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When the best of friends were running away this piece of face cover remained firmly protecting you from the life threatening virus !!! Will you not allow it to stay longer and make it a part of your outdoor travel in future too IT DESERVES TO BE YOUR COMPANION IN YOUR DAILY LIFE... Even after the deadly virus is gone !!!!

PLEASE NOTE:
Vol. 4, Issue - 5 (February 1-28, 2021) 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

INDIAN KITCHEN PHARMACY



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

Medicines help to fight disease but the job of remaining healthy is carried out by oneself. The human body is self sufficient, autonomous in nature. Our system is constructed in such a way that if we get enough nutrients for our cells, if our blood circulation is well, if breathing is correct and if we expel toxins and waste materials properly and regularly then our health will be sound and good all through our life. Most of the diseases are a result of wrong eating habits. By changing our food habits and understanding the qualities of food we can cure ourselves without any medication. If prop-

erly cooked food is taken in season and in the right quantities, the likelihood of falling ill is minimal. Our Indian kitchen is full of spices and herbs which have numerous health benefits. Our Indian kitchen is not less than a pharmacist store. Lets have a look at the common ingredients that are present in our Indian kitchen which has its medicinal values as well.

TOP 5 COUNT-DOWN OF HERBS AND SPICES IN INDIAN KITCHEN

1. Cumin Seeds
Jeera provides daily value of fat (MUFA). It has vitamin B & E and several minerals, especially iron and magnesium. Cumin seeds contain petroselinic acid (this acid helps in moisturizing the skin, anti-ageing agent and a skin irritation reducing agent) It promotes digestion. Prevents food borne illnesses. Improves blood cholesterol.

2. Carom Seeds
Ajwain is rich in Vitamins, minerals. It helps to ease dreaded ear pain ajwain oil is

very effective. It is effective for instant relief from tooth ache, gargle with warm water adding ajwain powder and salt. A component called thymol in ajwain seeds acts as a strong fungicide and germicide. Thus, ajwain seeds can be crushed and applied on the skin to treat infections or cuts.

Combine mustard oil with ajwain seeds and apply on cardboard pieces which you can tie in the corners of your room to ward off mosquitoes.

3. Nigella Seeds
The kalonji, or Nigella seeds, is an interesting spice – when used for tempering, it adds a beautiful aroma to the dishes. In India,

dry roasted kalonji is used for flavouring curries, dal, stir-fried vegetables, and even savouries such as samosa, papdis and kachori among others. Flavour and aroma aside, the tiny black seed comes with a whole lot of health benefits. It keeps check on diabetes, increases memory and

Encourages appetite. Boosts blood circulation and it's a great stress buster.

5. Black Cardamom
The pods are used as a spice, in a similar manner to the green Indian cardamom pods, but with a different flavor. Unlike green cardamom, this spice is rarely used in sweet dishes. Its smoky flavor and aroma derive from traditional methods of drying over open flames. Largest producer of black cardamom is Nepal followed by In-

aids in weight loss. Also helps to ease joint pain and controls blood pressure.

4. Javitri
There is a difference between javitri & jaifal. Javitri is the upper covering of jaifal which looks like flower. Its very commonly used while preparing biryani. Keeps digestive system healthy.

dia. Major component of black cardamom is cineole. Minor components are terpenyl acetate and bornyl acetate. Terpenyl acetate is a flavouring agent. Bornyl acetate also a flavouring and odour agent which is used in artificial food additives. It helps in treating cancer and aids in tooth ache. Helps in hair growth. Immunity booster as it is proved that black cardamom can kill 14 types of viruses. It also has Anti ageing properties.

FOR A GREENER TOMORROW



Strawberry plant
Mohd Subhan Khan, Hamza Villa, Aligarh, UP



Editorial

BLESSING IN DISGUISE

Even the worst of situations has something positive. This pandemic is no different as apart from creating a renewed awareness about health and hygiene it has given a few more good things, will not say positive things as POSITIVE was by far the most dreaded word during these times !!!

WORK FROM HOME has probably been one of the best things to happen during these trying times, though some MNCs had been following it even in the past. This pandemic shut everyone behind closed doors as offices and industries observed strict lockdown. Businesses were badly impacted and working from home became the best way of carrying on. None thought this new normal would provide a wonderful opportunity especially in metropolitan cities like Mumbai Delhi Chennai and others. Travel time which is the biggest nightmare for a normal office goer in these cities was the most relieved as a huge stress of traveling to and fro was gone. Roads became less congested as only essential services were allowed to ply. Suddenly the air became cleaner and cities (especially the congested ones) started to breath better.

