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MASK

STILL YOUR MOST IMPORTANT SURAKSHA KAWACH



PLEASE NOTE:

Vol. 4, Issue - 8 (May 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

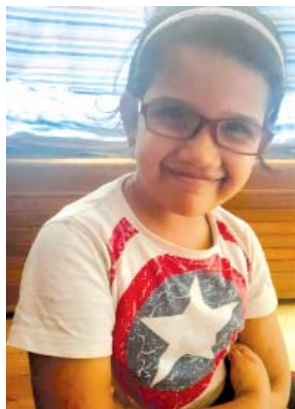
TALENT KNOWS NO LOCKDOWN

Keeping kids engaged in productive activities during the lockdown is both, necessary and a task for parents.

At the tender age of five Rida Mohammed Ali a student of Fr. Agnel's Multipurpose school Vashi

Navi Mumbai has proved that passion and determination can transcend all boundaries when she won sev-

- rank all over India) (Oct 2020)
- Certificate of Merit and Star Medal Crest Science Olympiad 2020.

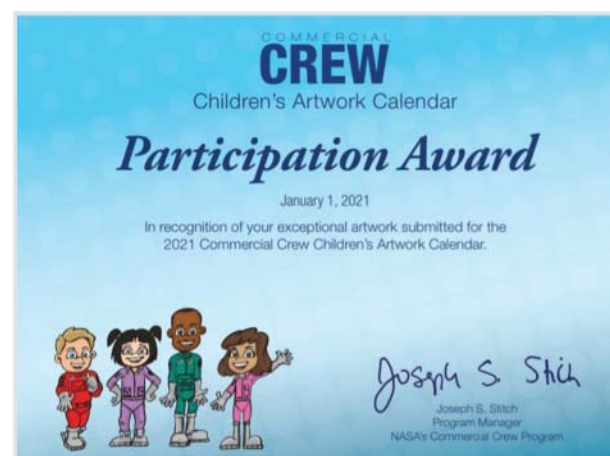


work submission (Topic : Life in space) for NASA's Commercial Crew Children's Artwork Calendar 2021.

- Certificate of Accomplishment for completing Young astronomer course Level 1 organised

public lens. Artwork to be published in online publication of RAIZA ARCHITECTURE. Rida is not only

age is breathtaking! Her proud parents, Mr. and Mrs Mohammed Ali say, "Rida was born gifted to us.. she was achieving her



eral national level competitions during this lockdown, and has completed a varied range of short courses.

1. First Prize and Trophy in National Online Art Competition by Parisar Asha. (April 2020)
2. Certificate of Merit in National Analytical Brain Competition (32nd

4. Finalist Award in National Puppet Storytelling Competition by Pep-up Puppet. (Nov 2020)
5. Certificate of Merit and Star Medal Crest Maths Olympiad 2020. (Dec 2020)
6. Certificate of Participation for Art-

7. Certificate of Appreciation for Whizzkids Christmas Just a minute Activity (Dance) (Dec 2020)
8. General Intelligence Quotient Certificate by Genius Cerebrum with an IQ score of 134.

10. Certificate of Participation for completing Mission to Mars Student Challenge by NASA. (Feb 2021)
11. Participated in Architecture though

good with studies and competitions, she is an ardent fan of Playing a Keyboard and ukulele. She loves to Swim, is fond of nature and loves gardening, she loves art and craft a lot and is an amazing painter. Such talent at such young

milestones also very quickly.. even the doctor had told .. ye ladki kuch aur hi hai! We are very proud of being her parents and hope to support and help her in every way without burdening her and just letting her do whatever she enjoys."



Editorial

ARE WE PREPARED !!!

The second wave has left the country devastated by its swift ruthless attack. We probably took it easy after fighting the first wave admirably well. The positive cases on a single day didn't cross one lac mark, as we acted vigilantly and didn't lower our masks. The process of unlocking and subsequent falling in cases made us casual and the administration a bit relaxed. We thought that even if the second wave comes we know how to handle it. That seems to be our undoing as the second wave came with more force and too swiftly. This wave seemed to be more deadly as it had variants too which were not detected soon. We as a Nation too are very sensitive to politics and religion (though we may not be religious in the true sense). A few of those events in the past few months compounded the problem as very less Covid protocol was followed. Covid for a few months was pushed under the carpet. The monster came back roaring leaving lakhs infected on a daily basis and several thousand dying daily. The situation went out of hand once the number in hospitals started soaring. Beds were very difficult to get Oxygen Cylinders were in short supply and medicines went out of stock. Situation still seems to be bad as even vaccination is not up to the number which we should be having. The number of people being vaccinated is not reaching the daily figure which we had set at the beginning of the drive is because of drastic shortage even as we increase the criteria (making 18 to 44 years also eligible for vaccination).

