take a look at how much fibre

there is in ¼ cup of these dried fruits:

Dried Fruit	Fibre (g)
Raisins	2.5
Dried apricots	2.9
Prunes	3.1
Dried figs	3.7
Dates	8.0

Buy dried fruit at it's best

- Buy dried fruit from a bulk food store to save money.
- Buy dried fruits without added sugar. Check the ingredient list to see whether or not sugar has been added.

Tips for storing dried fruit

- Store dried fruits in an airtight container to keep them fresh.
- Dried fruit can be stored tightly wrapped at room temperature for several months. Store in a cool, dry place like a cupboard.

For prolonged storage (up to a year), they should be refrigerated in a tightly sealed plastic bag.

5 Things to Do with Dried Fruit

Raisins

- Bake apples with raisins and walnuts.
- Make homemade trail mix with raisins, high fibre cereal and unsalted almonds.
- Sprinkle raisins onto a salad.
- Add as a topping to oatmeal.

Dried Apricot

- Top high fibre cereal with dried apricots and almonds.
- Layer a yogurt parfait with chopped dried apricots.
- Add dried apricots to stews.

Prunes

- Toss chopped prunes into a stir-fry dish.

Contd. to page 6

THE OMEGA 3 ADVANTAGE !!



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

When it comes to fat, there's one type you don't want to cut back on- **OMEGA 3 FATTY ACIDS**. Omega 3 fatty acids are type of polyunsaturated fat known as essential fatty acids because they are essential for human health but the body can't make them itself. Like the other nutrients we must get them from food.

The three types of Omega 3 acids are Alpha linolenic acid (ALA), Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA). ALA is found mainly in plant oils such as flaxseed, soybean and canola oils. DHA and EPA are in fish and other seafoods. We have been shown commercial ads of oils and other products being fortified with Omega 3. Ever wondered why....?

Evidently, Omega 3 acids have an amazing power to keep the body free of heart diseases, and that's only the beginning. Medical experts have identified a raft of other potential therapeutic benefits. If u consume enough of these nutrients, it may stave off common illness including arthritis, depression, asthma, psoriasis, PMS,

HOW THEY WORK

Like all fats, Omega 3's make food satisfying and help you feel full sooner, so you're less likely to overeat. But they do much more. In fact, they have a whole host of important roles in the body.

- Important component of the membranes that surround each cell in our body. DHA levels are especially high in retina, brain and sperm cells.

- They are precursors to chemical substances that affect everything from heart rate to blood count to constriction and dialation of blood vessels.

- They work in oxygen transport from RBC's to blood tissues, lowering blood pressure and triglyceride levels.

- Regulate the release and effect of inflammatory chemicals that might otherwise contribute to allergies, Rheumatoid arthritis and other conditions.

OMEGA 3 SUPER SOURCES

You can find these fatty acids in a variety of foods including fish and other sea foods, spinach, mustard greens, wheat germ, flaxseed and its oil, canola oil, chia seeds, walnuts, and pumpkin seeds. Other plant sources are kidney beans, navy beans, soybeans and its products like tofu. Some food stuffs are fortified with Omega 3 such as certain brands of eggs, yoghurt, juices, milk, soy beverages, oils and infant formulas.

Unlike other vitamins and minerals, there is no daily recommended intake of Omega 3. Most experts recommend eating fish two to three times a week for general health benefits, though you may need to get more Omega 3 (perhaps through supplements) if u have a health condition.

A BOUNTY OF BENEFITS

Omega 3 plays a critical role in wide range of bodily functions and intercellular mechanisms. Their affects are both powerful and far reaching. These good fats yield benefits throughout the body and mind.



Here are some common health conditions Omega 3 may help prevent or treat.

HEART DISEASES

A diet rich in Omega 3 fatty acids can significantly reduce the risk of heart attack and stroke. Also has been known that Omega 3 can reduce the risk of fatal arrhythmia- abnormal heart rhythms, here's how..

- they lower blood pressure by inhibiting the production of substances that cause blood vessels to nar-

row.