Should this be carried forward even after the pandemic is gone and the world returns back to pre-Covid days? Less traffic on the roads, more working hours added, relaxed working conditions and above all a cleaner air. Offices will save a huge chunk on rent and other expenses like electricity bills, furniture, computers and so many other things. This can be utilised for work related promotional activities and incentives for the staff. Families can get more time to spend together. Less stress would mean a healthier and happier life. More time could be availed for exercise and sports. Public transport and local trains would not be packed as they are usually. The only thing that may not allow this to happen will be the resistance of the family members themselves For obvious reasons 😊

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MENTAL HEALTH ESSENTIAL – BE A GOOD OBSERVER



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

We are now moving to higher levels of evolving through these articles and today I would like to share with you how I mastered to be a good observer. As to be a good counselor I need to possess this skill by default. But I honed it further with some conscious efforts along the way. Before that let me share with you the benefits of being a good observer.

Being a good observer helps us to build a rapport very quickly with anyone who needs our help. We may want to help others, and if our observation is good, we shall quickly understand that the person is in need, feeling sad or low. We can observe from their verbal and non-ver-

bal behavior and also can understand what and how we say will help gain their trust.

Being a good observer helps us pick out more than others do. While travelling or waiting you shall never get bored, if you have a habit of observing things and people around you. Instead of succumbing to playing or looking at the mobile, try and observe things and people. What they are doing, how they are talking looking, do not try to judge anyone, just observe.

When you become quite efficient at observing you shall realize that you are able to understand people and their characteristics very fast. You shall be able to read people well enough to understand their pain and their happiness instantly.

Being a good observer, one can easily make out if anyone is telling a lie.

A very big plus point of observing is you shall train yourself to become a good listener.

Now let us learn some ways of increasing our obser-

vation skills.

I always say begin with yourself. Practice begins at home. Observe inwards at first. Keep a week of observing yourself. Your thoughts, your behavior, your feelings and your responses. Keep noting it down. Make a list of what you like and what you wish to eliminate from your habits and thoughts. Set your goals and also take the help of the mirror to change your ways and actions.

Next is observe three people around you. Make a chart of observing their behavior, their actions and their responses. Put the last column as why do you feel they are behaving in a certain manner. This will help you learn more about them silently. Do not use this data for criticism or teaching them, just for your learning. If you are very skillful, tell them about your observation and whether they feel this is correct.

It is very essential to have good concentration and avoid distractions and stay

on the task to be a good observer. For improving this try walking meditation. Select a crowded and noisy area to go for a walk and concentrate on your breathing while walking. You shall experience inner peace despite being in a crowded and noisy place. Practice this regularly at least for a month.

Play games like scrabble, word jumble, crosswords, Sudoku to make your mind more sharp and agile.

Last but not the least is be aware of all your senses, touch, smell, taste, sound and visuals and very important is our sixth sense. Become aware of what you are feeling and saying every moment within your mind and also with others.

The above practice will help you become a great observer and you shall be on your way to evolving to a higher plane, understanding yourself and others better.

Do write to me your query or your stories of change and success.



Soniya Anand
Yoga instructor and Nutritionist
Mob. 9870973330

Why people can't have sound sleep at night

Most of us unable to sleep in night, we tend to move from one corner to another on bed. We get up at midnight, after being healthy we are not very able to sleep properly. You know

to be fit and being healthy your diet and experience is important but do you know, sleeping is equally important to be healthy because your body cell, tissue your organ even your whole body would go on recovery

mode in night only. **What are the reason we are unable to sleep.**

1. Stress
2. Mind is tired but not body
3. Spicy food
4. Late night dinner

Contd. to page 7

Sahochori- Celebrating Womanhood

By Nafisa Yasmine, Kolkata
Menstrual hygiene is arising issue in many parts of the world nowadays. People of rural areas still believed in different kinds of myths and adopt unhygienic methods regarding menstruation. After coming across all these dark facts, Ms. Nafisa Yasmin – Project Director, Sahochori and Dr. A. Nister - Director of K.F Health and Diagnostic Centre with the collaboration with Dr. Nistar social welfare society, Malda, West Bengal, decided to launch **Sahochori**. Sahochari is a Bengali word meaning **companion**. As the name suggest, Sahochari is the brand name of the Sanitary Napkin.