There is just one way forward to deal with the third wave, which medical experts feel will hit in a couple of months and that is more and more vaccination and that too in a short time frame. We should increase the production of vaccines even if it means engaging more companies, importing the available international options and above all making medical infrastructure a priority on a war footing. More oxygen cylinder plants should be built so that in case of emergency there is no shortage of it. Huge open spaces should be made ready for a make shift Covid Centres so that none is left wanting for medical facilities including ICUs and ventilators.

All needless construction should be put on the back burner and only priority of the government should be medical and health infrastructure. Still all is not lost, what we need now is focus only on how we should fight and stop this third wave.

Mask Physical Distancing and Hand Washing still remains our best weapon to fight any wave. Also added to this list is vaccination. So get your jabs at the earliest and defeat this monster !!!!

MENTAL HEALTH IN CHILDREN PART 3 -SLEEP DISORDERS



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

Sleep is one of the most important basic need of all living beings. I have not heard or seen other living being affected with a disorder, except humans. Many adults suffer from insomnia and lately many children are also suffering from the same. Lack of sleep can have many negative effects on the children's growth and development and this would include their school performance, social relationships and other recreational or extra-curricular activities.

Let us understand in this article what are the causes, prevention and cure of this disorder.

The causes of insomnia in children could be due to many reasons such as stress, fears and phobias, anxiety, ADHD, restless leg syndrome, aerated drinks, heavy food, too much of cheese or sugar, some respiratory conditions, headaches, bed-wetting and also due to some medications.

There also could be childhood trauma such as abuse, alcoholic parent, constant fights in the house, divorce, financial issues faced by the family, a terminally ill parent, school fear, bullying etc.

The parents must pay attention to the signs and try to find out the root cause of insomnia and address it immediately, however small the child is.

Almost 20 years ago I came across my first case of childhood insomnia in a one and half year old baby who had undergone the trauma of losing her father in the 2001 Gujarat earthquake. The child was in the father's arms and survived, but was in the rubble for more than 8 hours, before she was rescued. The child was traumatized and would not sleep a wink or allow the lights to be shut at night. Her mother approached me and I recommended a few steps for the same. They shall be mentioned below. This was a case of suffering from insomnia as a result of PTSD, Post Traumatic Stress Disorder. Many people lose sleep due to PTSD and therapy helps in many cases. Adults may take to alcohol and drugs, whereas children become moody, impulsive and mainly their

memories and concentration is affected.

Many children go on a binge eating and watching TV or both put together, which harms their physical and mental health both. Besides having performance issues they may also get irritable and have a low motivation for any kind of activity or participation, they also become slow and may be prone to accidents.

Steps to be taken to help your child get good sleep

- First and foremost ensure that there is no screen time before bedtime at least a gap of two hours to be maintained.
- Avoid heavy meals for dinner.
- Avoid health drinks and tea coffee
- Dinner time needs to be two hours before bedtime.
- Ensure that the room is cozy and peaceful
- Set a regular sleep time and wake up time. In fact if children sleep early they shall wake up on their own and you shall not have to worry about them finishing the morning routine.
- Create a relaxing routine like reading a story, prayers, positive affirmations, massage etc.
- Enroll your child for Yoga and breathing tech-

niques.

- Start with lighter outdoor games like going to a garden and playing under supervision and slowly they could go for games like tennis or football, which will not just increase the blood circulation and oxygen to the brain, but also help them sleep better. It is essential for children below 10 to get 8-9 hours of sleep.

The steps I had suggested to the one and half year girl included telling positive stories, adding a regulator to the light, playing light music, giving her very little nutmeg, honey and turmeric in warm milk and giving her a soothing head massage with positive affirmations. This worked wonders and within a fortnight she was sleeping well. She is a grown up lady now who is very much in touch with me and I know her progress in life.

It is also advised to seek therapy and family counselling in cases where there is trauma or family issues.

The above symptoms, preventions and tips for cure also would be applicable to adults too, especially the staying away from screen two hours prior to bedtime.

