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MASK

STILL YOUR MOST IMPORTANT SURAKSHA KAWACH

PLEASE NOTE:
Vol. 4, Issue - 7 (April 1-30, 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

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Health in our Breath

BREATHING CORRECTLY



- Improves Immunity
- Reduces Anxiety
- Increases Energy Levels
- Reduces Inflammation
- Improves Posture
- Helps you Sleep Better

“Diaphragmatic breathing” helps strengthen our diaphragm. Sometimes called belly breathing, it is the basis for almost all meditation and relaxation techniques.

body ability to tolerate high intensity workouts

6) Lowers your chances of muscle injury

7) Slows your breathing rate

Major benefit is reducing stress.

Being stressed

ly concerns and in today’s Pandemic times the fear of catching the virus) can cause long term anxiety and depression.

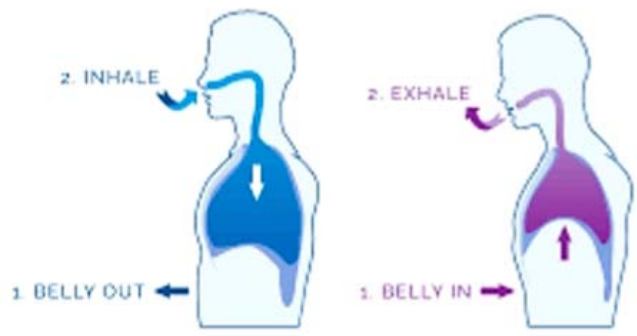
Breathing Technique”

- Sit in a comfortable position or lie flat

- on the floor
- Relax your shoulders
- Place one hand on your chest and the other on your stomach
- Breathe in through your nose
- Feel your stomach expanding outward while your chest remains relatively still
- Purse your lips like you are drinking from a straw
- Press gently on your stomach and

- Exhale through your mouth
- Repeat...

Breathing is a part of your Autonomous Nervous System (ANS) which is in charge of essential body functions like.... Digestion Metabolic processes which control your weight Overall body temperature Blood pressure So “Breathe” your way to good health.



- Diaphragmatic Breathing
- 1) Helps you relax, lowering the harmful effects of stress hormones on your body
 - 2) Lowers your heart rate and blood pressure
 - 3) Helps you cope with symptoms of post traumatic stress disorder (PTSD)
 - 4) Improves your core muscle stability
 - 5) Improves your

keeps your immune system from working at its full capacity. This makes you more susceptible to numerous conditions. Over time chronic stress (even seemingly minor inconveniences like traffic, issues with loved ones or other dai-

It is recommended for people with chronic obstructive pulmonary disease (COPD), asthma and other respiratory conditions, which reduces the elasticity of our lungs and makes the diaphragm weak.

The most basic “Diaphragmatic

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Editorial

WE CAN AND WE WILL

Last year this time around the world was terribly scared of the new and deadly virus that had hit it. People were following the Covid-19 protocol. Masks physical distancing and regular hand wash or using a sanitizer were strictly followed. But as days passed and unlock process began people became a bit casual. One really doesn't know whether it was out of our normally casual approach or being locked up at home for several months made us break free once we were allowed to step out? Nevertheless it was too early to lower the Mask and get close to people in the market place as we normally did in the past. We probably thought we had subdued the virus and that it won't strike again. But it seems like a cunning fellow it observed our behaviour and has struck harder with more strength and variants this time. We still have the best defence available ie Mask Physical Distancing and regular Hand Wash as our Suraksha Kawach. We need to get back all our defence equipments and fight this cunning fellow to the finish this time. Already the world is witnessing its lethal power in this second wave where more people are getting infected at a faster pace and even the death percentage is much higher than the first time it struck.

India has witnessed over two lakh cases on a daily basis when the last time round we hardly crossed a lakh cases a day. Hospitals are full with horrible scenes coming from all places of ambulances lining up outside hospitals with no vacant beds available. Shortage of oxygen cylinders and life saving medicine is compounding matters further. The best way to fight this cunning virus is exactly the same as we did last year.

Please tighten your belts to defeat this monster the way we know from our past.

MASK PHYSICAL DISTANCING AND HAND WASH You will do it and we will win the battle again !!! By the way there is another weapon in our armoury this time which we were so eagerly waiting for ie **VACCINE !!!**

So please do get **VACCINATED** if you fall in the eligible category !!!

WE CAN AND WE WILL FINISH THE VIRUS THIS TIME COMPLETELY !!!!

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MENTAL HEALTH IN CHILDREN PART 2 – OCD'S OBSESSIVE COMPULSIVE DISORDER



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OCD or Obsessive Compulsive Disorder is generally seen in adults. This disorder means that the person is constantly thinking or obsessing about thoughts which lead to compulsive behavior. For example a child who is obsessed with perfection keeps erasing the written work and rewrites till it is perfect, even leading to changing of books and writing the entire book of homework again.

Though OCD is mostly first detected by age 10, I have done counselling for children as young as 5 years of age. Obsession for children it is thoughts, images or ideas that will not go away and create a lot of distress and anxiety. Compulsion is a strong need to do something repeatedly to relieve anxiety.

