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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 YEAR HAS CHANGED BUT YOUR GOOD HABITS SHOULDN'T !!!

REMEMBER THE 3 OF THEM DAILY MASK, PHYSICAL DISTANCING & HAND WASH

WISHING HAPPINESS, GOOD HEALTH & PEACE THIS NEW YEAR TO ALL

HAPPY NEW YEAR 2021

SOME GOOD AND BAD OF 2020



MAISHA SYED

Std. IX, Navi Mumbai

The year 2020 has finally come to an end. So why don't we just recall the whole year. The year 2020 was like a rollercoaster ride and had its ups and downs, and you can't say that it was a very bad year even though we are in an ongoing pandemic, 2020 also had its good sides, it was not all that bad. I am going to tell you all about the good and bad things that happened in 2020 and what we learned from it.

First and foremost I want to mention the Australian bushfire which was from 2019-2020. It affected mil-

lions and it was also reported that the bushfire claimed the lives of 3 billion animals. The bushfire eventually ended in March of 2020.

Then we got to know about the corona virus, as the virus was spreading very fast among countries. The covid -19 virus was first reported in Wuhan, China in 2019. The virus in India was reported in March and after that it was widely spread in all States. The death rate was rising rapidly and everyone thinking twice before even stepping out of their homes. There were very less spaces in hospital for people. All the schools, colleges, offices closed due to the virus. The trial of the vaccine has started all over the world. Now there is news about the vaccine that the last trial

they did the vaccine was 94% effective so we are pretty much succeeding in bringing our normal lives back. From March 2020 till the end of 2020 millions lost their jobs due to the pandemic, as industries after industries when in lockdown mode. Things are getting better but it will take a long time for many to return back to their normal life both on domestic and financial front.

Bloodbath at the stock markets

The corona virus pandemic had pummeled the stock markets around the world. In India, Sensex which was ruling at 40,000 before corona virus pandemic had lost over 10,000 to just fall over 30,000. Market capitalization of billions of dollars wiped out.

The best thing we learned this year was

hygiene the corona virus is a very infectious disease and we can avoid it by washing our hands properly and applying hand sanitizer and wearing a mask at all times, and if a situation like this hits again we will be ready with a good amount of beds in hospital and a better system in hospitals. With this year everyone staying home we spent quality time with our families. One more thing that we should always speak up to is get justice in a peaceful manner. Stay home, Stay safe, wash your hands and wear a mask when going out. Wishing and hoping that the New Year brings Joy Peace and Happiness in abundance, making up for all that was lost or missed in 2020.

HAPPY AND JOYOUS 2021 TO ALL!!! GOD BLESS US ALL...

FOR A GREENER TOMORROW



Shaista Sayyad
Seven Bungalows, Andheri West

PLEASE NOTE:

Vol. 4, Issue - 3 (December 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

2021 YEAR OF HOPE !!!!

If the year gone by was one of pain and despair, this one may be one of Hope and Repair. There is hope of the vaccine coming soon which has shown very encouraging results. There is a very high hope also of it being available to the common man may be in a couple of months in the New Year. There is also high hope that the vaccine will be perfectly okay and there won't be any side effects or problem. HOPE of a fine and healthy year is what everyone is expecting in 2021.

There are certain things that the year gone by can be carried forward. The "Best" thing about this worst year was, the clean atmosphere. One experienced less pollution as roads were empty of vehicles. No industrial pollution as factories were shut during lockdown. The irony was that when the air outside was the cleanest none were allowed to step out. This is one thing we need to follow when the world gets back to normal. We should contribute more vigorously towards reducing pollution by using more public transport, cab sharing, pooling and using more of eco-friendly modes like bicycles for short distance work.

The other thing worth carrying forward in the New Year would be maintaining physical distancing. Using of Masks, even if not mandatory after the virus is gone or the vaccine made, should be a good option while going to public places. People with the slightest of symptoms shouldn't step out without a Mask, not just for the fear of Corona but as a responsible and hygiene conscious citizen.

The year gone by has been a very strict teacher, now it's upto us to remember all the lessons it has taught.

Hope 2021 brings more joy and happiness in the lives of everyone and all that was lost due to the pandemic gets compensated adequately.

**WISHING ALL PEACE HAPPINESS
AND GOOD HEALTH AND
A VERY HAPPY NEW YEAR !!!!**

Don't forget the good habits learnt last year.

**MASK PHYSICAL DISTANCING
AND HAND WASH !!!!**

MENTAL HEALTH ESSENTIAL PART 7 – SHARING WITH THE WORLD



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Mom Dad U R Wonderful
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This is my 12th article for this newspaper and I am grateful that I have this opportunity to reach across to readers who read and then further share it with others. What keeps me going every month to promptly send my articles is the inner desire to share with the world the knowledge that I have acquired across more than four decades of my life.