Wishing you all readers peaceful and calm sleep

VISIT US: www.datewithhealth.com

CIRCADIAN RHYTHM



Shalini Mukherji

FITNESS & NUTRITION

mukherji.shalini@gmail.com

Master Functional
TrainerMuscle Rehab
PractitionerBlackroll & Barefoot
Specialist

Mobility Specialist

Nutrition Consultant
For
Weight management
Sports & Clinical
NutritionWhatsApp
+918591288168

Health problems may result from a disturbance in the Circadian rhythm.

irregular eating time and is associated with altered insulin sensitivity and higher body

of Circadian rhythm leads to weight gain, indigestion, IBS, decreased immunity,

- Skip the afternoon nap.

- Avoid heavy meals and Caffeine later in the day as food and alcohol cause heartburn and caffeine and nicotine are stimulants.

- The more food you put in your body before bed, the harder your liver works and more food is stored than expended.

- Aim to give your body 12 to 15 hrs without food to reset.

-Limit nightly screen use.

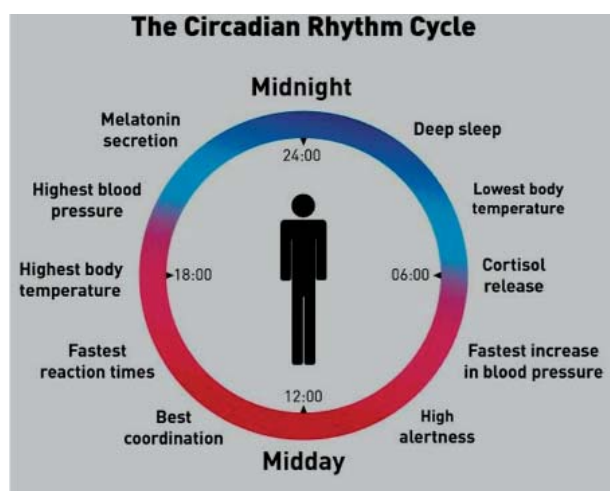
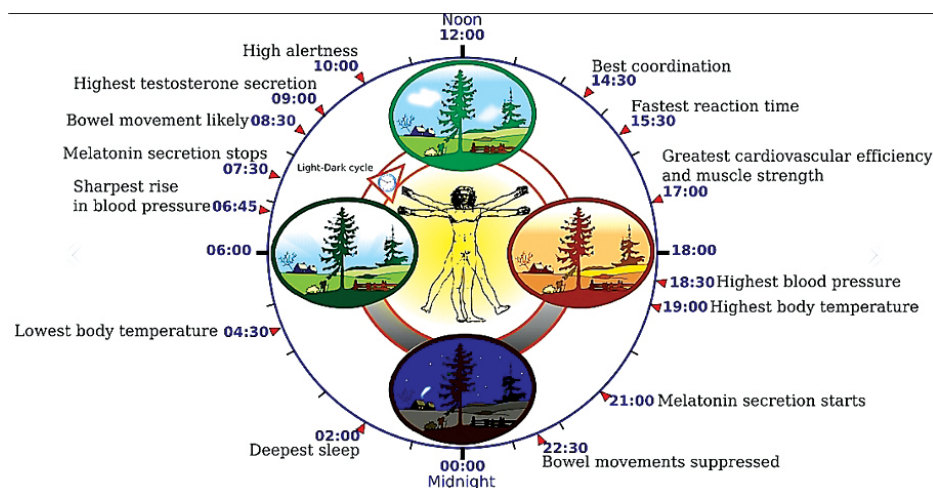
Blue light emitted from laptops, smartphones, and tablets can trick your brain into thinking its still daytime.

Resist scrolling through social media in bed.

Maintaining a regular Circadian rhythm is crutch for healthy sleep.

-Exercise, as it has a positive effect on your Circadian clock.

RESET YOUR LIFE ... RESET YOUR CIRCADIAN RHYTHM



impulsivity, slower thinking, reduced cognitive skills, psychological and behavioral changes.

How can we reset our Circadian Clock / Rhythm?

- Maintain a consistent sleep schedule (Melatonin which is our sleep hormone, is released around 9pm and starts slowing down around 7am)

- Get outside in the morning. Exposure to light in the morning will reset your internal clock.

Circadian rhythm is a natural internal process that regulates the sleep - wake up cycle.

