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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 - 6 (March 1-31, 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

WOMEN'S DAY SPECIAL

This Women's Day, we inaugurated "Everest Cycling Culture - VASHI", by the hands of our little Angels within the Family. YES...! we have RELOCATED our Seawoods Premium Store & SCOTT Technology Centre, to Vashi; on the First Floor above our old "Everest Cycle Co." Vashi Store.



This new place is bigger and better and gives us an opportunity to showcase all Bikes & Accessories



under one roof. It will be a one-stop-shop for all cycling needs.

The First Floor will be focusing on Premium and Selected Semi-Premium category;



along with all Accessories & Apparels. It will also have a Premium Service Centre along with Bike-Fit. Whereas the Ground Floor will cater to Indian and Semi-Premium Category & a Service Centre as well.

We feel strong as now the entire team is at one place to cater to any kind of Sales and Service, in any budget

and requirement of our Riders.

Due to Covid Restrictions we couldn't



invite our "ECC Fam-

ily" & fellow "Cycling Community" to be a part of the Celebrations; but we promise



to make it up on our "Grand ECC Reunion Ride" on this "Independence Day".

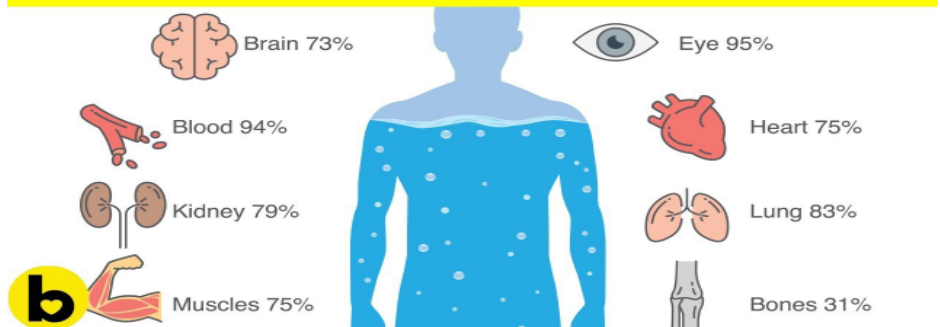
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Editorial

CASUAL APPROACH MAY BE FATAL

How could people forget all the hardships and difficulties faces just last year when the entire world literally had come to a standstill. Everyone was following the lockdown rules religiously and maintaining physical distancing when going out. Mask would be firmly on the face as people feared for their lives. Unlock began because life had to begin again, all behind doors would mean dying due to hunger. But then unlock didn't mean discarding all the Covid sops. As unlock increased we probably got casual thinking everything had become normal. Well to live our lives work had to begin and for that people had to go out. Administration had asked the citizens to follow the Covid guidelines, but slowly it remained only on paper as masks slipped from the nose and mouth areas to the chin and below as if it was just a formality. Distancing gave way to dense crowds at market places and even in social gatherings. People probably in here became more casual as the news of vaccine came in. They started thinking as if now corona virus couldn't do anything. Vaccine doesn't mean that all precautions are thrown out in the bin. Even if this logic of vaccine is taken, one should realise it is not a 100% protection. Secondly it would take months to vaccinate each one as we are a billion strong population.

The best defence still is Mask, Physical Distancing and Hand Wash each time. If we throw caution to the wind let us be ready to get back the uninvited virus back again. Already there is an alarm bell sounded by not just the government here but in other countries too. Get ready for a second wave and a stricter lockdown. The choice is in our hands ... Act casually and get locked up again or act carefully and continue your daily routine as before !!!!

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MENTAL HEALTH IN CHILDREN- PART 1 VICTIM MENTALITY



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Mom Dad U R Wonderful
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In the last year and more, I have been writing about the mental health of adults and how they can adopt many new ways and methods to ensure a sound and healthy thought process.

Today I would like to focus on how the mental health in children can be healthy and how they can grow up to be individuals with strong minds and happy thoughts.

Children as we all know are the outcome and results of role modeling to a large extent. There will definitely be role of genetics as well. However if we ensure that we do the right upbringing and nip it in the bud when we see the genetic traits which do not serve a purpose or are harmful, then we shall have taught our children to be aware of their negative genetic predisposition and they would know how to overcome or eliminate the same. In this article we shall address the Victim Mentality Syndrome.

Victim mentality is an acquired per-

sonality trait in which the person tends to recognize or consider themselves as a victim. An example would be a father having this trait and then the son also having acquired the personality trait along with role modelling.

The trait involves a tendency for blaming one's misfortunes on somebody else's misdeeds, which is also referred to as victimism. It is also known as the "Poor Me" Syndrome.