So once we find a purpose in life, it is very essential to keep learning to always keep improvising in what we are doing and how we are doing that. For example if my purpose is to counsel, create and train, then it is essential that I keep learning so that my work is not just updated but also it keeps getting better and better. I must be able to use the latest assessments, technology

and knowledge in my field to make my work simpler, better and more effective so that it becomes cost effective for my clients to benefit from my experience.

Along with the above which brings me my bread and butter, I also must share with the world as once a wise man told me "Do not take your Knowledge to the Grave". This is in fact what prompted me to train people in large numbers and also write books and manuals.

There are many who feel that they must not share their secret ingredients or recipe or formula of success. This is a sign of insecurity that someone else will get better, richer or more famous. But a person who develops good mental health actually works on being secured and does not feel threatened with the success of others. In fact feels good that they have created prodigies who will take their legacy forward.

So I recommend that share all that you have in a structured manner. The steps to do so are:

1. Make a note of all the strengths that you have. Es-

pecially the ones people always compliment you with. These could be your skills, your knowledge, your techniques, talent etc.

2. Make a plan of how you can structure your skills and knowledge into a format which can be shared with the world. Today it is so much easier with the help of e-media and social media.

3. Learn to use technology and media from a mentor, children or professionals in case you are afraid to use it.

4. See what others are doing, how they are sharing, how much time they dedicate each day and what methods they use. Like there are thousands who share their skills on Youtube and other channels.

5. Keep a timeline to do so. As many a times we plan a lot in our head but till the time we do not put a timeline to it, it does not materialize. Therefore always set goals with timelines.

6. I also encourage everyone to write their life stories

and experiences as every individual has some rich experience and struggles which others can learn from or relate to. Otherwise each one feels that only their life is full of struggles. The purpose is to share and let others know how you sailed through and what it taught you in life. The idea is not to be the victim, but the one who came out of one or many difficult situations in life with flying colors.

The essence of today's article is SHARE.

Wish you all readers make up your mind and work on the steps above to share with the world your rich experiences and knowledge. In the process you could also make some money. You may not need the money, but you can do charity with the acquired money. I am writing a book on my pet who I feel is extraordinary, I do not wish to earn from the sale of this book, but give the proceedings to the rescue of abandoned and injured animals.

NOTE:

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SCALP ACUPUNCTURE

Scalp acupuncture is a technique integrating traditional needling methods with Western medical knowledge of representative areas of the cerebral cortex.



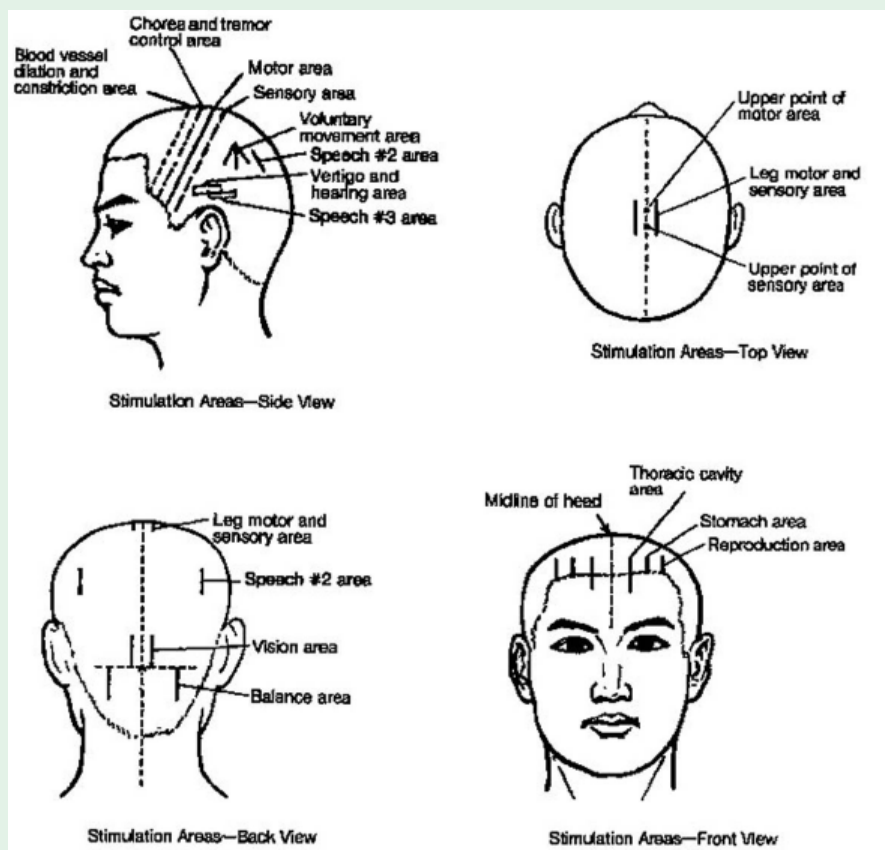
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Consulting acupuncturist
in Lohana Medical Centre,
Koperkhairane.