Here are signs of OCD's in children.

Excessive fear of germs and con-

tamination leading to frequent washing of hands and getting very upset and anxious at the sight of any germs or insects.

Obsessive fear of illnesses and death coming to self or near and dear ones. Continuously checking on the well being and safety of self and others.

Excessive and repeated sexual thoughts or thoughts of being aggressive.

Superstitions regarding numbers or too much preoccupation on maintaining order.

Skipping lines on the path while walking on the footpath.

Excessive need to hoard objects and things and also keep checking on them.

The exact cause of OCD is unknown. However children with OCD's do not have sufficient serotonin a neurotransmitter in the brain. OCD is due to genetic and hereditary factors and also gets further encouraged due to role modelling.

It can also be caused due to excessive guilt in childhood trauma, molestations or sexual assault.

Stress from school pressure, bullying or peer pressure can also trigger this disorder.

If OCD is left untreated it can lead to physical problems

like skin ailments, depression, panic attacks or severe fatigue and difficulties in interpersonal relationships.

Tips for Parents to help children with OCD

1. Parents need to identify it early and take help from Psychologist. The parent who approached me when her daughter was just 5 worked on the tips given by me and the daughter is completely out of this disorder.

2. Make a note and monitor the behavior and the conversations. Many a times parents give in to the behavior and it gets strengthened. Parents need to slowly wean them off for example excessive hand washing or throwing tantrums if a particular object is not placed exactly. Parents need to use the technique of calming down by teaching them relaxation when they are in good mood, teaching them breathing exercises, teaching them anger management and helping them watch how their heartbeat is working and how they can still be ok when they do not

succumb to their obsessions and compulsions.

3. Parents along with counselors can identify the root causes of shame and guilt and give therapy for the same.

4. Pay attention to their self-esteem and building a good emotional quotient.

5. Take support from the entire family to not make fun of them, but to understand and help.

6. Counselors use CBT and systematic desensitization as a main technique.

Food for increase in Serotonin

Nuts and seeds that are full of nutrients

Protein and carbs to keep the blood sugar levels steady

Ensure good sleep habits.

Ensure good exercise habits, indoor and outdoor.

Celebrate more often the positive behavior. A big hug does wonders.

Avoid chocolates, soda, caffeine, energy drinks

The most important message would be to not let it get severe and nip it in the bud.

Share this article so that parents can learn the symptoms in the early stages and take action.

VISIT US: www.datewithhealth.com

HEALTHY KITCHEN ANALYSIS IN COVID 19



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

Our Indian kitchen has got all the powerful ingredients that act like soldiers to protect us. Also attacks the bacteria and viruses and keeps us healthy. Today all of us are facing challenge and are worried about our health. But once we make a checklist, we can find out whether we have all these powerful ingredients in our kitchen. This will help us to boost our immunity. When we talk about the COVID 19 Lifestyle analysis then we need to look for the following:

1. **Gut Health:** Having good amount of probiotics and prebiotics in our daily diet is a must. Consuming all types of pulses, sprouts, fresh vegetables and fruits act as prebiotics. Consuming good amount of freshly prepared yoghurt at home,

fermented food are excellent sources of probiotics.

2. **Exercise:** Exercising 30-45 minutes is compulsory. Include pranayam for 20 minutes.

3. **Stress:** Stress increases the cortisol hormone which in turn reduces immunity. Hence always smile and stay happy.

4. **Sleep:** Sleep is equally important. A quality sleep of 5-7 hours every night is a must.

Coming on to the healthy kitchen analysis in COVID 19 following herbs and spices are compulsory in our kitchen. Let us first understand the difference between herbs and spices. In broad terms both herbs and spices come from plants but herbs are the fresh part of the plant while spice is the dried root, dried stalk, seed or dried fruit of the plant and is almost always dried not fresh. other

herbs and spices add flavor to the dish, however herbs are more subtle while spices have stronger flavor. You can add a small bunch of basil to your pesto, however you cannot add more than a few peppercorns to it. With spices less is

often more. Herbs and spices can not only be paired with each other but you can use a combination of two or more herbs or multiple spices. In order to create a flavor profile, you need to understand the texture, flavor, aroma and taste of each.

Check whether you have these spices in your kitchen. If not, then buy immediately.

Cumin/Jeera

Cumin or 'Jeera' is a savoury spice which is dried and cultivated. It is known to help in digestion of food, treat

insomnia, good to have it when infected with common cold and also treats skin disorders.

The spice of every Indian household, Turmeric is the quintessential Indian spice that is used for every Indian food. The golden pow-

der is actually a root vegetable that looks similar to ginger. Turmeric is known to improve condition which may lower chances of any heart-related diseases. It also helps in digestion of food and has anti-bacterial and antioxidant properties.

Cinnamon/Dal-Chini

This is one of the few spices which is popular throughout the world. From Asia to Europe to America, Cinnamon is used for various uses; such as cooking savoury dishes to making pies

the cholesterol level and also keep our heart healthy. The oil derived from Cinnamon is also used to treat and heal tooth decay and gum diseases.