Victim mentality is primarily developed, for example, from family members and situations during childhood.

How to ensure that the personality trait does not become strong in children when it is existing in one of the family members.

The first symptom is negative thinking and blaming others or God for their misfortunes.

Recognizing it in the family member would be the first step. In this case the family member shall also need therapy as just molding the child while the family member continues to show the symptoms or full blown behavior would be futile. Therefore while the adult is in therapy, the child can be guided accordingly.

1. Teach the child to face the situation and also face the consequences with coping skills, rather than defense

mechanisms of blaming others or rationalizing the event or the act.

2. Focus on turning the negative language to positive right from the spot where it originates in the brain. So for example if the child says, God has done this to me, let him lovingly understand that it was he or she who was responsible and can now change the situation, first by accepting it and then making a plan to reverse or amend it. Teach them to turn every pessimistic thought into a positive and optimistic thought.

3. Teach coping skills to face sadness, anxieties loss, rejections, failures, etc. We all have emotions, it is how we face them with a stride or with fear and anger will make all the difference. It is ok to cry, however that is just for the moment, the next moment it needs to be resolved and move on to the next stage of life attitude.

4. Teach assertive skills. We all need these skills. While we learn more of aggression rather than being assertive. We need to teach our children to say No when necessary and not react in an aggressive manner.

5. Be a part of the solution and not a

part of the problem. Whenever children come with problems, we need to guide and help them find solutions and often creative solutions, this requires patience and confidence in ourselves.

6. Practice Gratitude. I remember my mother always teaching us to be grateful for what we have, rather than being in the blaming or complaining mode. This has made us always be aware of what is there and to enjoy the small pleasures of life. That does not mean we do not aspire or are complacent. It just means to be calm and happy and be in better state to aspire and achieve.

7. Encourage them to play tough rather than play victim. When we see children falling down we must not teach them that it was the fault of the stairs or the stone, we need to draw their attention to themselves being more careful and strong.

The above needs to be practiced on the whole as a family and that is when the child be develop into a healthy happy well equipped human being and not a victim of circumstances or a person with victim mentality.

IS A DENTAL CROWN NECESSARY AFTER A ROOT CANAL?



Dr. Ruhina Khan (BDS)
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Patients always ask dentists if a dental crown is required after a root canal treatment. Many choose to ignore it only to face discomfort later. Today I aim to clear your confusion regarding the same.

Many scientific studies have revealed that a dental crown following a root canal improves the chance of tooth survival. Here are some crucial reasons why adding dental crowns after root canal procedures are needed.

• Restore a Fragile Tooth

A tooth can turn more fragile after the root canal treatment due to tooth-drilling, cavity, or infection. A durable dental crown can protect this tooth and make it long-lasting while preventing any damage.

• Protect a Tooth from Sensitivity

Following root canal therapy, some of the existing nerves

may develop extra sensitivity to heat and cold which can be extremely uncomfortable. This is another reason why a dental crown is needed to protect a tooth after the root canal procedure.

• Retain a Natural-Looking Colour

Some teeth change colour after a root canal treatment. If a tooth appears grey or deeply stained, a dental crown can offer a more natural appearance and whiter shade to match the remaining teeth.

• Prevent Infections

The affected tooth surface is at a higher risk of infection and contamination post a root canal therapy. A dental crown will protect the tooth by sealing it off from dangerous leakage to avoid recontamination so that you do not need to undergo a tooth extraction.

• Provide a Back-Up Security

A tooth that previously had a filling due to extensive decay

and got chipped or fractured before the root canal treatment, or if it is in a high traffic area should necessarily be restored with a dental crown.

Why Self-Care After Root Canal Is Important

Root canal treatment is mostly required when a large

damage.

Tips for Self-Care After Root Canal

1. Take Prescribed Medication

If you suffered a tooth infection and antibiotics were prescribed to you after the procedure, make sure to take them exactly as prescribed without missing a dose.

minimizing the stress and discomfort on the treated tooth until your dentist permanently restores it.