The vision of Sahochori is healthy women –Healthy Society and the Mission is

to make sanitary napkins available to each and every women.

of pads which are Cotton, Dry Net and Anion. Sahochori is committed to sup-

underprivileged every month. Beside this economically challenged

women unbelievable cheap price. Protecting our environment is another big responsibil-



Dr. A NISTER

- How you can be with us**
- You may buy pad from us and distribute among underprivileged women.
 - You can encourage economically challenged ladies by helping them to be our agent, so that they can be self dependant.
 - You may facilitate any number of underprivileged women through us.
 - Finally you may recommend our products to your friends and family, so we can facilitate more underprivileged women.

Sahochori has come up with three different kinds of pads which are Cotton, Dry Net and Anion. Sahochori is committed to supply their monthly menstruation requirement to 1000

women find their way to be self dependent by enrolling themselves as an agent of Sahochori. You will not find Sahochori in any big retail shop, you will only get it through its agent.

Sahochori also recently launched their 100% biodegradable product at an

ity which we all should look after.

Dr. Saibal Banerjee, CMOH – Malda, Dr. Vaibhav Choudhary, ADM-G Malda and many more dignitaries were present in the launch program who encouraged Sahochari with their supportive ideas .

So celebrate your freedom with Sahochori. Your support can put up a smile on millions of women’s face. Buy your essentials from Sahochori to help your Social Sister.

CRAVINGS

Craving is an intense desire for a specific food.

More than 50% people experience it.

Cravings play a major role in weight gain, food addiction and binge eating.

Food cravings may be related to seeing, smelling or hearing

about a specific kind of food. Eg seeing an advertisement for chocolate might trigger a craving for it.

The brain regions responsible for memory, pleasure and reward, play a major role in food cravings.

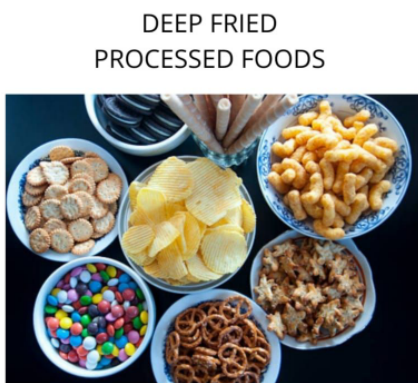


Dr. Shalini Mukherji
 (Master functional trainer, Nutrition consultant and expert, Muscle Rehab Trainer)
 mukherji.shalini@gmail.com

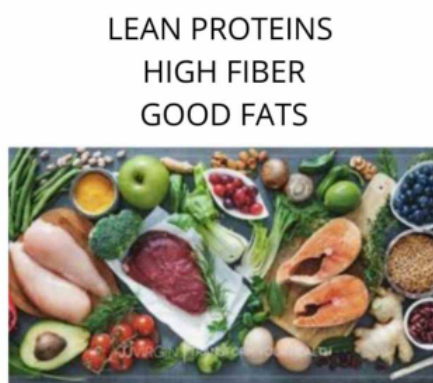
An imbalance of hormones such as leptin and serotonin could lead to food cravings.

In women, hormon-

food cravings. A person may also experience “PICA” cravings for non food items such as chalk,



DEEP FRIED PROCESSED FOODS



LEAN PROTEINS HIGH FIBER GOOD FATS

al fluctuations seen during puberty, menstrual cycles, pregnancy, and pre and post menopause can create

mud etc. EMOTIONS contribute to food cravings such as in comfort eating.

Cravings are often for high calorie processed foods rich in sugar, salt and unhealthy fats.

How to tackle and reduce cravings..

FIGHT STRESS

Emotional and stress eating can influence a variety of health issues. Stress promotes emotional eating for comfort foods. Stress may cause weight gain even without food cravings as it increases the levels

of CORTISOL which leads to INSULIN RESISTANCE and promotes ABDOMINAL FAT.

DRINK ENOUGH WATER

Dehydration and thirst produces similar sensations as hunger, confusing the feeling of thirst for hunger and reaching out for

comfort foods. Staying hydrated reduces food cravings.

GET ENOUGH SLEEP

Not getting enough sleep alters the body’s

Contd. to page 5

DECLARATION
Publishing the details of ownership of monthly newspaper DATE WITH HEALTH Chart - 4 (See Rule 8)

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I, Mr. Syed Abdul Monim hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-
Syed Abdul Monim
 (Signature of Publisher)

Date : 1 March 2021

OPINION: WHAT IS YOUR SUGGESTION TO REDUCE POLLUTION ESPECIALLY IN CITIES?