Scalp acupuncture not only treats disorders, but also can prevent illness and help to build

effects than many Western treatments.

APPLICATIONS

Scalp acupuncture is effective



the immune system. It can help increase energy, preserve youth, and promote longevity. The technique of scalp acupuncture is systematic, logical, easy to understand, and easy to practice.

Scalp acupuncture is more easily accessible, less expensive, entails less risk, can yield quicker responses, and causes fewer side

for:

- Paralysis due to Stroke
- Multiple sclerosis
- Parkinson's disease
- Aphasia
- Loss of balance
- Loss of hearing
- Dizziness and vertigo
- Vision problems



Sahrish Akhtar

Cold weather dominated Minnesota and much of the nation for the last week of December. Minnesota reported the coldest temperature in the nation on 7 days during the month of December.

Winters weather has arrived in much of the country and it's time to brace ourselves for the chilling and harsh weather. It's that time of the year, when you get irritated by dry skin and frequent flu fighting that ruins your winter vacation plans. Doctor clinics and hospitals are filled with patients suffering from cold and cough. It's essential to safeguard yourself from the cold weather and stay healthy throughout the season. Though it seems difficult, there are several ways to keep the commonly suffering ailments away from your family.

Since the cold wave was severe, doctors were suggesting precautions and care to be taken, especially for the elderly and the chronically ill patients. Talking about the arrangements that the hospital has made to accommodate more patients, keeping in view the increased number of patients due to severe cold conditions, the doctor said: "We have arranged extra blankets, bedding and heaters to serve more patients."

WINTER IS EXTRA COLD IN 2020!

In order to save oneself from these diseases, it is important to keep yourself warm. People should drink four to five glasses of lukewarm water every day."

Use oil heaters instead of conventional heaters because they leave the atmosphere dry. But primarily keep yourself warm by covering your body with warm clothes, gloves, caps and socks, etc. Most affected people in this cold wave were coming from Uttar Pradesh and Bihar. We are receiving most patients from Uttar Pradesh, Bihar, Hi-

are not as available to help fight viruses or infections. Cold weather results in increased risk of colds and flu. Common colds are the most common human disease and cause, on average, 2-5 colds per year in adults. The common cold is spread mainly through touching a surface that the virus is living on, or through air-borne infection such as a cough. It is recommended to wash your hands regularly and not touch your face until you wash your hands.

The flu is similar to a cold but it can be



machal Pradesh and Punjab who are mostly children, infants and elderly people. According to the Meteorological Department this cold wave was going to persist for some more time.

"It is a long spell, very unique in nature, and would affect entire northwest India," Rajendra Jenamani, senior scientist at the India IMD told reporters.

The cold causes a loss of blood supply to the immune system to keep your heart and head warm which in turn causes a weakened immune system. The reduction of blood supply means that the illness-fighting cells

more serious, especially in the elderly, the young, or those with diabetes and kidney disease. The flu is very similar to the cold in terms of symptoms and how to get rid of it. The flu virus thrives in the cold weather. The best way to prevent the flu is to get the flu shot every year. If you come down with the flu, be sure to get plenty of rest, eat healthy food, and take medicine for the symptoms. Antibiotics will not cure the flu either! The norovirus, often called the winter vomiting bug, is common in the winter months. It is also very serious for

Contd. to page 4

CREATIVE SPACE



WARLI ART by Tista Bhatia, Vibgyor High School, Borivali



Vahin Bhatia, Vibgyor High School, Borivali

OPINION

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



Pandemic has changed us but it's not all bad. We have learnt to respect nature and not take things for granted. We know the values of everything that we have. The things I don't want to change after pandemic are the time we spent as a family, we laugh, play, exercise, pray, eat together which is sheer bliss and also work from home for my husband. This gives him more time to spend with us and it's a great blessing !!

- Amita Diwan Bhatia, Media Professional, Mumbai



2020 has gone as we enter the New Year. The good thing which I learned from the hard time and want to continue and also advise others to follow in future is maintenance of good hygiene. Being a food safety professional, I can say, poor hygiene is the mother of all diseases. If we talk about Covid, good hygiene was the key factor to stop such a deadly virus. Only good hygiene is important precaution against Covid and also lot of other diseases. Don't we all know that prevention (precaution) is better than cure.

- Mohd Zubair Khan, Food Safety Officer, UAE



One habit that I changed during the pandemic that I'd like to continue in the future is online activism, which includes posting regular Instagram stories, tweets and WhatsApp messages to reach a larger audience. In addition to that, I regularly discuss issues of National importance with friends, family and acquaintances.

- Xara Khan, Student, Hyderabad



During this period of pandemic one habit which I sincerely followed and would like to continue forever is the habit of maintaining cleanliness. I suggest one should not wait for such pandemics to take cleanliness as a habit. It's the practice one should keep continuing to follow.