3. Choose Only Soft Foods

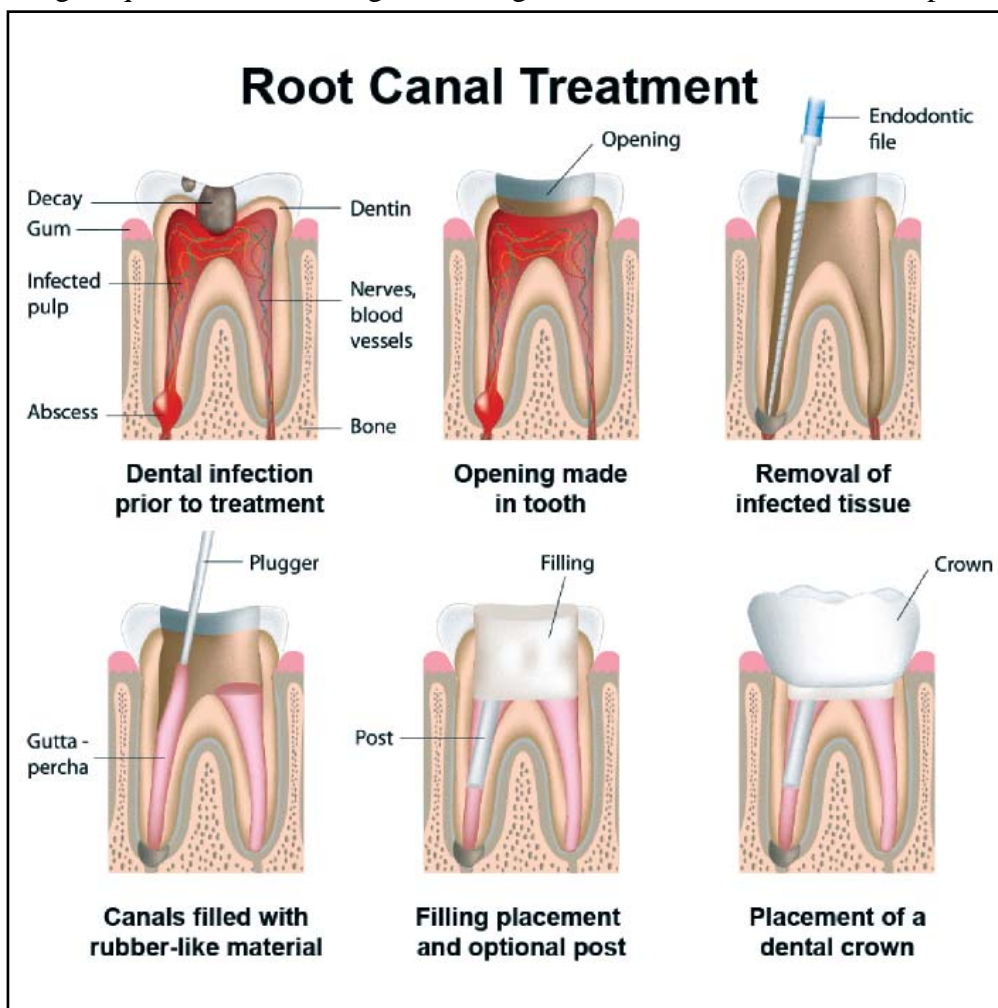
Eating crunchy or hard foods increases the danger of damaging the temporary filling. Avoid eating hard foods to prevent

The tooth and gums near the affected area will require proper care. However, initially, after the treatment, maintain caution when brushing and flossing. If you experience difficulty in flossing near the temporary filling, be gentle and take your time to adjust gradually. Consult your dentist for proper advice on brushing and flossing techniques for your specific condition.

5. Remain in Touch with Your Dentist

Remember, root canal therapy is just the primary step for managing an injured or infected tooth. Go to your dentist for regular follow-ups after your root canal to check how the healing is taking place. The dentist might suggest a permanent tooth restoration if they see a need to reinforce your tooth and to restore all the normal function of your mouth.

Thanks to the technological advancements in dentistry, nowadays, patients do not have to endure severe pain after root canal. You may experience a minor swelling or a slight discomfort for one or two days that gradually subsides with proper self-care after a root canal.



cavity or injury causes damage to the root of a tooth, and the tooth cannot be secured with a simple filling. It involves a rather routine procedure that provides excellent outcome to strengthen your natural tooth and protect it from further

2. Reduce Stress on the Tooth

Avoid eating or chewing until the numbness and sensitivity in your mouth have subsided to prevent biting your tongue or other soft tissues in your mouth. This is also helpful in

damage to the filling or even breaking the tooth, and stick with softer foods including khichdi, daal rice, and ice cream. For additional safety, try to chew on the other side of the mouth.

4. Maintain Proper Oral Hygiene

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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!!!!





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Magnesium (Mg) is considered a super mineral and is one of the 7 essential macro minerals.