- reduce levels of triglycerides and inflammation in arteries and also appear to strengthen hearts pumping rhythm.

- decreases the growth of artery narrowing plaque.

- keeps the blood platelets from clumping together.

ARTHRITIS

People with rheumatoid arthritis can experience a noticeable reduction in swelling, pain and redness of the joints by adding Omega3 acids in their diet. They inhibit the effects of inflammatory chemicals and thereby reduce the symptoms associated

with RA.

SKIN CONDITIONS

Most of us take care of our skin from outside, smearing creams, lotions and moisturizers. That's good for everyday bouts of dry skin, but doesn't help with the skin damage on the cellular levels. Omega 3 helps with inflamed patches of psoriasis and itchy scaly eczema. It naturally manages oil production and hydration of the skin. Prevents the appearance of little red bumps com-

monly seen on the upper arms. Reduces premature skin aging and the risk of acne. Helps keep skin soft, supple, moist and wrinkle free.

MENTAL HEALTH

It's no secret that depression and attention deficit hyperactivity disorder (ADHD) are on the rise in the country. Low Omega 3 levels have been reported in people with psychiatric disorders and are linked with higher rates of postpartum depression. Studies suggest that Omega 3 supplements can reduce frequency of mood swings and relapses in people with both schizophrenia and bipolar disorder. Also is known to help with age related mental decline and Alzheimer's disease. Though more research is needed to understand the mechanism by which Omega 3 helps regulate mental health; experts suspect it to help by enhancing the ability of the brain cell receptors to understand mood related signals from other nerve cells in the brain.

ALLERGIES AND ASTHMA

Omega 3 reduces the levels of chemical substances that are to blame, in part, for the increased mucous production, airway constriction and inflammation of asthma. Not surprisingly, the same anti inflammatory properties that make them effective against asthma can fend off runny, stuffy nose of allergies. What's more? Omega 3 helps maintain the integrity of cell walls

and strong cell membranes help keep out irritants and allergens that can trigger unpleasant inflammatory reactions.

WOMEN'S HEALTH

Omega 3's are one way to prevent or lessen the abdominal cramps, menstrual discomfort and inflammation. Apt consumption of Omega 3 is very essential for a woman during her pregnancy to maintain optimal health and avoid pre and post pregnancy health issues. What's good for mom is good for the baby. Omega 3 are crucial for brain growth and development in infants. It is associated with higher intelligence, better communication and social skills, fewer behavioral problems, decreased risk of developmental delay, decreased risk of ADHD, cerebral palsy and autism.

EYE HEALTH

DHA is a major structural component of the retina of the eye. getting enough Omega 3 is linked to reduced risk of macular degeneration, one of the worlds leading causes of permanent eye damage and blindness.

As now known, Omega 3 is an important nutrient for the overall health of an individual. It's easy to get all the Omega 3's you need to help keep you healthy, soothe your skin and joints, ease allergy symptoms, subdue menstrual cramps, protect your heart and so much more....!!

SLEEP APNOEA AND SNORING



Dr. Ruhina Khan (BDS)
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Sleep apnoea is a common and serious sleeping disorder that happens when your regular breathing is interrupted during sleep. Snoring is common among patients with sleep apnoea but not all snorers have sleep apnoea.

There are two main types of sleep apnoea:

- Obstructive sleep apnoea. The more common form, it is the result of blocked airflow during sleep, usually when the soft tissue at the back of the throat collapses while you sleep. Health factors, such as obesity may contribute.
- Central sleep apnoea. Results from a problem with how the brain signals the breathing muscles. The airway is not blocked, instead the brain fails to signal the muscles to breath. This type of sleep

apnoea can occur with conditions such as heart failure, brain tumors, brain infections, and stroke.

Sleep apnoea can affect any one at any age, although men are more likely to develop the disorder. The risk is also greater for those:

- over 40
- overweight
- with large tonsils, large tongue or small jaw
- with a family history of sleep apnoea
- with a nasal obstruction due to a deviated septum, allergies or sinus problem.