Cardamom/Elaichi

The green Elaichi is widely used in India to flavour savoury dishes as well as sweet dishes. Some of its health benefits are combating nausea, gas, increasing our appetite, and reducing heartburn.

Herbs that are a must in the kitchen. Check this out.

Mint/Pudina

Who doesn't love a good refreshing mint drink or some mint chutney to satiate the cravings? As good and refreshing as it is, the fragrant mint is helpful in fighting sickness and nausea, just a quick sniff or a small intake of the leaf can relieve the uneasy feeling. The aroma also helps activate the gland that secretes digestive enzymes, which in turn helps with digestion.

Dill/Soa

The benefits of eating and consuming dill are listed as: ability to have deep sleep and treat for insomnia, antimicrobial activity which helps in keeping our body safe from microbial infections, and

also the Dill provides good amount of calcium to our body.

Brahmi

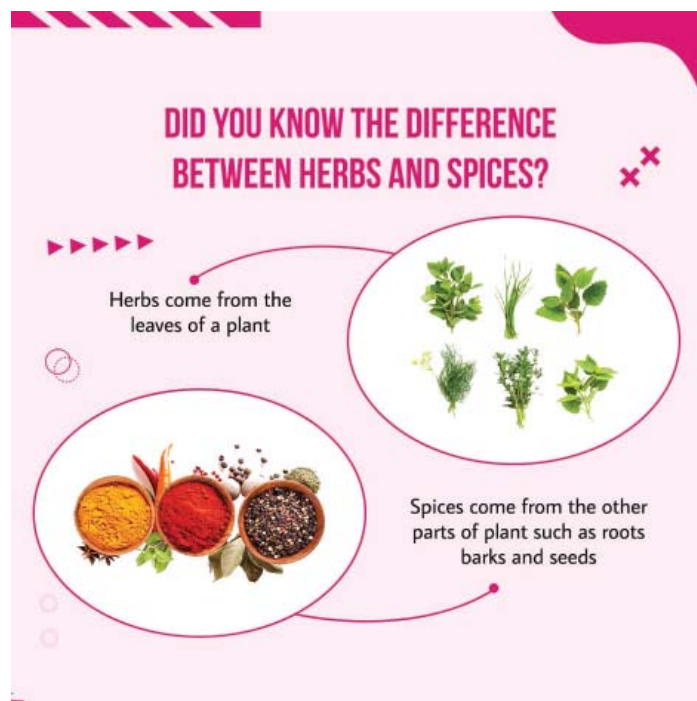
It is a brain tonic that enhances memory, intelligence, and concentration. Supports proper function of the nervous system. It decreases the cortisol levels in the body and reduces stress and anxiety. It is a natural blood purifier and helps support clear, healthy skin, and is good for hair as well. Brahmi supplements are cooling and relaxing in nature and are an excellent tonic for Pitta people with overactive minds

Neem

Neem leaves have antiseptic, antibacterial, and antifungal properties. Unlike its synthetic equivalents, neem is gentle and doesn't produce side effects such as allergies and rashes

It is a potent blood purifier and detoxifier and works well to treat acne, eczema, skin diseases, skin damage, and wounds. It is extremely useful for alleviating Pitta disorders as well

Consumption of neem tea helps to reduce fever, particularly malaria fever. The twigs of the neem tree can be used to maintain proper dental hygiene and care.



DATE WITH HEALTH'S INITIATIVE FOR A BETTER TOMORROW!!!

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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 !!!!



COSMETIC ACUPUNCTURE: BETTER THAN BOTOX?

Following decades of rising demand for cosmetic surgery, the desire for more natural anti-ageing methods is taking the beauty industry by storm. With increased understanding around wellness, from nutrition to mental health, growing numbers of us are steering clear of the “frozen face” fad and embracing all things holistic, over fillers and injectable, to achieve a longer lasting look of natural beauty. As expected, a host of famous faces are leading the way.

What is cosmetic acupuncture?

Cosmetic acupuncture is the use of traditional acupuncture on the face and points on the body to aid facial rejuvenation and slow the signs of ageing. Stemming from traditional Chinese medicine, acupuncture is an ancient technique that has been practiced for well over 2,000 years and has been used in western medicine for many decades now. The process involves using ultra-fine, sterile, single-use needles of varying widths, lengths and materials that are gently placed into the skin at the acupuncture points.

How does cosmetic acupuncture work?

Many of the effects of ageing are due to a decrease in circulation. Based on the principles of traditional Chinese medicine, cosmetic acupuncture works by placing the ultra-fine needles up to a couple of millimetres into the bottom epidermis, at strategic acu-points, to effectively increase the circulation of energy and blood to the face. The needles cause a micro-trauma that stimulates the body to produce collagen, which gently fills out any fine lines and triggers the skin's self-repairing mechanisms, bringing all its healing potential to

the surface of the skin. This also increases oxygen flow, which in turn encourages micro-circulation to nourish the skin and accelerate cellular waste elimination.

What kind of results can I expect?