- Chetan Sharma, Business, New Delhi

What new skills did you pick up (besides dish washing) during the lockdown?

Send your opinion in not more than 50 words to datewithhealth@gmail.com on or before 15th January, alongwith your Name Age and Occupation. Don't forget to send in your profile pic too

BENEFITS OF AMLA

- Increases urination & eliminates unwanted
- Aids in digestion helps body absorb calcium
- Improves immunity
- Strengthens heart muscles
- Good remedy for fever
- Eliminates aging effect
- Reduces blood sugar
- Improves eyesight
- Promotes hair growth
- Treats menstrual cramps
- Balances Cholesterol
- Nourishes the brain.



Natural foods which protect us from cold and keep our body warm



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

Winter season started and we are

looking for such type of foods which protect us from the cold and keep our body warm. Nature itself gives us lot of natural foods which boost our immune system to protect from the cold and keep our body warm. Vegetable like



sweet potatoes, beet-root, carrots, winter squash, spinach etc. are rich in beta-carotene

which our body convert to vitamin A.

We need vitamin A to keep the mucosal linings in our nose and lungs robust enough to defend against infection. Fruits like apricot and eating nuts like cashews and almonds can help you to boost immunity in the winter season. This is because they generate a lot of heat within the

er a warm food and it can be consumed in a variety of ways. It is healthier than sugar as it contains a number of vitamins and minerals like phosphorous, iron, magnesium and potassium and is a natural cure for cough, cold, migraine, asthma, fatigue and indigestion. Consuming jaggery in winters helps in generating enough heat in

body. Pistachio, peanuts, dates and walnuts are also good options. Also Jaggery is consid-

the body, thus keeping you warm inside. Taken along with fresh ginger it cures cough.

WINTER IS EXTRA... Contd. from page 3

the elderly, the young, and those with compromised immune systems. It causes extreme vomiting and diarrhea, which then causes dehydration and in serious conditions death. The risk of asthma attacks increase in the cold weather due to breathing in cold air quickly which causes lung spasms, triggering an attack. Try wearing a scarf or face mask to warm the air before the air gets to the lungs.

Migraines and sinus pressure increase due to falling barometric pressure, which can be intense. Try talking to your doctor about medication or ways to help deal with more frequent migraines or increased intensity of

sinus pressure. **Mental Health Risks** Depression and Seasonal Affective Disorder often referred to as SAD, increase in the winter months due to shorter days and less sunlight. Symptoms of depression and SAD include feeling sad most days if not all of the week, having little to no energy or motivation to do normal activities, having problems sleeping, having problems concentrating, feeling hopeless, and/or experiencing changes in appetite. If you notice any of these symptoms talk with your doctor. Your doctor might recommend that you take some medication or talk with a trained professional.

Precautions to fight against Winter Diseases:

- Wear extra layers of clothes to keep yourself warm
- Maintain hygiene
- Moisturize frequently
- Avoid consuming cold water
- Avoid Hot water bath
- Eat a healthy diet.

Normally a spell of severe cold weather stretches to five or six days. But this year, since December 13, the temperature continues to dip... This is unique.

Stay warm, Stay safe, and Stay healthy during these winter months.

Wishing u a very Happy, Healthy and Joyful New year 2021....

THYROID AND WEIGHT GAIN



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

The thyroid, located in the neck, is the largest of the body's endocrine gland. This butterfly shaped gland secretes hormones that affect the operation of virtually all body processes. It is the body's metabolic thermostat, controlling body temperature, energy use, and, in children, the body's growth rate. The thyroid sends chemical messages via hormones to every cell in the body, directing the maintenance of body temperature, heart rate and muscle movements. When the thyroid is dysfunctional, this gland can produce astonishing number of health problems as divergent as weight gain and arthritis, depression and cold feet, high cholesterol and hair loss.

Nearly 1 in 10 Indian suffers from one or the other kind of thyroid disorders, which most commonly causes weight gain and hormonal imbalances. Thyroid hormones control the activity of your organs and the speed of metabolism. Metabolism is the number of calories used by the body to maintain basic life processes. When the thyroid is underactive i.e HYPOTHY-

ROIDISM, it sends out fewer hormones, causing metabolism to slow down. Hypothyroidism is more commonly found in women than in men. This slowing leads to a number of problems, including general feelings of sluggishness and increase in body weight. Some of the symptoms of underactive thyroid include-

Mental symptoms- Depression, poor memory and concentration difficulty, mood swings, irritability, mental sluggishness.

Physical symptoms- Excessive weight gain, skin problems, weakness, fatigue, constipation, low body temperature and cold extremities, hair loss, headaches and muscle weakness, brittle nails, menstrual disorders etc.