As a student I think that pollution is a big problem of our society. Just by using public transport and by ditching personal vehicle or by using reusable jute bags instead of plastic ones can reduce vast pollution. Even using less water while brushing can save water. Small things can make big difference.

Anisha Jayan Nair, Student, Mumbai

Pollution is a menace impacting the entire world. Rather than focusing too much on every day basic human activity to be eco-friendly and going green our point of focus should be industrial sector which contributes most in damaging environment making ordinary people to pay for it with their life and health.

The initiatives like carbon trading which appears perfect in theory is actually flop in practice. There is no reduction in Carbon emissions instead it turned out to be a hotbed of corruption necessitating the enactment of a more stringent law or a much broader approach to battle it.

Sikandar Heyat Khan, Senior Chief Manager, Navi Mumbai



Firstly plantation photo with a plant in surrounding area should be made compulsory for Municipal Corporation record, before submission of taxes.

Secondly Odd Even vehicle should be mandatory. Finally balcony of 5 feet by 10 feet in every flat should be a construction norm so people are encouraged to do kitchen gardening in each and every home.

Seharyar Khan, Media Professional, Bandra, Mumbai

From my consideration pollution is inevitable but can be reduced with some efforts which can be made by us like using electric transport, use of electric kettle / cooker, etc. Also restricting use of old Air conditioners and refrigerator can prevent the environment from harmful gases.

Anand Mohan, Share Market Broker, Prayagraj, Uttar Pradesh



If we want to reduce pollution then we have to do it together and not just some people following ways to reduce pollution. First we should say no to plastic and use cloth or something reusable. We walk instead of using bikes or cars but if we are riding cars we should do car pooling. We should reuse items and also plant more trees. These were just some ways how we can reduce pollution. But we truly can reduce pollution if we all follow these types of methods.

Maisha Syed, Student, Navi Mumbai

Individuals can reduce pollution by minimising fuel based vehicles. Either use electric scooters or CNG four wheelers. Use of cycle for short distance will also help individuals as a good exercise. The States should stop buses using fuels and shift to electric/CNG buses. We all should reduce electricity consumption till whole of it get's produced from clean sources. It will reduce pollution of earth that will reduce global warming.

Yogendra Kumar, Retired Professor Aligarh Muslim University



WORK FROM HOME IS THE NEW NORMAL. DO YOU THINK THIS SHOULD BE CONTINUED IN FUTURE TOO AFTER THE PENDING IS GONE ?

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



Sahrish Akhtar

Spring is in the air! If the warmer weather isn't reason enough to celebrate, these surprising health benefits will put an extra spring in your step.

Goodbye, long winter! Birds are chirping. Flowers are blooming. Love is in the air. When spring hits, it's hard to feel down in the dumps. Add longer days and the return of short sleeves to the mix, and you just might find yourself wishing that spring would last forever. The good news is that all the things we love about spring are surprisingly good for us, too, so as you pack up your winter coat for next year, check out our favorite reasons to be excited about the new season. Seasonal fluctuations in disease have been recognised for millennia. Until recent times, these phenomena were ascribed to changes in the weather. It's easy to understand why.

This time of the year the weather is predictably unpredictable. Summer is mostly hot. Winter is mostly cold. But spring can be either, on successive days or even in the space of a few hours.

This kind of unsettled weather can be vaguely disconcerting. At least half of all adults claim to experience changes in their health with the changing weather, including more frequent headaches, joint pain, tired-

SPRING HAS SPRUNG: HOW CHANGES IN WEATHER AFFECT OUR HEALTH

ness, and even catching more colds.

Of course colds are caused by viruses, not the weather. But as the air temperature and humidity changes around us, so does the feeling of stuffiness of our nose. Even though the nose does not actually block, hotter and humid air will make it feel more congested, like when we're in the shower. But once we step out, the blast of



colder less humid air makes the nose suddenly feel more open, creating that freshening sensation in our head. The same thing happens in reverse when we step from air-conditioned cool indoors into the humid heat outside, making our head feel stuffy. People prone to headaches report more episodes in changeable spring weather than in summer or winter.