Thanks to the increased circulation and balance of energy, results can include better skin tone, softening of fine lines, brighter eyes, diminished puffiness around the eyes, and a general lifting of the face, including jowls. Many clients also report a feeling of overall rejuvenation and sense of wellbeing, ranging from improved digestion, decreased stress, less menstrual discomfort to decreased acne breakouts and even improved sleep.

What happens during my treatment?

Your practitioner will firstly discuss your desired outcomes from the treatment and conduct an assessment to get a clear picture of your medical record and determine any causes of energy imbalance. They will then gently place the needles on systemic points to activate muscles in the face and neck.

Next, much smaller needles are inserted into the frown lines and wrinkles, causing a micro-trauma that will stimulate the body to produce collagen to gently fill out the line.

Finally, regular acupuncture points on the body are used to promote general health and reduce stress. This helps to give you that well-rested, bright-eyed glow.

The needles will typically be left in for a 20-to-



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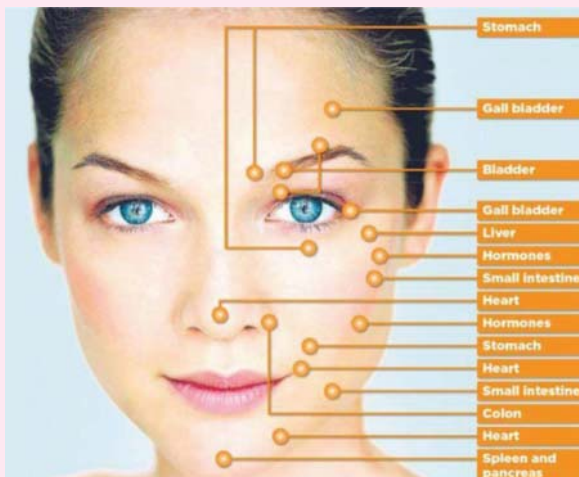
30-minute duration, during which you will be able to relax in peace and quiet. Your therapist will be close by at all times should you need to speak to them.

How long does the treatment take?

Your treatment will typically last between 45 minutes to 1 hour.

Does it hurt?

The acupuncture needles are much finer than those used for injections or



drawing blood. You may feel a very minor sharpness on initial insertion of the needles, although most clients would not describe this procedure as painful. As some points on the face are more sensitive than others, your physiotherapist will take extra precaution around those areas to minimize any potential discomfort. Cosmetic acupuncture is regarded as an overall calming treatment, as your body enters a meditative state once the needles are placed. Most of our clients find the therapy very relaxing – most of them even fall asleep!

What happens after my treatment?

There is no downtime involved with cosmetic acupuncture. You can have

the treatment during your lunch break and head back to work feeling refreshed and glowing. Occasionally you can experience a very small amount of

bleeding when the needles are removed and minor cases (approx. 3% of treatments) this can develop into a small bruise, although this should clear within a week.

How many treatments do I need?

Although results vary from person to person, with many people feeling instantly brighter after the first session, the majority will start noticing a real difference from the third treatment as the results accumulate over time. Consistency is key, an appointment once a week has a snowball effect as collagen returns to the area again and again.

For optimum results, we would recommend a course of around 10 to 12 consecutive weekly treatments; a course of treatment takes several weeks to administer, allowing the body time between sessions to build collagen and rejuvenate on its own. We also advise having a maintenance session once every 3 to 4 months or once per season.

How long do the results last?

The effects of cosmetic acupuncture are cumulative and can last up to 3 to 5 years after a course of 10 treatments, with maintenance.

Should I consider acupuncture before Botox?

For those who are new to anti-ageing treatments and are a bit apprehensive about exposing their face to anything drastic, acu-

puncture is a very gentle, non-toxic option, whereas Botox can tend to look quite harsh. This is because the area of muscle is effectively frozen, whereas in acupuncture we're getting it to work again.

Aside from being costly Botox only hides the signs of ageing temporarily and more quantity will be required over time to create that same result, as the muscles gradually weaken; acupuncture enhances the skin's own ability to regenerate, effectively strengthening your natural rejuvenation process.

Botox (Botulinum toxin), as the name suggests, is a toxin, and simply hasn't been used long enough for us to see the potentially damaging effects of it building up in our system. We do, however, already know that there is risk of paralysis of surrounding muscles and it can cause upper eyelid drooping. Acupuncture, on the other hand, has been practiced for over 2,000 years without any potential nasty side effects. Another downside of Botox is that you'll lose a lot of facial expression, which can look very unusual not to mention unnatural.

What are the benefits of cosmetic acupuncture?

- Chemical-free
- Safe and risk-free
- Virtually pain-free
- No side effects involved
- No down time
- No injections
- Relaxing
- Targets cause of ageing skin
- Effective in treating acne, eczema, and rosacea
- Improvement of overall wellbeing
- More cost effective than plastic surgery or injectable
- Results last for years
- You still look like yourself but healthier!

IS YOUR HAIR PAINING?