FUNCTIONS

- It is a cofactor in more than 300 enzyme systems that

regulate diverse biomechanical reactions in the body including protein and fatty acids synthesis

- Muscle & Nerve function
- Blood glucose control

MAGIC OF MAGNESIUM

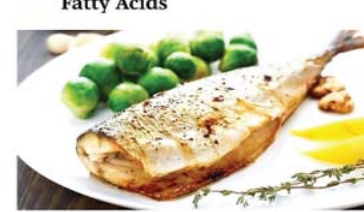
1 Dark Leafy Greens Prevent Magnesium Deficiency



2 Nuts and Seeds Keep Energy Up and Hunger Down



3 Salmon and Tuna Are Filled With Magnesium and Omega-3 Fatty Acids



4 Soybeans and Edamame Increase Fiber and Magnesium



5 Heart-Healthy Avocado Is Loaded With Nutrients



6 Eat Bananas for a Magnesium-Rich Snack



7 Decadent Dark Chocolate Is Your Go-to Magnesium Treat



8 Try Magnesium-Containing Nonfat or Low-Fat Yogurt for Breakfast



Food	Milligrams (mg) per serving	Percent DV*
Pumpkin seeds, roasted, 1 ounce	156	37
Chia seeds, 1 ounce	111	26
Almonds, dry roasted, 1 ounce	80	19
Spinach, boiled, ½ cup	78	19
Cashews, dry roasted, 1 ounce	74	18
Peanuts, oil roasted, ¼ cup	63	15
Cereal, shredded wheat, 2 large biscuits	61	15
Soy milk, plain or vanilla, 1 cup	61	15
Black beans, cooked, ½ cup	60	14
Edamame, shelled, cooked, ½ cup	50	12
Peanut butter, smooth, 2 tablespoons	49	12
Potato, baked with skin, 3.5 ounces	43	10
Rice, brown, cooked, ½ cup	42	10
Yogurt, plain, low fat, 8 ounces	42	10
Breakfast cereals, fortified with 10% of the DV for magnesium, 1 serving	42	10
Oatmeal, instant, 1 packet	36	9
Kidney beans, canned, ½ cup	35	8
Banana, 1 medium	32	8
Salmon, Atlantic, farmed, cooked, 3 ounces	26	6
Milk, 1 cup	24-27	6
Halibut, cooked, 3 ounces	24	6
Raisins, ½ cup	23	5
Bread, whole wheat, 1 slice	23	5
Avocado, cubed, ½ cup	22	5
Chicken breast, roasted, 3 ounces	22	5
Beef, ground, 90% lean, pan broiled, 3 ounces	20	5
Broccoli, chopped and cooked, ½ cup	12	3

MAGNESIUM RICH FOODS

- Blood pressure regulation
- Energy production
- Structural development of bones
- Synthesis of DNA RNA
- Synthesis of antioxidant Glutathione
- Helps in nerve impulse conduction
- Helps in muscle contractions
- Helps maintain normal heart rhythm

An adult body contains approximately 25gms of Magnesium and 50% to 60% is present in the bones.

MAGNESIUM AND HEALTH

- Hypertension and Cardiovascular disease (Improves Heart Health)
- Research shows that Mg supplementation or a diet rich in Mg decreased Systolic blood pressure by 3-4 mg of Hg
- Higher Mg intake reduces the risk of Stroke

- Type 2 Diabetes Diets with high Mg are associated with lower risk of diabetes because of its important role in glucose metabolism
- Controls Osteoporosis
- Mg aids in bone health by stimulating hormone Calcitonin
- Aids better sleep
- Muscle tension relief (reduces soreness and cramps)
- It is alkaline for the body and aids in digestion, mental acuity and physical energy.
- Relieves Constipation
- Improves general wellbeing

MAGNESIUM DEFICIENCY

- Early Signs
- Loss of Appetite, nausea, vomiting, fatigue, weakness
- As deficiency worsens
- Numbness, tingling, muscle contractions, cramps, seizures, personal-

ity changes, abnormal heart rhythms, coronary spasms, severe hypocalcemia or hypokalemia (low serum calcium or potassium levels)

SOURCES SAID DOSAGE

Adults should aim for 300 to 400 milligrams per day.

Rich Sources of Magnesium

- Nuts (almond, cashew, Brazil nuts)
- Molasses
- Kelp
- Buckwheat
- Millets
- Seeds (pumpkin, sesame, sunflower, chia)
- Spinach and green leafy vegetables
- Black beans.

Simple dietary changes and regular supplementation can restore optimum levels of Magnesium in your body.

TIPS: Rub Magnesium oil on the sole of your feet before sleeping • Warm bath with Epsom salt.

Planting A Tree: A True Way to Show Reverence to the Lord & Take His Legacy Forward!!!!