While the list of associated symptoms is long, one of the most common is weight gain. The thyroid gland plays a key role in weight problems because it controls the body's overall metabolic rate. Metabolism has an inverse relationship to body weight. When metabolism slows down, the body will store rather than burn calories, causing an accumulation of fat. Insufficient thyroid hormones and the consequent slowing of metabolism affects nearly every function in the body and several of these have a direct connection to weight problems:-

- Many people with low thyroid

function have puffy, thick skin and retain fluid throughout their bodies thus causing swelling and increase in weight.

- Hypothyroidism leads to a sluggish digestive system, often resulting into a number of gastrointestinal problems including constipation, gas and bloating, abdominal pain and decreased absorption of nutrients. Weight gain is one of the potential results of these digestive disturbances.

- Hypothyroidism is linked to pancreatitis, a decrease in insulin production by the pancreas. Insulin is the hormone that controls how the body processes sugar. When insulin imbalance occurs, blood sugar, rather than being burned off, are turned into fats.

- Imbalances in the levels of thyroid hormones reduce the body's thermogenic or fat burning capacity, leading to increased fat storage.

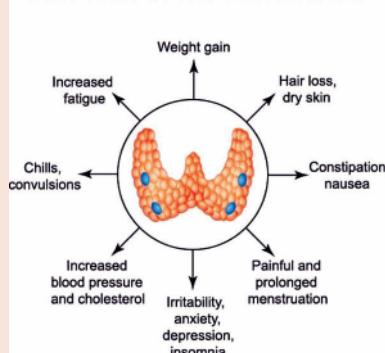
- Because low thyroid function causes fatigue and lack of stamina as well as muscle aches or weakness, people with this condition often get an insufficient amount of exercise or other physical activity, which is another factor in weight problems.

Thyroid problems may be due to a number of factors, including environmental pollutants, dietary excesses or insufficient

function, certain drugs, stress, yeast infections.

Hypothyroidism is a life-long condition. For many, medication alleviates symptoms. The medication is designed to return adequate levels of thyroid hormone to your blood. Once the hormone levels are restored, symptoms of the condition are likely to disappear or at least become much

SYMPTOMS OF HYPOTHYROIDISM



more manageable. For people who experience 'weight bounce', losing weight only to gain it all back and more- this can be directly caused by a poorly functioning thyroid. Its common for people to lose no weight even after undergoing apt treatment. This is because of lack of physical exercise and improper diet. Emphasis on proper nutrition combined with regular exercise can help restore a weakened thyroid. In some cases, the thyroid just needs the kind of jump start that an exercise program, nutrients and change in diet can spark. To help spark your thyroid back to life, here is a guide to the foods and specific nutrients that you should either include in your diet or avoid.

- Goitrogens are foods that reduce

the release of thyroid hormone and interfere with the conversion of hormones. Walnuts, sorghum, cassava, almonds, peanuts, soy flour, millet and apples should be avoided by anyone suffering from hypothyroidism. Mustard greens, cabbage, spinach, brussel sprouts, cauliflower, broccoli and turnips also have anti-thyroid effects and should be avoided until the condition is normalised. However, steaming or boiling of these vegetables reduces the anti effects and can be consumed then.

- Thyrotrophs are foods that stimulates thyroid hormone production. Examples include seaweeds, garlic, radishes, watercress, sea foods, egg yolk, wheat germ, brewers yeast, mushrooms.

- Fresh fruits and fruit juices like watermelon and coconut help calm the adrenal glands and stimulate the production of thyroid hormone.

- Consume adequate amounts of proteins to keep the hormones healthy and functioning.

- Avoid refined sugars and processed foods, instead have whole organic foods, whole grains, legumes and nuts.

- Avoid hydrogenated oils, eliminate soft and fizzy drinks, alcohol and drink plenty of water daily.

- Add iodine containing foods to the diet. Lobster, shrimp, crabs, salt water fish-

es are good sources of iodine. Kelp and cod liver oil are the best food supplements.

- Avoid using too much table salt as it also contains sodium which can alter with the proper functioning.

- Vitamin E deficiency reduces iodine absorption by the thyroid. This deficiency commonly occurs in women during pregnancy and menopause, which may help explain why thyroid disorders are so often triggered by these conditions. Adequate amounts of vitamin E, A, C and B complex should be consumed to help strengthen the thyroid.

- Minerals like zinc and selenium help in the thyroid hormone conversion. Also diet low in iron may lead to low thyroid functions.

With a healthy diet, exercising also plays a very important role in helping against thyroid problems. Choose an activity you enjoy. It can include walking, hiking, running, swimming, or working out in a gym. A program of low impact aerobics exercise and strength training is probably the best type of exercise for hypothyroidism. It will not only help with losing weight but also keep away fatigue and depressions. Yoga has also proven to be beneficial. Exercise won't change your thyroid. However, with a regular fitness program, you're likely to have more energy, be more agile, and feel happier.



Gift Yourself the Gift of Good Health!!!