It's a process that is ENDOGENOUS (originates within the organism) and responds to the environment.

These 24 hour rhythms are driven by a circadian clock that runs constantly, cycling between alertness and sleepiness.

Circadian rhythm is present in our organs

and tissues.

They tell our brain when to sleep, tell our GUT when to digest food optimally, tell our heart to pump more blood or to slow down, signals our liver to release digestive enzymes and create calories to form energy for functioning of cells.

If you struggle to fall asleep at night and wake up at a set time in the morning and catch yourself yawning through the day, your Circadian Rhythm may be off.

Shift work and chronic jetlag have profound consequences on Circadian and Metabolic events in the body.

Shift work favors

mass (Obesity).

It also leads to increased risks for cardio metabolic disorders, hypertension and inflammatory diseases.

Chronic disruption

MOTHER'S DAY (RYAN CHRISTIAN SCHOOL – VASHI)

"A Mother is she who can take the place of all others, but whose place no one else can take"

Mother's day is a special day, for all children and mothers as, it celebrates the bond of love and affection that is everlasting. Mothers are the emotional backbone of the family, who has the magic touch to heal all wounds and make all things beautiful.

The day that recognizes the essence of a mother was celebrated in high spirits and merriment by the young Ryanites of Ryan Christian

School, Vashi. This being one of those occasions that none of us can afford to miss was

have emotions binding them to their mothers.

Keeping this bonding emotion in mind,

still the importance of mother in a child's life through effective thematic presentations,

The tiny tots came up with new and innovative ideas for their cards, making a fact

avourite dress etc. They intensely and devotedly spoke about their mother's sacrifices and her love for the family in the form of poems and songs. It was a pleasure watching the dynamic and energetic children preparing something unique, something special. The outcome of their efforts was marvelous. Each card was special and different in its own way. What more could have made "Mothers Day" more special than this?

Heart-warming feelings filled the air with intimacy,

Contd. to page 6



zealously enjoyed by one and all. The children irrespective of nationalities, castes, cultures and genders

the students had a special celebration on mother's day.

Teachers made an earnest effort to in-

moral stories, dramatization and video clip-pings.

file about their mother's likes, favourite dishes, her hobbies, fa-

RYAN CHRISTIAN SCHOOL - VASHI

Mother Earth provides enough to satisfy every man's need, but not every man's greed....

World Earth Day is celebrated worldwide on April 22 annually to raise public awareness about the environment and inspire people to save and protect it. The theme for this year's Earth Day is "Restore Our Earth" which focuses on natu-

Writing skills included – My favourite Fruit/Bird/Animal, Name and describe 7 types of trees I can see from my home, The birds I can see around, Autobiography of a Planet, A poem on God's creation, How will I make Navi Mumbai go green etc.



ral processes and emerging green technologies that can restore the world's ecosystems.

To make awareness among our students, from Mont I to Gr. VIII World Earth Day was celebrated online by conducting various activities divided in categories like Speaking, Writing & Drawing / Craft skills.

Speaking skills included – The flowers that I Love, Describe the planet Earth, A Visit to Garden, 7 ways that I can save Earth, 8 Ways that I can save Electricity, Why animals should not be kept in zoo, How I am going to save my planet Earth etc.



Drawing/Craft Skills included – Fun Drawing – Draw my favourite Animal, Draw a planet Earth, Make a bird / Animal with waste materials without using colours, pen & pencil, A visit to a virtual museum / Nature park, Watch online Earth documentary etc.

All the students of Ryan Christian School Vashi from Mont I to Gr. VIII enjoyed celebrating this day by enthusiastically participating in the above mentioned activities.



WHY ARTIFICIAL INTELLIGENCE EMERGE ?

INSHA SHAFI BHAT, MCA
Computer Teacher, Srinagar

We live in the era in which digital technologies are trying to push their boundaries on becoming more advanced in technology even beyond our imagination. Digital world has given a revolution to technology. It has become more important in our day to day life and completely changed the human being have lived.

The intelligence demonstrated by machines is known as Artificial Intelligence. Artificial Intelligence has grown to be very popular in

today's world. It is the simulation of natural intelligence in machines that are programmed to learn and mimic the actions of humans. These machines are able to learn with experience and perform human-like tasks. As technologies such as AI continue to grow, they will have a great impact on our quality of life. It's but natural that everyone today wants to connect with AI technology somehow, may it be as an

end-user or pursuing a career in Artificial Intelligence. AI (Artificial Intelligence) is emerging as one of the most potentially disruptive theme in the digital world.