Yogu Buddha

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BREATH OUT**
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Soniya Anand

In our childhood, we all have good growth of our hair. Hair is essential and very important part of our body and personality, women beauty will enhance if she has thick and long hair,

Same applicable to men also, when we were children we made a fun of bald guy, because we hardly seen them, but now a days its common. Especially in male Bollywood make lots of Movie in this subject, like Gone with the Wind, Kesh, Bala, Ujada chaman,

Hair loss, also known as alopecia or baldness hair loss (alopecia) can affect just your scalp or your entire body, and it can be temporary or permanent.

Some people prefer to let their hair loss run its course untreated and unhidden. Others may cover it up with hairstyles, makeup, hats or scarves. And still others choose one of the treatments available to prevent further hair loss or restore growth. Lots of hair products & Hair clinic has opened and they charged bomb,

People need to understand, Hair growth

is internal process, not external, your diet, life style, sleeping patterns & yoga works internally & provide results, in one word.

“Your body is reflection of your Lifestyle”

Lush thick hair is almost everyone dream, but how to get it,

Kindly read my full article to know the symptoms, reason & how yoga will help you to increase your hair growth,

What is Hair Fall?

According to the American Academy of Dermatologists, it's normal to lose anywhere from 50 to 100 strands of hair per day. ... Since there are 100,000 hair follicles — or more — on each person's scalp, the loss of 100 or so hair strands a day doesn't make a big difference in appearance. But when it go more than 100 that mean you need to concern.

Hair loss, also called alopecia, is a disorder caused by an interruption in the body's cycle of hair production. Hair loss can occur anywhere on the body, but most commonly affects the

scalp.

There are multiple reasons for hair loss,

- Heredity
- Hormonal changes
- Medical conditions
- Stressful events
- Pregnancy
- Menopause
- Chemical colouring
- Pollutions
- Lifestyle
- Late night sleep
- Medications and supplements.
- Radiation therapy to the head
- Hairstyles and treatments

Symptoms

Hair loss can appear in many different ways, depending on what's causing it. It can come on suddenly or gradually and affect

leaves the crown of the head exposed

Signs of hair loss and hair conditions in women may include:

General hair thinning, especially at the crown of the head

Signs of hair loss and hair conditions in children and young adults may include:

- Sudden loss of patches of hair
- Complete loss of all hair on the body
- Patches of broken hairs and incomplete hair loss on the scalp and/or eyebrows
- Excessive shedding of hair, but not complete baldness, after various illnesses and drug treatments, rapid

damaged.

A healthy scalp also requires omega-3 fatty acids. A dry, itchy scalp may be the result of low omega-3 or an imbalance of omega-3 to omega-6. The best sources of omega-3 are chia seed, walnuts, salmon, sardines, grass-fed ghee or butter, and even pastured eggs.

B. Zinc-Rich Foods

One of the major nutritional deficiencies common in hair loss is a lack of zinc. This mineral is essential for building proteins, and because the hair is mostly protein, this is very important!

It also normalizes hormones, including testosterone, which

loss or thinning. As long as your digestive system is functioning and you are eating a diet of whole foods then chances are, you are getting enough protein.

However, just in case you are not getting usable protein, consider these options as great sources of protein: Soya chunk, wild game, wild-caught coldwater fish such as salmon, sardines, and halibut, pastured poultry, eggs, green leafy veggies, sprouted nuts/seeds, sprouts, and seaweeds.

D. Iron-Rich Foods

Iron is a very important mineral, as it works to deliver oxygen throughout the body. An iron deficiency can mean less oxygen is reaching the scalp, which can definitely turn into hair problems.

In order to counter this, you'll want a strong digestive system — weak stomach acid or H. pylori (bacterial infection of the stomach) could be a cause of inability to absorb iron. Also, make sure you're eating enough iron-rich foods like egg yolks, pastured red meat, dark leafy green vegetables, spirulina, oysters, clams, scallops, turkey, and best of all, grass-fed liver.

E. Vitamins A and C

Both of these essential vitamins help the scalp produce sebum — the hair oil that keeps the hair shaft from breaking away from the scalp.

Also note that vitamin C helps improve iron absorption. Keep in mind that vitamin

Contd. to page 8

BENEFITS OF MEDITATION



just your scalp or your whole body.

Signs of hair loss and hair loss conditions vary between men, women and children. However, people of any age or sex may notice more hair collecting in their hair-brush or in the shower drain.

The signs of hair loss and hair conditions in men may include:

- Thinning hair on the scalp
- A receding hairline
- A horseshoe-shaped pattern that

weight loss, anaemia, or stress

Natural tips to prevent your hair loss

1-Food which help to grow your hair,

Food is essential part for growing your hair; you should include certain food in your diet to protect hair loss.

A. Omega 3 Fatty Acid

Provide nourishment to follicles from within. These healthy fats make the hair more elastic so that they are not easily

is important because high levels of this hormone may lead to pattern baldness.

Oysters are the biggest food source of zinc, after these come organic, grass-fed beef, wheat germ, spinach, pumpkin seeds, and pastured pork and chicken.

C. Protein-Rich Foods

As mentioned before, the hair is mostly made of protein. Even more, next to water, the human body is mostly protein. Protein deficiency can cause hair

ARE YOU ANAEMIC..?