The vast majority of people with arthritis or chronic back pain feel more discomfort on stormy, cold or damp days, which improves as the weather warms and becomes more constant. Whether these are a direct effect of the weather or an indirect one (related to the profound effects

of seasonal weather on mood, behaviour, diet, physical activity, mobility, participation, perception of illness, pain and many other factors) is unknown.

The weather outside can certainly significantly influence how we feel. Not by as much as most people think and not the same way in everyone, but enough to make a difference.

Sunshine is probably a critical element. We have special sensors in our eyes that feed back the intensity of light to our brains to regulate our biological and hormonal rhythms as well as our alertness and mood. Our skin uses the ultraviolet radiation in sunlight to make vitamin D which also has important vital functions for health and well-being.

Sunny weather also puts us closer to our comfort zone at around 20 degrees celsius when we neither need to sweat to keep cool or move/shiver to keep warm. The hotter we get above this or the lower we go the less comfortable we feel. This plays on our emotions and the health that results from them. Spring is traditionally the season we try to get things in order, such as spring cleaning. The coming of spring means rising temperatures. But if you are one of those people who are already feeling too hot and have switched your air conditioner

Contd. to page 7

ACUPUNCTURE TREATMENT FOR MALE INFERTILITY

The inability to conceive a child can result from inefficiencies in the male body just the same as a female. Male infertility occurs from low counts or unhealthy sperm production. Fertilization and pregnancy of course cannot occur without the necessary combination of healthy egg and sperm. If a man is infertile, the couple as a whole is as well. Fortunately, male infertility is easily treatable through alternative medicine. Acupuncture can help you improve sperm production to naturally conceive the child you and your partner have always wanted.

How Can Acupuncture Improve Male Fertility Acupuncture is a safe alternative to improving male fertility and increasing the chances of a successful natural or IVF/IUI conception. This form of therapy is conducted in the same manner as other acupuncture procedure. Needles are never placed on the genitals but are inserted into the regular acupuncture points throughout the body to increase blood flow and regulation. The increased blood flow benefits general health and the testicles in particular, which is where male fertility is obstructed. The testicles need blood to deliver nutrients and remove any bodily materials that can damage or block sperm while they mature. Blood keeps the scrotal sack cool, which is necessary for the production of sperm. Acupuncture treatment improves the quality and quantity of the sperm while also increasing its motility.

puncture points throughout the body to increase blood flow and regulation. The increased blood flow benefits general health and the testicles in particular, which is where male fertility is obstructed. The testicles need blood to deliver nutrients and remove any bodily materials that can damage or block sperm while they mature. Blood keeps the scrotal sack cool, which is necessary for the production of sperm. Acupuncture treatment improves the quality and quantity of the sperm while also increasing its motility.

POTENTIAL THERAPEUTIC MECHANISMS OF CLINICAL ACUPUNCTURE

1. Regulation of the reproductive endocrine



Dr. SHABNAM ALI
M.D. Acupuncture
(Colombo), M.I.A.Ac.S,
C.S.G.M(Homeopathy)
Mobile: 9892696700
 Consulting acupuncturist
 in Lohana Medical Centre,
 Koperkhairane.



system In the theory of TCM, the kidney stores an individual's essence and governs growth, development, and reproduction. TCM regards the kidney as the prenatal source of life; therefore, the fundamental pathogenesis of MI is kidney deficiency, and supplementing the kidney is recognized as the essential therapy for

MI. The hypothalamic-pituitary-testicular (H-P-T) axis is a major positive- and negative-endocrine feedback system that regulates testis function. Hormone levels that are either too high or too low are detrimental to spermatogenesis. Modern research has demonstrated that kidney deficiency often manifests with the dysfunction and impaired structure of the H-P-T axis. Experiments have shown that kidney-supplementing formulas could repair the structure and restore the function of the H-P-T axis, bidirectionally regulate the hormone levels of follicle-stimulating hormone (FSH) and luteinizing hormone (LH), and eventually increase the level of testosterone (T) to

- improve the quality of semen.
- Enhancement of follicle-stimulating hormone levels, regulation of luteinizing hormone levels
 - Reducing follicle-stimulating hormone levels, regulating luteinizing hormone levels
 - Raising testosterone levels
 - Regulating follicle-stimulating hormone and luteinizing hormone levels bidirectionally
2. Boosting the function of Sertoli cells and Leydig cells
 3. Preventing oxidative stress
 4. Modulating the proliferation and apoptosis of germ cells
 5. Ameliorating the microcirculation of the testis
 6. Improving semen quality and the pregnancy rate
 - Improving seminal plasma
 - Improving sperm quality
 - Alleviating inflammation
 - Decreasing the level of anti-sperm antibody
 - Modifying epigenetic markers

CRAVINGS...