AI is changing the world and the lives of the people and is becoming the engine of growth of economic and organisation whether it is GOOGLE SEARCH, AMAZON, ALEXA, SIRI, ROBOT etc. we have already interacting with many AI driven tools in our daily activities. AI has taken a major role in acting as the main driver of upcoming hi-tech future in the world. It is shifting the information age to a completely new digital domain whether upgraded machines help to solve critical decisions and assist in diverse sectors of a country.

The purpose of Artificial Intelligence is to aid human capabilities and help us make advanced decisions with far-reaching consequences. Currently, the purpose of Artificial Intelligence is

shared by all the different tools and techniques that we've invented over the past thousand years – to simplify human effort, and to help us make better decisions. Artificial Intelligence is being used mostly by companies to improve their process efficiencies, automate resource-heavy tasks, and to make business predictions based on hard data rather than gut feelings. As all technology that has come before this, the research and development costs need to be subsidised by corporations and government agencies before it becomes accessible to everyday laymen.

AI emerges as a major in finding Covid-19 therapies and vaccines. AI has penetrated in every sphere. It plays an important role in transforming the world digital. The world we live today is so difficult to imagine without technology. All these years we have heavily relied on artificial intelligence and information technology.

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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 !!!!





Sahrish Akhtar

India is struggling against a rapid increase in Covid-19 cases, but a nasty and rare fungal infection affecting some corona virus patients is dealing the country a double blow.

Mucormycosis is a very rare infection. It is caused by exposure to mucor mould which is commonly found in soil, plants, manure, and decaying fruits and vegetables. "It is ubiquitous and

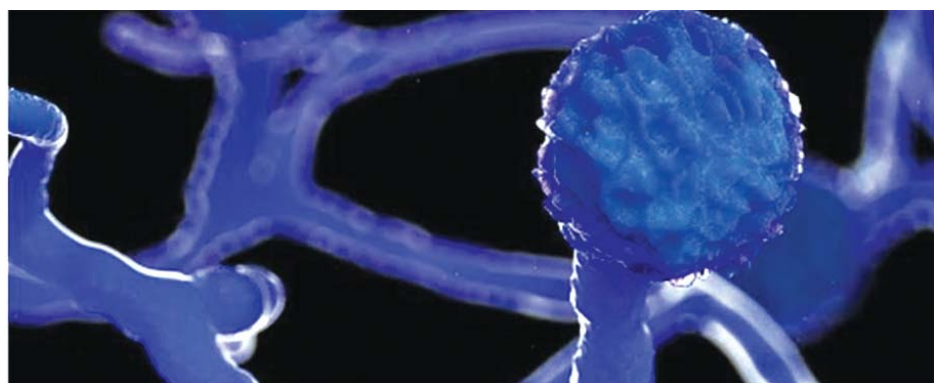
The black fungus affecting Covid-19 patients

around the world, with 70% in India. Reports suggest the number of cases is now much higher, which is unsurprising given the current wave of Covid-19 infections in India.

There are three ways humans can contract mucormycosis – by inhaling spores, by swallowing spores in food or medicines, or when spores contaminate wounds.

Inhalation is the most common. We actually breathe in the spores of many fungi every day. But our immune systems

contaminated products such as hospital linens, medications and packaged foods. But the widespread nature of the reports of mucormycosis in India suggests it's not coming from a single contaminated source. Mucorales can be found in soil, rotting food, bird and animal excretions, water and air around construction sites, and moist environments. Diagnosis and intervention as early as possible is important. This includes control of blood sugar, urgent removal of dead tissue, and antifungal



found in soil and air and even in the nose and mucus of healthy people. It affects the sinuses, the brain and the lungs and can be life-threatening in diabetic or severely immune compromised individuals, such as cancer patients or people with HIV/AIDS. Doctors believe mucormycosis, which has an overall mortality rate of 50%, may be being triggered by the use of steroids, a life-saving treatment for severe and critically ill Covid-19 patients.