Tina Acharya
E-mail: tina_acharya@yahoo.co.in

On the auspicious occasion of Mahashivaratri I was privileged to be invited to a Plantation drive by Nature Care Foundation, Vashi. It was carried at Vashi, Sector 12, Jogging Track Area. What's worth to be mentioned here is that, in that particular occasion, at least 100 coconut trees were donated by Mr.Kamlakar Patil, a resident of Vashi, in the Loving Memory of his

Father Late Panduram Kanha Patil, on the day of his first Punya Tithi (death anniversary). Mr. Patil himself is a nature lover & a concerned green activist. Mahashivaratri is celebrated not only as the anniversary of Lord Shiva & Goddess Parvati but also as a day when Lord Shiva had saved the Universe from the pot of poison that had emerged from the Samudra Manthan. Samudra Manthan – Churning of the Ocean of Milk (Kshhirasagar) by Gods and Demons is one of the best-known stories that most of us have grown up hearing it. It's believed that along with many good things, a pot of lethal poison was also released dur-



ing the churning process which could have destroyed the entire creation. Then Lord Mahadev appeared as a saviour & drank it entirely to save the world. For a moment, let's look at this episode from a rationale stance. I feel the entire Samudra Manthan episode & the lethal poison pot releasing at the end of it itself speaks a lot about the "Over Exploiting Attribute of Us." Probably, as I believed, water as a resource was overexploited that time which had led to a serious pollution which could have destroyed the entire water content of the globe leading to a severe destruction & imbalance and that was

Contd. to page 6

CREATIVE SPACE



Canvas Painting by Filzah Syed, Vashi

Schezwan sauce bottle... Decoupage Art



By Shaista Sayyad, Andheri (W), Mumbai



By Maisha Syed, Vashi

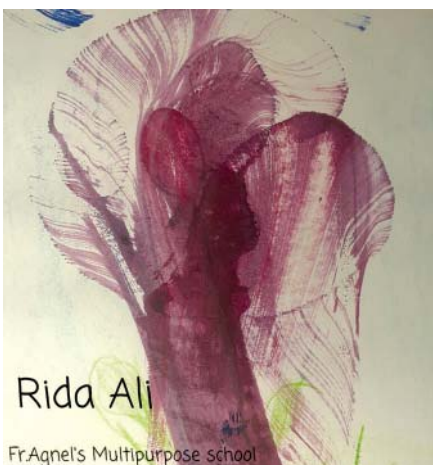
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Rida Ali

Fr.Agnel's Multipurpose school

Rida Ali, 5 yrs, Fr. Angel Mutlipurpose School, Vashi



Ali

Fr.Agnel Multipurpose school

Raed Ali, 3 yrs, Fr. Angel Mutlipurpose School, Vashi

10 Health Benefits of...

Coconuts

1. Regulates Thyroid Function
2. Improves Brain Function
3. Maintains Body Mass
4. Stimulates Immunity
5. Keeps Heart Healthy
6. Improves Digestion
7. Full of Energy
8. Glowing Skin
9. Rich in Fibre
10. Tree of Life



INTERNATIONAL WOMEN'S DAY – LET'S DREAM BIG, ACHIEVE BIG

This year, the UN theme of the International Women's Day on 8th March is, "Women in Leadership: Achieving an Equal Future in a COVID-19 World." Although the theme celebrates the tremendous efforts taken by women towards recovery from the COVID-19 which was very evident and exemplary, it also focuses on the importance of women leadership in shaping a more equal and promising future. Through this theme, the 'UN Women' seek for effective participation and decision making rights for women in all areas of life through empowerment of women and girls. Despite several socio-economic barriers over the centuries, women have fought their way out to emerge as winners and contributors in almost every segment of life. They are slowly and steadily breaking the glass ceiling to take charge and occupy leadership positions in all sectors to leverage their immense potential. International women's day signifies and celebrates women and their valuable contribution to their families, society, nation and the world at large.

Women are an important pil-

lar of society. They have been bestowed upon the capability of playing multiple roles such as mother, wife, sister, daughter, friend and a professional in her respective role at work place. Speaking from my own personal experience, I believe that every woman has the power to transform society. God has created women with a special plan and purpose and am grateful to



our Lord Jesus Christ for His continual grace in fulfilling the vision to reach out to the children of our nation and to the poor and needy of the society.

Although women bring along essential knowledge, skills, resources and experience, they need to be empowered and encouraged. Steve Maraboli has wonderfully said, "The empowered woman is powerful beyond measure and beautiful beyond description." Indeed, the presence of women leadership is gradually reflected in entrepreneurship, adminis-

tration, education, engineering, health, etc. at regional, national, and global levels. We have a recent example of Dr. Swati Mohan, an Indian American scientist, who

played a pivotal role in the landing of the historic Mars Perseverance Rover. It is fascinating to witness women achieving new milestones. Empowered women are becoming the change makers and social transformers.