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

With each breathe, as we know we inhale oxygen into our lungs. Oxygen is needed to nourish the organs and tissues that compose our bodies. Red blood cells work to carry oxygen molecules throughout the bloodstream with the help of a substance called haemoglobin. Anaemia occurs when there are too few healthy red blood cells to transport the oxygen throughout the body, or lack the amount of haemoglobin required. Approximately, one trillion new blood cells are formed daily in the bone marrow. The raw material required in the production of these cells are iron, proteins and vitamins, especially folic acid and vitamin B12. Of these, iron and pro-

teins are essential in building up haemoglobin. Red cells live approximately 120 days and are being destroyed and replaced daily.

Anaemia can be a result of several conditions: damage to existing RBC's, blood loss due to injury, bleeding piles, excessive menstruation in women, inadequate production of RBC's in the bone marrow etc. Below are the most common forms of anaemia-

Iron deficiency anaemia - this is the most common type of anaemia. It occurs when the body does not have enough iron to produce haemoglobin. Women are at increased risk of iron deficiency anaemia.

Vitamin deficiency anaemia- vitamin B12 and folate are both necessary for the production of RBC's. A diet low in these can be the cause of this type.

Aplastic anaemia- is caused when the bone marrow is unable to produce red blood cells, it is thought to be an autoimmune disease in which the

body mistakenly attacks healthy cells.

Haemolytic Anaemia- This occurs when red blood cells are destroyed more quickly than the bone marrow can replace them.

Lack of digestive acids needed for digestion of iron and proteins or emotional stress, anxiety also

Normal level*

Hb 12-16 g/dL (women)
or
Hb 13.5-17.5 g/dL (men)

Mild anemia

Hb 10-12 g/dL (women)
or
Hb 10-13.5 g/dL (men)

Moderate anemia

Hb 8- < 10 g/dL

Severe anemia

Hb < 8 g/dL

could lead to anaemia. Intestinal parasites or worms are yet another cause of anaemia as these worms feed on the supply of blood as well as vitamins.

Symptoms- usually complains of weakness, fatigue, lack of energy and dizziness, Other symptoms include a haggard look, premature wrinkles, dull and tired looking eyes, poor memory, shortness of breath on slight exertion, headache, slow healing of wounds, cold extremities, palpitations and mental depression. The skin and the mucous membranes look pale, the nails are brittle and there may be sores at the corner of the mouth.

Anaemia should not be taken lightly, it may not be serious but equally can signify the onset of a serious illness. Just a change in your food habits can help deal with some forms of the illness in better ways. Diet is of utmost importance in the treatment of anaemia. Refined foods like white bread, polished rice, sugar and

desserts rob the body of the much needed iron. The diet should be predominantly alkaline. The emphasis should be on raw fruits and vegetables which are rich in iron. Iron rich vegetables are spinach, green onions, squash, carrots, radishes, beets, celery, yams, tomatoes and potatoes. Fruits rich in iron are bananas, apples, watermelon, dark grapes, apricots, plums, raisins, dates and strawberries. Bananas are particularly beneficial as they also contain, besides easily absorbable iron, folic acid and B12, both of which are extremely useful in the treatment of anaemia. Other iron rich foods are whole wheat, brown rice, ragi, barley, beans, sunflower seeds, eggs and honey etc. Honey is also rich in copper which helps in iron absorption. The diet should also be adequate in proteins of high biological value such as milk, cottage cheese and eggs. Vitamin B12 is a must for prevention or cure of anaemia. This vitamin is usually found

in animal protein and especially in organic meats like kidney and liver. Other equally good sources of vitamin B12 are dairy products like milk, eggs, cheese, peanuts, wheat germ. At least two citrus fruits and other ascorbic acid rich foods should be taken daily as a liberal intake of ascorbic acid is necessary to facilitate absorption of iron. Beets are extremely important in cases of anaemia. Beet juice contains potassium, phosphorus, calcium, sulphur, iodine, iron, copper, carbs, proteins, fat, vitamin B complex, vitamin C. With its high iron content, it regenerates and reactivates the RBC's. One can easily add all these food stuffs in their diet in the form of salads, soups or juices. Just adding lemon juice in any of the preparations helps increase iron absorption in the body. Mild cases of anaemia can be easily handled with dietary modifications. In severe cases, proper medications with a healthy diet eases out the complications.