If left untreated, sleep apnoea can result in a number of health problems including:

- high blood pressure
- stroke
- heart failure, irregular heartbeat and heart attack
- diabetes
- depression
- worsening of ADHD.

Sleep apnoea can be treated. There are several options:

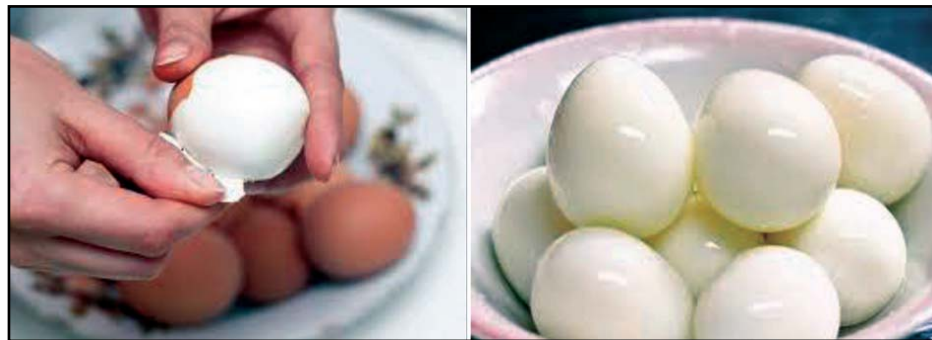
- Adjusting sleeping habits. This may mean simply not sleeping on your back
- Continuous positive air pressure (CPAP). This is a device which im-

proves breathing while you sleep. The device supplies air through the nasal passages and the air pressure keeps the airway open while sleeping.

- Oral appliances. Certain oral devices can shift and support the jaw to prevent the airway from collapsing. Research shows that oral appliances can successfully prevent sleep apnoea in some mild to moderate cases.
- Surgery. Upper airway surgery may be recommended when other treatment options are unsuccessful in eliminating the symptoms of sleep apnoea. Depending on the location and nature of the airway obstruction, the procedure may be minimally invasive or more complex. It may be necessary to remove the tonsils or other parts of the soft palate or throat.

If you think you have sleep apnoea, make sure to speak with your physician or dentist for more information and possible evaluation.

Worried about the egg shells? Here is the solution!!!



Mohd. Zubair Khan
Food Safety Officer (U.A.E)

Winter season has started and the first food item

that comes to mind is Eggs. Eggs are healthy food for consumption especially in winter because of its nutritional value. But some time boiling and peeling the shells of the eggs is time consuming and irritating too, because after boiling of the eggs complete removal of the shells is not easy. So don't worry about the peeling / removal of the

shells because there is an easy technique behind this procedure. Add lemon pieces / vinegar into the boiling water. Lemon is acidic in nature which reacts with the egg shells and makes the shells harder so that it is easy to break the shell and peeling becomes much easier. So don't worry about the peeling of the eggs and enjoy the winter season.

RYAN CHRISTIAN SCHOOL – VASHI

REPORT OF CHILDREN'S DAY



“Behold Children are a heritage from the LORD, offspring a reward from him.– Psalm 127:3.”

The secret of being happy could be best understood and learned through little children. Childhood is an enchanting vista, an endless fun, a joyful classroom, an experience, an era of imagination. Thus, the teachers of Ryan Christian School celebrated virtual Children's Day with their beloved students.

The celebration started with the special Assembly which was conducted by the teachers. The children were thrilled to see their

teachers performing online.

The students were once again elevated by their teacher's whimsical performance. The little ones were thrilled by the puppet show performed by the teachers.

Various competitions, games and activities were conducted by the teachers. A beautiful message of our Respected Chairman Sir Dr. A.F. Pinto was read for the students. Montessori tiny tots were dressed up as chacha Nehru. Section Head Mrs. Sharlet Fernandes appreciated the efforts of students and gave well done cards.

DRY FRUITS... Contd. from page 4

- Add prunes to curried chicken.
- Pureed prunes can also be used to replace half the amount of fat used in baking.