Over the centuries, women trailblazers and pioneers have added to human knowledge and skill in every field. While this international day reminds us about millions of women across the globe who have no proper access to education, health care and equal opportunities, it also exhorts us to encourage the leader within each of us. I congratulate every woman changing lives as she plays diverse roles effectively. Today, let us connect with all women to inspire them and celebrate the special gift of womanhood with an assurance that the future is bright, equal, safe and rewarding. Let us make the best of our abilities to collaborate, connect, empathize, listen, nurture, and communicate to achieve big in our lives for the betterment of our society.

Wish you a very Happy Women's Day!

Grace Pinto, Managing Director, Ryan Group of Institutions

PLANTING A TREE...

Contd. from page 5

saved by Lord Shiva

Now, coming to the present situation, what are we doing now? Aren't we destroying the natural resources for our over ambitious idea of living? For instance, deforestation alone has made many living species disappear. Pollution has eventually become uncontrollable posing a great threat to our health in particular and life in general. Global warming is lurking with its evil eye casting a deadly threat on the entire living world. In short, the bottom line is we are here with a "Pot of Lethal Poison" which has been released after our over exploitation of natural resources. And what we think? Lord Shiva will again come and with his unique power make the biosphere pollution free?

Come on; let's not live in the Fool's Paradise. It's now our responsibility to save ourselves, our environment. And I think

planting a tree is the first step towards it. In fact, if we really have highest regard for our Lord, then it's time to take his legacy forward to save the world. So, by planting a tree on the day of Mashashivaratri is one the best way to show our reverence to the Lord. Isn't it?

Also, the day we were born, we were provided with free oxygen

which is given by the trees that's planted by our ancestors. Then what could be the best thing to offer to our ancestors than planting a tree in their memory!!

I really highly appreciated the efforts of Nature Lover & Concerned Green Activists like Mr.Kamlesh Rajpoot, Mr.Vijoy Gore and other members of Nature Care Founda-

tion for their initiative for providing a platform for such noble participation and people like Mr.Pravakar Bhoir for extending their support to such endeavor.

At last I feel, we can really follow such ways of showing our reverence & love towards our Gods and ancestors. It's the need of the hour too!!!

APPLE

✓ **BREAKFAST** ✗ **DINNER**

- APPLE CONTAINS PECTIN WHICH LOWERS BLOOD SUGAR AND CHOLESTEROL LEVELS
- PECTIN IS HARD TO DIGEST AT NIGHT
- INCREASES STOMACH ACID

HEADACHE REMEDY



Eat 10-12 almonds, the equivalent of two aspirins, for a migraine headache.

ARE YOU FEELING FRESH TODAY

Constipation this word is very familiar to us ... right? Now a day's ... 6 out of 10 people are suffering from it but strange part is no one is talking about it. People know it but never give attention to it... they think it is general & it happens.

Now I have a question!!! Are you the one who is facing any of below mentioned points?

1. Are you unable to pass stool in morning
2. Are you taking too much time sitting in washroom
3. Are you the one who is putting force to clear the motion
4. Are you the one who clear the stool but it's very hard?
5. Are you the one who is getting clear motion for 2-3 days
6. Are you one who need hot water/ tea /coffee in morning to clear your motion
7. Are you one who need smoke to clear motion

If your answer is YES then you are suffering from Constipation, but don't worry you are not alone

It seems a very small problem but if it's not cured in time then it can lead to cancer ...

Your Stomach is mother of all your diseases but Constipation is a symptom, not a disease

What is constipation – When a person passes less than three bowel movements a week or has difficult bowel movements. When bowel movements become less frequent and stools become difficult to pass.

Now we talk about what are the reasons for Constipation –

1. The most common is poor diet
2. Lack of exercise.
3. Irritable bowel syndrome,
4. Pregnancy,
5. laxative abuse,
6. travel,
7. Specific diseases,
8. Hormonal disturbances,
9. Loss of body salts

10. Nerve damage.
11. Older age
12. Taking certain medications

Common lifestyle causes of constipation include:

- Eating foods low in fiber.
- Not drinking enough water (dehydration).
- Not getting enough exercise.
- Changes in your regular routine, such as traveling or eating or going to bed at different times.
- Eating large amounts of milk or cheese.



Soniya Anand
Yoga instructor and Nutritionist
Mob. 9870973330

The partially digested food (waste) that remains moves from the small intestine to the large intestine, also called the colon. The colon absorbs water from this waste, which creates a solid matter called stool. If you have constipation, food may move too slowly through the digestive tract. This gives the

colon more time – too much time – to absorb water from the waste. The stool becomes dry, hard, and difficult to push out.

Constipation can be managed by you at home. Self-care starts

port to your foot,

- Add an over-the-counter supplemental fiber to your diet.
- Do not read; use your phone or other devices while trying to move your bowels.