Contd. from page 3

hormonal balance and contributes to overeating and weight gain.

EAT LEAN PROTEINS, HIGH FIBER FOODS, GOOD FATS

A healthy diet with optimum percentages of lean protein, high fiber foods and good fats will suppress the release of "GHRELIN" a hormone related to appetite and keep you satiated for long.

AVOID GETTING EXTREMELY HUNGRY

A strong feeling of hunger leads to faster and greater intake of calorie dense foods.

Eating when hunger begins can help curb these cravings. Maintain a healthy eating pattern at regular intervals.

EAT PROPER MEALS

Ensure that your body gets all

the nutrients in the proper proportion to prevent hunger and cravings.

PRACTICE MINDFUL EATING

Be aware of what you eat, eat slowly and avoid distractions like TV, smartphones etc. Mindful

HIGH SUGARS



LOW FIBRE

eating prevents you from eating thoughtlessly and impulsively.

HOW TO REPLACE FOOD CRAVINGS

REPLACE

- 1) Chips, deep fried and processed

foods with nuts, air popped popcorn, roasted makhanas, air fried bananas chips etc

- 2) Regular chocolate with 70 % or

DRIED FRUITS NUTS



more cocoa

- 3) Candies, pastries, desserts with fruits, dry fruits, smoothies and shakes

- 4) Junk foods with homemade healthier options

- 5) Aerated and packaged drinks and juices with lime water, coconut water, aam panna, buttermilk, fresh juice etc

Cravings are for real, mostly related to hormonal imbalances.

Take small baby steps, identify the cause and try to change your unhealthy craving options with healthier ones.



CRAVE FOR FRESH AIR, EXERCISE AND INTERACT WITH LIKE MINDED HAPPY PEOPLE

BE COOL AND HEALTHY THIS SUMMER



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

As the summer gradually approaches, naturally everyone tries to ward off the problems of heat. Our body usually tries to cope up with heat by excessive perspiration, excessive thirst, low appetite etc. If proper precautions for heat are not taken it may lead to indigestion, constipation and acute crisis like diarrhoea, dysentery, heat exhaustion etc and may also cause sun stroke. One has to keep re-hydrating the body with enough fluids, has to drink at least 2-3 litres of water throughout the day by sipping 1-2 cups of

water at regular intervals, making sure of not drinking too much water at once. Apart from water, fresh fruits and vegetable juices also helps keep the body hydrated as well as have many other health benefits.

Plants are the nature's alembics of water. They not only purify it but also fill it with life. Only nature can give in abundance, the purest and the best canned, sweet, mineral and vitamin rich water in a coconut shell- an eco-friendly container, at the sea shore for the salty and undrinkable seawater. Plants convert non acceptable inorganic to organic compounds fully compatible with our body and fortify the ordinary water with all the vitamins and minerals. This juice of fresh fruits and vegetables is recommended for everybody for vigor and vitality. We only need to analyse their prop-

erties and use them as per our requirement.

Giving priority to palatability, the juices of carrots, beetroot, tomato, cucumber, gourds, pumpkin etc can be taken as vegetable juices and oranges, sweet lime, apple, pineapple, grapes, pomegranate etc are



preferred fruit juices. Vegetable juices have higher content of carotene (vit A), amino acids, iron and other important immunity enhancing phytochemicals, antioxidants and flavonoids. And fruit juices are rich source of carbs, vitamin C and minerals like copper. The addition of mint, coriander and ginger to add flavor

to carrot and beetroot juice fortifies it with high calcium and iron content. Only vegetable juices contain choline- a growth factor and a fat mobiliser. It helps the sluggish liver to be normal and thus raise appetite. Fruit juices lack in choline, but their

vitamin C content increases the absorption of iron, copper in them is essential for production of RBC'S from the organic iron of vegetables. Vegetable juices taken atleast half hour before the principle meal gives full benefits of vit A, essential nutrients and growth factors due to quick absorption apart from raising appetite. It is highly rec-