Dried figs

- After dinner, enjoy a serving of fresh fruit and dried figs.
- Add dried figs to a stir-fry dish.
- Layer chopped dried figs onto pear slices. Top with crumbled blue cheese.

Dates

- Add to batters and doughs for quick breads and muffins.
- Sliced dates lengthwise and fill them with peanut, almond or soy butter.
- Cook up rice with green lentils, dates and raisins.
- So, by all means keep eating dried fruits: they are full of healthy nutrients. But avoid the added sugars, and keep track of calories.

CARBOHYDRATES!!!



Dr. Shalini Mukherji
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Carbohydrate is a macronutrient. It is one of the main energy sources of human diet.

There are essentially 3 types of carbohydrates

Complex carbohydrates (Starches)

Simple carbohydrates (Sugars)

Dietary fiber

Complex carbohydrates keep you full longer as they take more time for digestion.

Simple carbohydrates are basically sugars which are easily digested, creating a sudden increase in blood glucose levels, which leads to an insulin spike, which in turn causes a sudden drop of blood glucose, leaving you with a craving for more carbs!!

Dietary fibers are found in complex carbs which help regulate blood cholesterol and aids in fat loss.

Complex carbohydrates help lose your belly fat and give you a flatter tummy.

They are rich in fibre which helps digestion, maintains blood glucose levels and keeps you satiated for long.

If you love carbs and you want to lose a few pounds, you are in for a surprise, if you include the below listed foods in your daily diet.

Apples are high in antioxidant flavonoids

which is a fat burning compound.

Bananas are prebiotics, they help your gut bacteria, rich in potassium, helps reduce water retention, improves muscle recovery and prevents insulin spike.

Barley is rich in soluble fiber, helps control cholesterol, reduces inflammation, stabilizes

Yogurt satisfies your hunger, improves gut health and is a key factor in weight loss. Rich in calcium and conjugated linoleic acids which help reduce body fat.

Oatmeal... rolled or steel cut oats are rich in soluble fiber and protein, helps prevent cravings.



blood glucose levels and increases your satiety.

Black beans and Legumes are rich in antioxidant anthocyanin, a great source of vegetarian protein, helps build muscle, rich in vitamin B, minerals and dietary fiber which aids in fat burn and weight loss.

Quinoa is a protein rich carbohydrate with good fats and vitamin B.

Sweet potato is a good source of soluble fiber, carotenoids, antioxidants, Vitamin C and B6. They give you sustained energy for movement.

Whole wheat roti / bread / pasta... complex carbs high in fibre and essential minerals.

Include good carbohydrates in your daily diet to give you energy, essential nutrients a feeling of wellbeing and fat loss.

2nd MINI SEASHORE TENNIS MATCH was held on 15 November (SUNDAY) at 6AM. at MINI SEASHORE VASHI NAVI MUMBAI



PARTICIPANTS

1. Ram Kanwar
2. Sujeet Kumar
3. Pravin Rao
4. Sanjay Kolge
5. Jitendra Jain
6. Narayan Shinde
7. Rajesh Khadpe
8. Dipendra Patil
9. Alok Sen
10. Pravin Saxena
11. Madhav Patgaonkar
12. Neeraj Sharma
13. Raju Babulal
14. B. Thiyagarajan

The Winners and Runner-up were :

WINNER NO.1
Sujeet Kumar
(19 games)

WINNER NO. 2
B. Thiyagarajan
(16 games,
1 Tiebreaker)

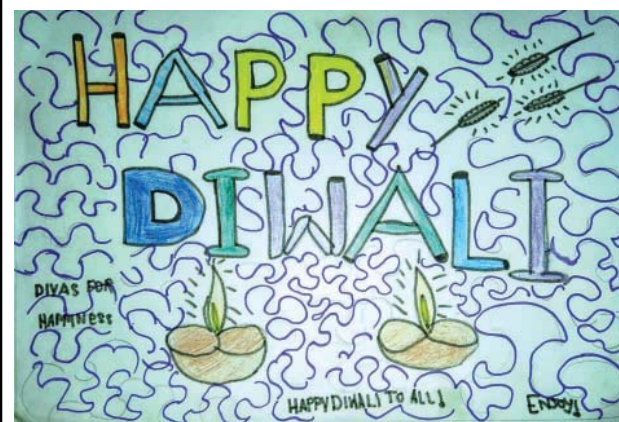
RUNNER UP NO.1
Sanjay Kolge
(16 games)