CREATIVE SPACE

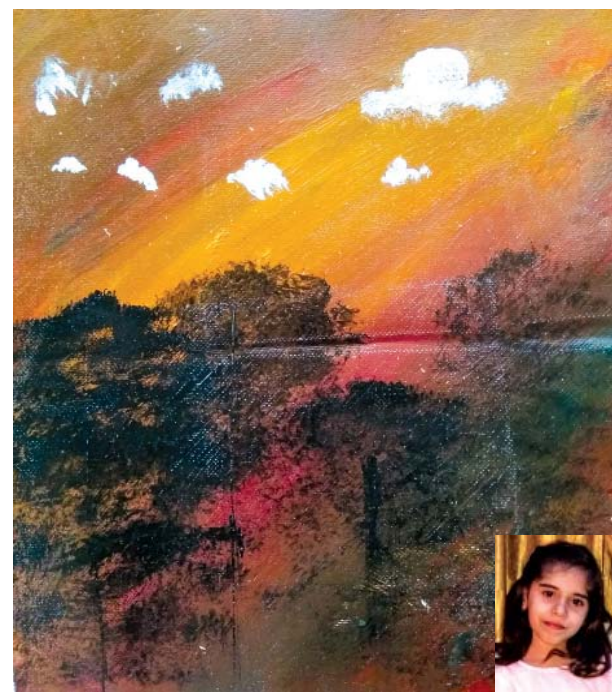


Rida Ali, 5 yrs, Fr. Angel
Mutlipurpose School, Vashi

Colourful threads wrapped around balloons



By Shaista Sayyad, Andheri (W), Mumbai



Filzah Syed's Canvas Painting



Sahrish Akhtar

TIPS TO HAVE A HAPPY AND HEALTHY FEASTING

The Muslim community is getting ready to celebrate the end of the month-long fast of Ramadan with prayers and various festivities. Ramadan is the month on the Islamic lunar calendar during which Muslims abstain from food, drink and other sensual pleasures from break of dawn to sunset. The end of Ramadhan marks the beginning of the three-day Eid ul-Fitr or “feast of fast breaking” holiday, in which Muslims exchange social visits and seek to strengthen bonds of brotherhood in the community. They celebrate with prayers of thanksgiving, good food, new clothes, gift giving, and all the other festivities associated with a happy occasion. Eid-ul-Fitr is celebrated not because the month of Ramadhan is over, but out of gratitude to God for having obeyed the commandments in the holy month.

After one full month of fasting, it’s obvious that one wants to indulge in eating all the delicious delicacies that are synonymous to the festival. But because your body has been eating such light foods for so long time, one

must practice caution. While there is nothing wrong in enjoying the delicacies prepared on Eid, over consumption and excessive indulgence can shock your body. Sudden changes in the eating pattern after a full month of fasting during Ramadan can be really harmful. Overeating on the day of Eid can lead to indigestion and bloating.

Healthy Tips --

- 1) Do not forget to exercise
- 2) Do not ignore the vegetables

This is a reminder that the fasting has made them more understanding of the needs of others. Then they go to mosques for the Eid prayer. After that most people visit family and friends where they will exchange gifts, share sweetmeats, and enjoy time together. Most Muslim communities will hold an Eid dinner later in the evening for the people to get together. The celebrations continue for a couple more days, sometimes even till the next weekend.



During this holiday, Muslims greet each other by saying “Eid Mubarak” meaning “Blessed Eid,” and “taqabbala allahu a’maalakum” or “may God accept your deeds”. It is a time to reflect on the month that has passed, to be happy at having achieved a month of fasting and worship, and to hope that the deeds have earned the pleasure of the Lord.

- 3) Exercise portion control
- 4) Aerated drinks are not your best friends
- 5) Have more dates/fruits/dry fruits/figs
- 6) Say goodbye to the table once you are done

Eid day is an exciting time for Muslims. Before the Eid prayer Muslims give out some money for the poor.

Though the unforgettable social gatherings and the delicious foods are an indispensable part of the Eid celebration, make sure to follow these tips to have a happy and healthy Eid.

The Physical Benefits of Gardening

- WEIGHT LOSS
- BLOOD CIRCULATION
- FLEXIBILITY
- REDUCED BONE LOSS
- STRONGER IMMUNE SYSTEM
- VITAMIN D
- STRENGTH
- IMPROVED COORDINATION

Madam Grace Pinto, Managing Director, Ryan International Group of Institutions receives Life Time Achievement Award 2021



Madam Grace Pinto, Managing Director, Ryan International Group of Institutions was recently bestowed upon the “Life Time Achievement Award 2021” during the Education Conclave (NEP) and School Excellency Awards 2021 organized by Udaan, an NGO working in the field of theatre art, education and social issues in collaboration with Edu Advice. Dr. Snehal Pinto, Director, Ryan Group of Institutions received the award on behalf of Madam Grace Pinto from Hon’ble Minister of State for Social Justice & Empowerment, Shri Ramdas Athawale in the pres-

ence of Dr. Sridhar Srivastava, Joint Director, NCRT and Major Harsh Kumar, Secretary, NCRT during the ceremony on 20th March 2021 at New Delhi.

While speaking about this award, Madam Grace Pinto said, “We are grateful to ‘Udaan’ and ‘Edu Advice’ for recognizing our efforts in the segment of education and bestowing the Life Time Achievement Award 2021. We thank our Lord Jesus Christ for his continual blessings upon us. We dedicate this award to all our stakeholders – our dedicated team of staff and teachers, our parents and students for their hard work, collaboration and ef-

orts to achieve greater outcomes in the segment of education. As a group, we continue to nurture lifelong, global citizens through 21st century holistic education.”

Udaan in collaboration with ‘Edu Advice: a web news portal which has revolutionized the school education hosted this conclave and the award ceremony to acknowledge the noteworthy contribution and work of educators and legends who have made a difference across the country. The awardees were identified and nominated through a humongous process by a team of educationists, anthropologists, administrative achievers.