ommended that one should take vegetable juices prior to principle meal and fruit juices after the meals. While fruit juices are highly nutritious, vegetable juices have curative and detoxifying properties. While amla is the richest source of vit C, very few know that watermelon has got a very high iron content. Fresh cabbage juice can cure peptic and duodenal ulcers while bael fruit is a good remedy for ulcerative colitis. Yellow pumpkin and bottle gourd juices are good for the whole alimentary canal and juice of bitter gourd is a very good controller of blood sugar levels. Carrot being rich source of vit A is very good for the eye sight and skin glow. Juice of radish is not only a diuretic, but also helps in cases of jaundice. Coconut being highly alkaline in nature is recommended for everybody. It is a boon

for patients with joint pains as it neutralizes the excess of uric acid and other hazardous toxins. It is rich in magnesium and potassium to save your heart and kidneys. Pineapple juice works as an anti inflammatory agent. Grape juice is a proven anti clotting agent preventing heart attacks. There is no controversy about the anti oxidant effects of the plant ingredients from carrots and leafy vegetables like spinach, mint etc.

All these fruits and vegetables are bestowed by the nature in abundance. Instead of consuming artificial drinks and canned juices that are loaded with sugars and flavors and preservatives that can cause harm, one should consume juices extracted from fresh vegetables and fruits which will not only help cope summers but also keep you healthy, active and hydrated.



Ranju Satia

Time To Cook

- Preparation Time = 10 mins.
- Cooking Time = 15 - 20 mins.

Serving

- 4 Persons

Measures

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

Ingredients

- Mushroom, chopped

- 200 gm
- Fresh Fenugreek Leaves- 2 teaspoon or else Dried Kasuri Methi - 1 teaspoon
- Daawat Basmati Rice - 1 cup
- Vegetable Oil - 3 tablespoon
- Onion, chopped lengthwise - 1 Large
- Garlic Pods, chopped lengthwise - 2-3 Nos.
- Ginger, chopped lengthwise - 10 gm
- Bay Leaves - 2 Nos.
- Black Pepper, coarsely ground - 1/2 teaspoon
- Jeera - 1 teaspoon
- Clove Pods - 2 to 3

RECIPE: MUSHROOM PULAV

- Red Chilli Powder - 1/4 teaspoon or as per liking
- Coriander leaves, chopped - 2 tea-



- 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 starts crackling.

- Add all whole spices.
- Add methi, onion, garlic and ginger. Sauté till it turns brown.
- Add mushroom and sauté for 1-2 mins.
- Add 2 cups water.
- Add salt to taste.
- Add black pepper.
- 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 entire water is absorbed.

NOTE:

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CREATIVE SPACE



Filzah Syed, Sector- 9A, Vashi



Tista Bhatia (11 years)
Vibgyor High School, Malad East



LEYSHA SAXENA (5 yrs), Vashi won 1st prize in Online Drawing Competition, organised by Bhavan's Children Club of Navi Mumbai, 5 to 8 year category



Vahin Bhatia (8 years)
Vibgyor High School, Malad East



Rida Ali, 5 yrs, Fr. Agnel Multipurpose School and Jr. College, Navi Mumbai



Shaista Sayyad, Andheri (W), Mumbai (Pistachio shell flowers)

WHY PEOPLE CAN'T HAVE SOUND...

Contd. from page 2

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|---|--|
| <p>5. Late night intake of caffeine</p> <p>6. Too much intake of water</p> <p>Impact on body</p> <p>1. It can lead to insomnia</p> <p>2. Increase weight even after dieting</p> <p>3. Hair fall Increase</p> <p>4. Start with normal headache and lead to Migraine</p> <p>5. Constipation</p> <p>SOLUTIONS</p> <p>We know the problem but what is the</p> | <p>solutions</p> <p>1. Ask yourself, your problem have solutions? If yes, then how much duration will take to solve, if its taking long time so make a strategy. But if your answer is no then why stress out.. Just breathe out HAVE GRATITUDE, WHATEVER YOU GOT IN LIFE.</p> <p>2. Today we have sedentary lifestyle. Due to that our</p> |
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- | | |
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| <p>mind gets exhausted but not our body. You have to make your body tired to get sound sleep</p> <p>A- Go for walk ,</p> <p>B- Do some physical activity in evening like yoga , gym, cycling, playing Badminton,</p> <p>C- Take bath before sleeping.</p> <p>D- Read books</p> <p>E- close your eyes and do Reverse counting of your breath (pradayam)</p> | <p>F- Focus on your breathing (prandharna pratham)</p> <p>3. Avoid spicy foods in night , take simple satvic food (less oil and spice)</p> <p>4. Have light food in night</p> <p>5. Avoid caffeine</p> <p>6. Avoid too much water in night. It impacts your sleep, gallbladder and kidney.</p> <p>Do Yoga and meditation Daily for sound sleep.</p> |
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SPRING HAS SPRUNG....