How Yoga can help to reduce Constipation:

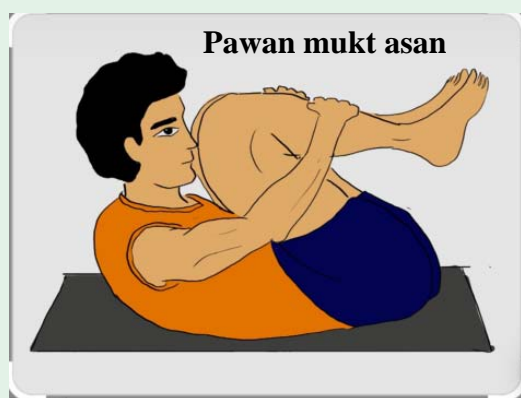
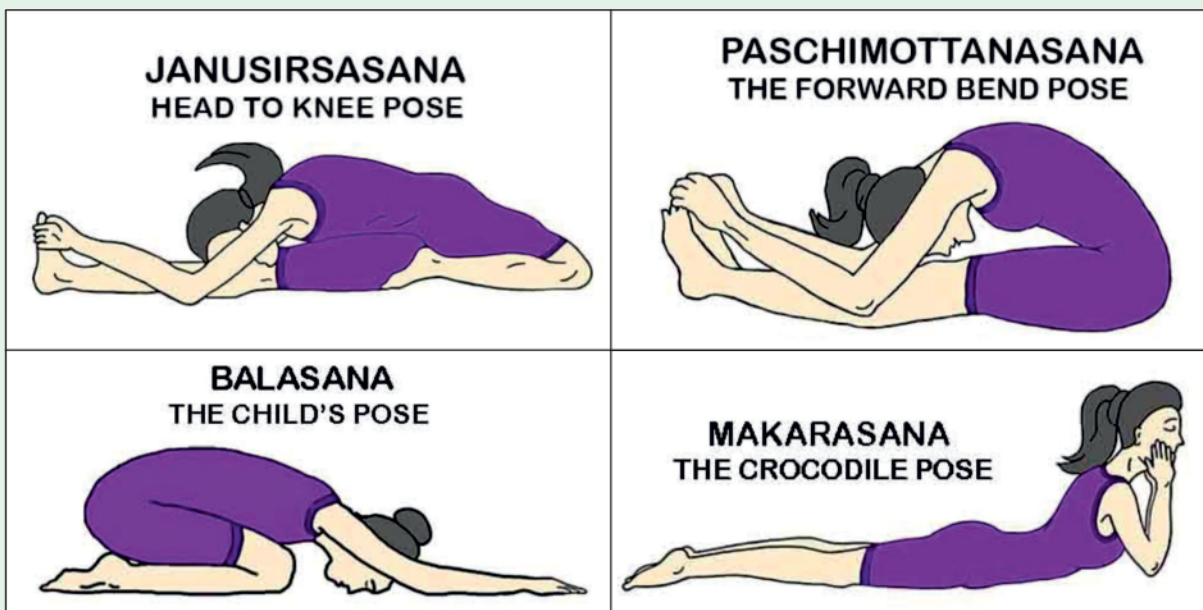
Yoga can help ease the pain and discomfort of such digestive troubles. Yoga alleviates constipation in two ways:

Managing stress

First, it helps manage your stress response, which can greatly improve the functioning of your digestion system. You may notice that you're more likely to get "blocked up" when you're stressed out. Simply meditating and breathing deeply can help move things along.

Digestive massage

The second way yoga benefits your digestive system is through twisting poses, inversions, and forward folds. These poses massage your digestive organs, increase blood flow and oxygen delivery, aid the process of peristalsis, and encourage stools to move through your system. Doing yoga regularly can result in regular,



- Stress.
- Resisting the urge to have a bowel movement.

How does constipation happen?

Constipation happens because your colon absorbs too much water from waste (stool/poop), which dries out the stool making it hard in consistency and difficult to push out of the body.

To back up a bit, as food normally moves through the digestive tract, nutrients are absorbed.

by taking an inventory of what you eat and drink and then making changes.

Some recommendations to help relieve your constipation include:

- Drink two to four extra glasses of water a day. Avoid caffeine-containing drinks and alcohol, which can cause dehydration.
- Add fruits, vegetables whole grains and other high-fiber foods to your diet. Eat fewer high-fat foods, like meat, eggs and cheese.
- Eat prunes and/or bran cereal.
- Keep a food diary and single out foods that constipate you.
- Get moving, exercise.
- Check how you sit on the toilet. Raising your feet, leaning back or squatting may make having a bowel movement easier.
- If you are using Western toilet, Place small stool & give sup-

port to your foot.

healthy bowel movements. "People who are very bloated, have distended bellies, or just have a little extra body fat around the middle may find twists extremely challenging or uncomfortable "My rule of thumb is if it is painful, don't do it. A little discomfort is okay, as long as it is not painful. If you struggle with twists, consider sticking to supine twisting — on your back — or seated twists."