RUNNER UP NO.2
Alok Sen (15 games)

CREATIVE SPACE



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



Filzah Syed, Vashi



SIDDARTH BHAMRE
Organiser of NMKC
Audax India Club

Given a choice everyone wants to go to their childhood and live happy and carefree life. One thing which most of us connected to in our childhood was cycling. Though we now consider cycling as a sport or one of the means to stay fit, back then it was way of life. As a child we never thought of cycling as a sport or task, it was integral part of us. And then we grew up to move away from it.

Pandemic had devastating impact across the world but one good thing which has brought with it is awareness among all of us about our health and surrounding. More and more people are now taking cycling as a means to keep themselves fit and also to avoid public transport system if distance is not much. And if you are thinking of taking up cycling then Navi Mumbai is blessing for cyclists. Good wide roads, variety of landscape and community, which encourages you to take up cycling.

Pioneer of cycling in Navi Mumbai has been ECC and EVO cycles in their own different ways. ECC has been developing a healthy ecosystem for cyclist across Navi Mumbai and its through ECC I was introduced to some-

thing which changed my way of looking towards life; BRM.

'Randonneuring is long distance Endurance Cycling with



rides of 200, 300, 400, 600 and 1000 kms called Brevets de Randonneurs Mondiaux (BRMs). Audax Club Parisien (ACP) is the international governing body for randonneuring that administers and oversees the conduct of BRMs worldwide.

This style of riding is non-competitive in nature, and self-sufficiency is paramount. Participation in randonneuring events is part of a long tradition that goes back to the beginning of the sport of cycling in France and Italy. Friendly camaraderie and perseverance are the hallmarks of randonneuring.'

Long distance cycling or randonneuring is a great teacher. Firstly, it teaches you that no matter how far is your destination, every small effort of yours will take you closer to it, so never give up and keep working towards your goals. During endurance cycling you will start valuing basic things in life like water, shed to take rest, value of food and above all importance of having someone along with you in your journey. Through endurance cycling I have learnt that it takes very

little to be happy in life and cycling is not just a sport but its one of the best forms of meditation as it gives you ample of time with

yourself. Cycling sets you free and fitness is just a by-product of it.

Audax India has clubs in many cities and these clubs conduct cycling events (BRMs) in respective cities. Navi Mumbai Kalyan Cyclists (NMKC) is the Audax club for Navi Mumbai and Kalyan region. To promote cycling Audax India has also start 100

km and 150 km cycling events which are called Brevet Populaire. We at NMKC have been conducting 100, 200, 300 km events



and come 2021 we will be conducting 400 and 600 kms events as well. Our recent event of 100 and 200 kms held of 08th Nov got great response. For 100 kms our route was

Vashi-Khalapur-Vashi and for 200 kms it was Vashi-Talegaon-Vashi. Our forthcoming event is on 13th Dec 2020 in which riders can opt

for 100 kms or 300 kms ride. This time our route for 100 km is Belapur-Khopoli-Belapur and for 300 kms it is Belapur-Katraj-Belapur.

If you are a be-

ginner then don't get scared by seeing the distance in 3 digits. Cycling as a sport is less strenuous compared to running. Yes, these distances take good amount of time but they are achievable. For completing 100 kms of ride you have 7 and half hours, which is more than substantial to finish for a beginner. Today Navi Mumbai has many ultra-cyclists and few of them like Kabir Rachure are making us proud at international level as well. Cycling as a sport, as a hobby is picking up for various reasons and we at NMKC would love to make this sport more successful by playing our part by conducting BRMs and give riders a taste of endurance cycling.

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F-7/B-4, 2nd floor, Rainbow Apt, Above Sanjay Lunch Home,
Near Trimurti Restaurant, Sector-10, Vashi