Tina Acharya
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So, we have stepped into 2021... Finally
Overcoming the trials of 2020... Gracefully
The last 365 days were not just that simple
Shaking us from within, grind & crumple
Now as I look at the rising Sun of the day
I contemplate,
What should I gift myself...?
To help me grow strong and make my way...
To A Smooth Sailing the Year ahead ?

Have you ever thought...?
What should you gift yourself as a New Year gift?
For Yourself???
A Smart Gadget...?
An Exotic Holiday Package??
Or a Stylish and Sleek designed Car Instead???
Nahh Nahh.....Nahhh
Then Google for a moment
"What is the Best Gift You Can Give to Yourself?"

I Swear It Might or Might Not Say
That You Gift Yourself...
The Gift of Good Health...
Because no matter what you have
Or what you have not...
It just doesn't make any significant point...
Unless You are the owner of a Good Health.

Our body is the only Place we have
Where we will live in till our last Breath
Take Care of it before anything ruins it
To keep it fit, healthy and in good shape

And we just don't notice
It comes with just little efforts
Conscious thoughts
And Consistent acts
And not with fatty bank balance!!

Let's have that will and vision
Perform Yoga in all seasons
To infuse the cells with oxygen
And mind with much needed relaxation

Avoid Sugar, Sweets & Junk Foods
Take staircase instead of elevators in Malls & Office
Inculcate small habits and patterns
To help you build a strong immune system

Adopt good habits that work as bullet
To punish the viruses that makes us sick
To combat and build a wall of defence
For our body keeping it ill-proof and strong

Be thoughtful; be reasonable
Be calm, cool, and peaceful
Be quite and assembled
& meditate, as much as possible

Never fright or shout like a bamboozle
And Treat your body as a precious tool.
Dissolve your fears and insecurities
And let us develop a different prospective

Let's not forget
What the Corona Virus taught us
Let your money be lost...
You may get it back
Even if the Character you lost,
You may get a chance
To Evolve & Rebuild it once...
But If You Lose Your Health
Then it challenges your survival...
Money and Character exist...
Only when you are able to breathe ...

One lesson we can really learn from the past
As we look forward ahead this year... to walk
No one else is a better companion
Other than our Soul and Body with better health

**If you want To Really Gift Yourself
Give it now, The Gift of Good Health!!!
Wish you all a Happy New Year
Abundance, Health, Happiness, Laughter & Cheer!!!!**

"HOMEWORKOUT" THE NEW NORMAL



Dr. Shalini Mukherji

(Master functional
trainer, Nutrition
consultant and
expert, Muscle
Rehab Trainer)
mukherji.shalini@gmail.com

2020 Pandemic with its lockdown and confinement, restricted movement, which led to health problems associated with inactivity.

This made people realize the importance of exercise.

Advantages of Homeworkout and Online Coaching

- You have no excuse not to workout
- You save time, fuel and money
- Minimum equipment needed
- Many portals and videos available to choose from a variety of options.
- Home friendly workouts
- Wall workout
- Chair Workout
- Bodyweight workout
- Napkin workout
- Cushion workout etc

"Online Coaching"

Selecting a good online coach is very important who understands your fitness levels and goals and is able to communicate the cues for the correct form and function, providing an efficient workout without causing any injury.

The coach should be able to give variety in movement and add a fun element to keep the interest and motivation high.



You can modify and improve the intensity of your Homeworkout by adding basic equipment like Theraband, Miniband, Resistance Training, Dumbbells, Kettlebells etc.

The Pandemic has taught us the importance of health and fitness to combat a deadly disease.

Your investment in health pays dividends in the long run.

Herald the New Year with boosted immunity and health and a positive outlook to life.

Happy and Healthy 2021

RYAN CHRISTIAN SCHOOL VASHI

"Christmas" - God's Love for Humankind

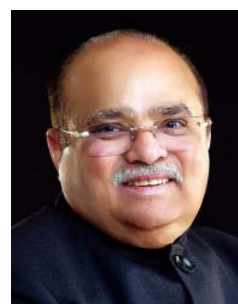
"If our greatest need had been information, God would have sent us an educator. If our greatest need had been technology, God would have sent us a scientist. If our greatest need had been money, God would have sent us an economist. If our greatest need had been pleasure, God would have sent us an entertainer. But our greatest need was forgiveness, so God sent us a Saviour." This quote of Max Lucado beautifully sums up the true meaning and essence of Christmas. "For God so loved the world that he gave his one and only Son, Jesus, that whoever believes in him shall not perish but have eternal life." The focal point of Christmas is "Jesus Christ" and what he does when someone believes in him. The celebration of Christmas beautifully illuminates the significance of His birth. Christmas is a commemoration of God's love for humankind. It is for this love, God sent Jesus into the world, who died on the cross as the greatest sacrifice to wash away the sins of the entire humankind. Therefore, Christ's coming into the world was not accidental but rather purposeful. God's redeeming love was at the very heart, and the reason for His coming. Indeed, God's love manifested in such a wonderful way to save humanity at Christmas. God's unconditional love has no bounds; it is unfathomable. It is the love of God that sustains us all through.