If you're looking for a natural way to relieve your constipation, the poses described below may help. Roll out your mat and give it a try!

1. Pawanmuktasana (Wind Releasing Pose)
2. Janusirsasana (Head to knee pose)
3. Balaasana (Child Pose)
4. Makrasana (Crocodile pose)
5. Setubandasana (Bridge Pose)

Regular practice of above asanas will help to reduce Constipation

BENEFITS OF MUDRA THERAPY



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Nutritionist & Founder
of AAKANKSHA:
Desire For Wellness.

What are mudras ?

Mudras are hand gestures that are symbolic in cultures. They are used to communicate with each other such as waving hello. They are used in rituals, such as folding your hands in prayer. They are also used for energetic, emotional and physical effects. Mudras have deep and broad history. Some of the mudra theories include influences from Ayurveda, Chakras,

Accupressure points, Reflex zones, Meridians and Planetary and Palmistry. The different theories believe that depending where pressure is placed on the hand, what energetic, emotional and physical effects it will have on the practitioner.

The natural sciences of Mudra Therapy believe that 5 fingers correspond to the 5 elements that is panchamahabhootas. A mudra is also referred to as a gesture or positioning of hands intended to direct energy flow and to connect parts of the body to the brain as life force energy flows through the body. Body is made up of 5 elements that is

1. Air
2. Water
3. Fire

4. Earth
5. Space

There are few mudras that are commonly used in a yoga practice. These would include :

1. Atmanjali mudra
2. Jnana mudra
3. Chin mudra

But mudras are not limited to just few common yoga ones. They are limitless. Mudras are often used during meditation. They have healing properties for the energetic, emotional and physical health of the practitioner, just like yoga. Mudras and

slight pressure of the thumb being exerted on the finger. The other 3 fingers are kept straight. Regular practice of this mudra helps in reducing ear pain. If this mudra is done for 1 hour daily it can benefit in hardness of hearing. The bones become strong and is also beneficial in heart disease.

3. **Atmanjali Mudra:** All pressure points are pressed. Hand has to be kept in



breath should also be used together just like yoga. Following are some of the mudras along with their benefits :

1. **Vayu Mudra:** In this mudra, tip of the index finger touches the base of the thumb with slight pressure. Rest of the fingers remain straight. By the practice of this mudra all vayu that is air related issues are relieved like arthritis, sciatica, knee pain, gastric problem. It also gives benefit in neck pain and spinal pain.
2. **Shoonya Mudra or Mudra of Emptiness:** The tip of the middle finger is put at the base of the thumb and the thumb comes over the finger with

Namaste position. Eyes, brain, shoulder, spleen, waistline, hip, knee, uterus, kidney, small intestine, large intestine, chest, lungs, heart.

4. **Gyaan Mudra or Dhyaan Mudra:** Balancing air & element. Benefits and concentration are it removes negativity, improves memory, reduces anger, headache, insomnia and hypertension.
5. **Prana Mudra:** Tip of the little finger, ring finger and thumb. This increases immunity, free blood circulation. We feel more energetic as flow of energy is more. It helps to get rid of numbness and cramp. It is also good for sleep.

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

In my humble opinion, this is not new to the western countries, E-commerce came in to servicing in Airlines, bank, transcontinental market services and deliveries including Health care like Telemedicine system and transcriptions... which is still available on priority from 1981. Ofcourse NRI account in Asian subcontinent has accepted to try and trust in 1998 onwards...my book on "E-commerce in South Asia" was best selling in Middle East Countries and Far East countries including some part of Kowloon Hongkong, where I was awarded by Malaysian University for challenging Western countries that Asians have best mathematicians, so computer science will find its hub in Asia.



Jamie Khalidi (Business), Andheri West, Mumbai



Yes this pandemic has shown us / employers to adopt the policy of work at home. As an experiment with few modulations and conditions we can adopt this way. Both employee and employer will be happy no duty hours, no leaves, no PF. A real boundation free job where you're your own boss... Yes a new wave is crying for the adaptation.

Ayub Khan, Freelance, Shahjahanpur UP

Yes Work From Home should continue.
Yogendra Kumar, Retired Professor
Aligarh Muslim University



IS OUR CASUAL APPROACH TOWARDS COVID RULES THREATENING AN OUTBREAK OF THE SECOND WAVE IN THE COUNTRY

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

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