Contd. from page 4

on already, stop right there. The difference in temperatures near your AC and outside is inevitable going to lead to headaches, so beware. Let your body get used to spring first, then worry about summer heat.

Treat the first day of spring as a fresh start with these tips. Rediscover health and wellness with the onset of more sunlight and blooming flowers. Happy spring!

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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 !!!!



DAPOLI BRM



SIDDARTH BHAMRE
Organiser of NMKC
Audax India Club

'You'll never be disappointed if you always keep an eye on uncharted territory, where you'll be challenged and growing and having fun.' These words by American actress Kirstie Alley came true for us at NMKC-Club when we planned and executed our 200 Kms cycling event to Dapoli, Ratnagiri.

Generally, BRMs starts and end at same place but we at NMKC decided to do something different to explore places and also to conduct an event which will give riders time to spend with each other. Otherwise after most of the rides, riders complete the ride and disperse so there is no time for bonhomie. Dapoli a coastal city was our first target as it is around 200 kms from Navi Mumbai.

This event we wanted riders to ride 200 kms and stay at Dapoli overnight in a resort, and next day morning their cycles would be transported by truck and a bus for riders which will bring them back to Navi Mumbai. Due to space constraint, we limited this event only for 50 riders. Event started on 30th January at 5:00am from NMKC HQ and our end point



was at Dapoli Nagar Panchayat Office, a distance of 208 kms.

Mumbai-Goa road which is now revamped saw riders sailing through in a chilly morning with lot of fog and low visibility for first couple of hours. As the day light emerged riders were nearing Pen and after Pen, the scenic part of the Mumbai Goa highway emerged too. Our route took riders from Navi Mumbai to Pen to Mahad on NH66, before we could reach Mahad; riders had to check at a control point kept around 110 kms from the start near Manggaon at Hotel Open Umbrella. Most of the riders sailed to check point as the route was absolutely flat.

Refreshed riders started second half of the journey where several challenges awaited them. Till Mahad which was 140 kms from start, challenges were less except that it was afternoon and Sun

was shining bright. Riders took right turn towards Mahad city as road to Dapoli was through it. Once Mahad was behind, roads were narrow and there was rolling incline for good 12-15 kms coupled with heat. But scenic beauty of Konkan has started to unravel by now.

If rolling incline was not enough there was very bad road patch of around 3kms and just after this patch started 4-5 kms of tough climb of Latvan Ghat. Many riders didn't expect it to be tough but it was! After negotiating with these challenges' riders reached Dapoli. Out of 50 riders registered for this event, 2 riders didn't start, 3 riders finished after time limit, 7 riders couldn't finish the ride because of various reasons and 38 riders finished ride within time.

From finish point our resort, Salt Water Beach Resort was 11 kms far but since it is a

beautiful beach touch property, riders had to mainly sail through the smooth descending road. After getting fresh at resort riders enjoyed each other's company while having delicious Konkani food for the dinner.

Next day morning many enjoyed clean waters of Dapoli Murud beach before start-

ing return journey. Well, if you think that that was it then you are mistaken. Riders were welcomed at finish point by Dapoli Police and also by Dapoli Nagar Panchayat.

Both the authorities invited riders on their way back home and felicitated them. This was one of the best parts for our riders. But good things kept coming. Dapoli Police invited us to Dapoli Police station and showed us how they are building bridges to connect with residents and how effectively they are spreading social messages which included, inclusivity, best out of waste, safety measures while

driving, importance of education to name few. It was a breath of fresh air at police station which is otherwise considered as a place never to visit. Dapoli Police station incharge Mr. Rajendra Patil and Dapoli Nagar Panchayat Chief Mr. Mahadev Rode made us feel really special. This all was possible only because of Mr. Ambrish Gurav, avid cyclists from Dapoli who ensured we felt like home. In the end, the volunteering team of NMKC and these riders reach back to Navi Mumbai late evening on 31st Jan, gathering wonderful life long memories. These memories cannot be bought and neither can they be created during normal vacation. Cycling is one of the effective ways of creating beautiful memories and enriching our lives. Needless to mention, health is a by-product of cycling!!

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