Christmas is a time of healing and renewed strength.

Even during these times of chaos and unprecedented situation due to the outbreak of the pandemic, Christmas brings hope and a message of goodwill that with God on our side we can be strengthened to overcome every situation. It is our trust in God that will help us carry on with renewed vigor and not to give up. The birth of Jesus encourages us to look up in hope even as we walk through the troubled waters. The message of Christmas is also a joyous giving," just as Jesus Christ was a gift from the heavenly Father to the whole world. This Christmas, let us realize that the best joy comes only through joyous giving. In this context, a Chinese Philosopher Lao Tzu has rightly said, "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."

Jesus lived a life in the essence of love that was beyond the boundaries of time or culture. His life was a life of unconditional love, the love that drives us to search for something better for all. His is a love that extends beyond ourselves and reaches out to others, and impacts the common good of all. Jesus' very nature and essence is love and we as children of God, have been engraved this love in our hearts. This Christmas, let us strive to embody his love and share it with those around us in our own little ways that will certainly bring true joy in our lives.

**WISH YOU A TRULY JOYFUL CHRISTMAS AND
A PROSPEROUS NEW YEAR 2021.**



**Dr. A. F. PINTO, Chairman
Ryan International Group
of Institutions**



SIDDARTH BHAMRE
Organiser of NMKC
Audax India Club

If we look around these days, it's evident that more and more people are taking running as a medium to stay fit and healthy. Some are walking, some are jogging and some are running. Some run fast and some run far. They all are progressing in their own ways in their respective journey.

In last decade we have seen boom of running events in India, and even pandemic has not deterred this growth as events shifted from actual to virtual format. In virtual format, one has to cover same distance of the event but you can perform your activity anywhere outdoor, record those activities and send it to organisers and once it is validated by them, you have completed the event.

Running events till distance of 42 kms are called marathon distance event, anything above full marathon distance is termed as ultra-marathon and runner is called an ultra-runner. There are many ultra-events happening in India, and one such event is 'The Great Run of Punjab'. In actual format this 200 kms event which is spread across 3 days takes you from City of Amritsar to City of Chandigarh in the State of Punjab. How-

YOU CAN RUN FAST OR YOU CAN RUN FAR!!

ever, in virtual format you can run wherever you want but outdoor, record the run and share with the organisers.

Format of the run is very interesting. One cannot run more than 12 hours per day. You can either choose a distance of 80, 70 or 60 kms for 1st and 2nd day. For 3rd day remaining kms has to be completed. Also, you have to run in exact multiple of 10, extra kms won't be counted. On the given date of 4th-6th Dec 2020, I decided to go for 70 kms each for Day 1 and Day 2 and

to change time of my run as body didn't get enough sleep, but the thought of running in heat compelled me to start run on decided time. Before start of my run, my wife helped me with hydration and nutrition which we stacked in our car. I parked my car outside my society and started my run at 12:01am. I was carry-



remaining 60 kms on Day 3.

Like many of you, I too can't perform well in running or cycling in afternoon heat, so I decided to run from 12am to 12 noon to avoid heat. This was recommended by few of my ultra-runner friends as well. Also, to ensure that I don't feel sleepy at night, though I was late in adjusting body clock, I was getting up late and trying to sleep in afternoon but couldn't able to.

**DAY 1 – 04th Dec –
12 am to 12 pm –
70 kms**

Almost decided

ing a water bottle and some nutrition and for ease of carrying it I decided to run in my cycling jersey. My plan was to run for 2 hours on Palm Beach Road near my abode and then come back to car for my hydration-nutrition and repeat this till 6am. I finished around 39 kms till 6am and as decided my wife and elder son were near car with breakfast and coffee and also to refill whatever I consumed in 1st half of my run. This first half of first day was not very tiring but it was very lonely on road and I was very

sleepy.

2nd half of my run was completely supported with my runner friends and my son who was carrying my hydration needs in a bag on a bicycle. So, from 6am to 12pm, I didn't have to go to my car for my requirements. With help of friends running with me for 1-2 hours as per their availabil-

stop there and call for support for this biker and my half an hour went in that. He was injured but nothing serious. Post this incident my running momentum didn't pick up and I laboured myself to complete only 35 kms till 6am. But once my family and friends support chipped-in, in the second half, I could manage to finish 70 kms with 15-20 mins to spare.

**DAY 3 – 06th Dec –
12 am to 12 pm –
60 kms**

I had good uninterrupted sleep of 7 hours before I started my run at 12:05am. But de-



spite good sleep, running of 140 kms took toll on my body and I wasn't able to run, so I walked first 2 kms. As decided earlier, one of my friends came to support me even in 1st half. We now started to run but somehow my pace for very slow and after 6 hours I was exhausted and could complete only 31 kms. Though at the start of the day it seemed that this event is now in my pocket as I have to run 10 kms less compared to first two days, I was so very wrong. Third day first half was the most challenging and most exhausting part of this 3 days run.