Health Benefits of Iron

- Treats anemia
- Boosts hemoglobin
- Reduces fatigue
- Boosts immunity
- Improves concentration
- Restores sleep

IS YOUR HAIR...

Contd. from page 5

A toxicity is possible and can lead to hair loss, so do not overdo it — stick to food sources of vitamin A, ideally.

For foods rich in vitamin A, try grass-fed liver, egg yolks, wild-caught salmon, sweet potatoes, carrots, spinach, collard greens, Swiss chard, winter squash, and lettuce. For foods rich in vitamin C, try lemons, limes, papaya, kiwi, bell peppers, berries, cabbage, sauerkraut, and kale.

Some small tips to prevent your hair loss

1. Never comb wet hair
2. Always comb your hair from down not from scalp
3. Always do oiling at least half an hours before hair wash
4. Always use mild shampoo
5. Use wood comb
6. Put your head down towards floor/leg and then comb
7. Comb your hair before sleeping
8. Use natural hair mask - egg, Aloe vera ,

How Yoga helps to increase your hair growth

Apart from ensuring a proper diet and hydration, yoga and meditation also helps reduce hair loss and leads to healthy hair growth. This is apart from the benefits to overall health, both physical and mental. Yoga enhances circulation of blood in the scalp, improves digestion and reduces anxiety and stress levels

1. Manage Stress

Stress is main reason for hair loss, now everything we've covered is very beneficial

for hair, of course. However, the tips from here on out are what count the most. You can be taking all the correct nutritional and hair care products, but without high spirits, they will be useless. Stress shuts down the digestive system, which means we won't properly absorb what we eat. Stress is well-known as one of the biggest causes of hair loss so managing it is key.

It not only affects the health of the hair by weakening digestive function, but stress can influence the integrity of the hair follicle directly. Here yoga play a vital role,

2. Meditation

Meditation is actually much simpler than you might think, and best of all, it's free. Anyone can practice meditation. To meditate simply means to be aware — instead of thinking, you become a watcher of your thoughts. You are no longer ruled by the mind; you become a calm observer of the mind, looking for thoughts as they pop up and just observing them. You can even mediate by simply going for a walk, spending time in nature, or anything where you can stop from compulsively thinking and become more aware of yourself, your surroundings, and life in general. If you're new to meditation try this Meditation. Meditation promotes emotional and physical well-being and balances hormones and the immune system, which can have a positive effect on the hair

3. Breathe deeply

Deep breathing is the basis of many yoga practices. It is as simple as it sounds — you don't need any equipment or even a special mantra. All you need is your body, a few minutes, and a comfortable place to sit straight. Start by closing your eyes and inhaling slowly through your nose. Notice the air that fills your belly and lungs, then, as you exhale slowly, relax your body and head. Deep breathing is a great way to lower the stress hormone cortisol — often found in excess in individuals with hair loss.

4. Yoga Asana — Reduce Hair Fall is Challenge for Many

There are certain Yoga Asana, who helped to control hair loss Yes, yoga for hair growth is a thing and these 7 poses will give you a longer, stronger mane as proof

1. Adho mukha savasana (downward facing dog pose)
2. Sirsasana (head stand)
3. Vajrasana (thunderbolt pose)
4. Sarvangasana (shoulder stand)
5. Uttanasana (forward bending camel pose)
6. Ustrasana (back bending camel pose)
7. Setubandhasana (Bridge pose)
8. Pavanmuktasana (wind releasing pose)
9. Hastapadasana (the hand to foot pose)
10. Ardha Purvottanasana (Table top pose)

If you want to make your hair more strong and healthy from yoga,

Do connect with me on 9167845330

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

Truly said that the casual approach to the hygienic environment around us had reduced to almost 1/3 what we initiated initially during pandemic and we had started living as casual as before it.

I feel the only way is the decongestion plan majorly in crowded areas like market and public transportation and overall hygiene can only protect us.

Seharyar Khan, Media Professional, Bandra Mumbai



State & Central Government attitude is really casual. With elections in several States thousands are on road for rallies of several political leaders including those of PM and Home Minister, and then they speak of precautions. This attitude make public also take it casually. If this casual approach goes on the economy will again be badly hit. We all have to fight against Covid forgetting politics, survival of humans is at stake.

C T K Abdulla, Koparkhairane, Navi Mumbai

We have seen and faced Corona now for more than a year. Is it so dangerous? In my opinion not so. But for some people it is a good reason for earning extra money.

Narayan Shinde, Vashi Navi Mumbai



Casual approach towards COVID has taken its toll. This would most likely spread affecting more people. The masses are not realising the seriousness. The fact remains that life went topsy turvy more due to poor governance of the situation than COVID itself.

Mohamed Rahat Shaikh, Vashi, Navi Mumbai

WHAT ACCORDING TO YOU WOULD BE THE BEST WAY TO STOP THE SPREAD OF THIS SECOND WAVE OF COVID-19 CASES !!!

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

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