After an extended break near my car at 6am where like last two days, my wife and son were waiting for me, I started my last leg of 200 kms run with my son pacing me on his bicycle. Just after few kms my friends joined in and as slowly but steadily the required number of kms to complete started reducing, my confidence started increasing, however pace didn't. But my comfort level was very high now and last 20 kms was filled with jokes and fun. Around 11:15am I finished my 60 kms for the day and 200 Kms in total to successfully complete The Great Run of Punjab and bag the title of 'SHER-E-PUNJAB'.

I always knew that as team you perform well instead of doing things alone, but after this event it is now embedded in me forever. On all 3 days I performed well when my friends and family was around and supporting me. This support came in second half of the run every day when my body was already tired, despite that these people of mine pushed me to do better. So, as they rightly say, if you want to run fast then run alone, but if you want to run long then run together.

Few other learnings from this event are, in ultra-events you have to be mentally strong. You have good amount of time in your hand, so when your chips are down, don't quit. Wait, stretch, eat and start again slowly, because every step you take is taking you closer to your goal!!

PROBIOTICS FOR GOOD HEALTH



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Desire For Wellness.

Do you know something? There is

something on you, crawling everywhere, on your skin, in your mouth. What is it? These are bacteria. We have good bacteria more than bad bacteria. There are 100 trillion good bacteria, over 100 thousand species are there and they are all essential bacteria. The symbiotic relationship between us and good bacteria is called as Mutualism. Both parties are benefiting by living together. Example, oxpecker bird sits on Rhino's back and takes off parasites from its back. In this process the bird is getting benefit as it is fed and the Rhino is getting less parasite on its back.

In the same way good bacteria primarily lives in our gut and we use the term probiotics. If the food which we eat is really rich in probiotics then the live micro organisms like bacteria and sometime yeast give some sort of positive health benefit. Before we understand the benefits let us understand how our gut

works?

The gut

1. Extracts energy from the food
2. Absorbs vitamins and minerals
3. Removes waste

Probiotics end at the colon, that is, the last part of the digestive system. The GI tract is called as microbiome which contains colonies of bacteria, fungi which are essential. Bacteria gets nutrients from food you eat to improve your body functions and increas-



es immunity as well. It supports the integrity of GI wall. Irregularity between microbiome and diseases like diabetes, obesity, heart disease, mental conditions like anxiety, depression. The bacteria in your gut controls your emotions, your moods, your appetite and so on. Hence to keep these bacteria healthy we need to focus on diet.

1. Include more of fibre rich food in your diet which includes
 - a. Fresh vegetables & fruits
 - b. Whole grains & legumes

These are prebiotics as on this the bacteria feeds.

To keep these friendly good bacteria alive follow the rules mentioned below:

1. Eat probiotic rich food such as

- a. Yoghurt (make ka-dhi or buttermilk)
 - b. Home made pickle
 - c. Fermented food (idli, dosa, dhokla)
 - d. Kanji (Fermented drink prepared by using black carrots, beetroot, mustard seeds)
2. Avoid refined food such as
 - a. Bread
 - b. Pasta
 - c. White flour (Maida)
 - d. White sugar
 3. Don't skip sleep as bacteria in the gut also follow circadian cycle.
 4. Don't overuse antibiotics as it kills good bacteria in your gut.
 5. Avoid stress as it increases the amount of bad bacteria and reduces good bacteria.



Ranju Satia

Time To Cook

- Preparation Time = 10 mins.
- Cooking Time = 10-15 mins.

Serving

- 4 Persons
- Measures
- 1 Cup = 250 ml.
- 1 Teaspoon = 4 g.
- 1 Tablespoon = 15 g.

Ingredients

- Chicken Kheema – 150g
- Daawat Basmati Rice – 1 cup
- Vegetable Oil – 3 tablespoons
- Onion, chopped lengthwise-1 Large
- Garlic Pods, chopp-

RECIPE: CHICKEN KHEEMA PULAV

ed 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

Basmati Rice for 20mins. Drain. And keep aside.

- Heat oil in thick bottomed Kadai.
- Add jeera. Sauté till it starts crackling.
- Add all whole spices.
- Add onion, garlic and ginger. Sauté till it turns brown.

• Add chicken kheema and sauté for 2-3 mins.

• Cover it for 2-3 mins.

• Add 2 cups water.

• Add black pepper and 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.



- Jeera – 1 teaspoon
- Clove Pods – 2 to 3 Nos.
- Green Chilli, chopped – 1 No.
- Coriander leaves, chopped – 2 teaspoons
- Salt to taste
- Water – 2 cups

Method

- Soak Daawat



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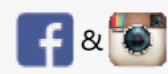
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