As of March this year 41 cases of Covid-19-associated mucormycosis had been documented

and lungs, if healthy, generally prevent them from causing an infection, hence our lungs are damaged and our immune systems suppressed, such as is the case in patients being treated for severe Covid-19, these spores can grow in our airways or sinuses, and invade our bodies' tissues. It can also affect the skin. Life-threatening wound infections have been seen after injuries sustained during natural disasters or on battle fields where wounds have been contaminated by soil and water. Globally, outbreaks of mucormycosis have occurred due to

drug treatment.

But unfortunately, many infections will be diagnosed late and access to treatment is limited. This was the case in India prior to Covid-19 and the current demands on the health system will only make things worse. Controlling these fungal infections will require increased awareness, better tests to diagnose them early, along with a focus on controlling diabetes and using corticosteroids wisely. Patients will need access to timely surgery and antifungal treatment. But there also needs to be more research into prevention of these infections.



C.K. Subramaniam

The freshness of the air in your environment has a fundamental impact on the quality and length of your life. Air is more a necessity of life than either food or water. Imagine living in a city where a grey brown, noxious haze or smog permeates. Imagine that its streets are filled with jam-packed traffic, a slow moving assembly of vehicles which spew unhealthy exhaust fumes of carbon monoxide and other harmful chemicals. The air is not pleasant to inhale and it gives you breathing trouble, makes you cough and wheeze. Your eyes water, your nose runs and have headaches. Many regular walkers would have experienced all this. Place like parks appoint sweepers to sweep around the time when morning walkers do their daily walks. Instead of getting fresh air inside the Park we get a share of dust swept out by the caretaker of the park. Similarly, when we travel in public places, the smokers spread smoke and part of the smoke is entering nostrils of the non-smokers as well. That is a pity indeed.

GASPING FOR BREATH

The suspended vehicular traffic makes it necessary for even more strict automotive emission controls.

Another major urban pollutant in cities is noise pollution, which may be defined as displeasing human sound that disrupts the activity or happiness of other humans in a city. Roadway noise is the collective sound energy emanation from motor vehicles. In a growing cities, roadways noise contributes largely to the total societal noise pollution. A car can reach up to 85 decibels, while the noise levels at railway stations can reach up to an average of 110 decibels. Aircraft are more worse. A person exposed to such noise for a long time may grow deaf. Those who live in cities are affected by several ailments that include vegetative vascular dystonia, heart failure, dyspepsia and head aches. It is better to cover the face when driving a vehicle through a high way.

All said and done, vehicular traffic is a major source of pollution in all mega cities. In half of them, it is the single most important source. It is a major source of four of the six major air pollutants-carbon monoxide, nitrogen oxides, hydrocarbons and lead. When cities expand into mega cities, more people drive more vehicles, greater distance and for longer periods. In the absence of controls automotive emissions will only increase. Though EURO II emission norms have been introduced for the whole country and EURO III norms for our mega cities, the rapid increase in

Health is wealth is really true.

Freelance writer.

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Dr. Ruhina Khan (BDS)
Abu Dhabi
ruhinakhan1121@gmail.com

Tooth decay in infants and toddlers is often referred to as Baby Bottle Tooth Decay or Early Childhood Caries. These are cavities that most often show up on a child's upper front teeth but can also affect other teeth. It first shows up as white spots near the gum line. Even though they are temporary, your child's baby teeth are important, and are still susceptible to cavities. Children need strong, healthy teeth to chew their food, speak and have a good-looking smile. Their first teeth also help make sure their adult teeth come in correctly. It is important to start infants off with good oral care to help protect their teeth for decades to come.

What Causes Baby Bottle Tooth Decay?

It happens when liquids and foods that contain sugar, like milk and juice, are left in your child's mouth for many hours. One common cause is the frequent, prolonged exposure of the baby's teeth to drinks that contain sugar. Tooth decay can occur when the baby is put to bed with a bottle, or when a bottle is used as a pacifier for a fussy baby.

Bacteria love sugar and use it to make acids that, overtime, destroy your child's teeth. These and other factors involved, such as the frequency of feedings, oral hygiene, medications, other medical and dental conditions, determine your child's caries risk.

Baby Bottle Tooth Decay most often occurs in the upper front teeth, but other teeth may also be affected. Tooth decay is a disease that can begin with cavity-causing bacteria being passed from the mother (or primary caregiver) to the infant. These bacteria are passed through the saliva. When the mother puts the baby's feeding spoon in her mouth, or cleans a pacifier in her mouth, the bacteria can be passed to the baby.

If your infant or toddler does not receive an adequate amount of fluoride, they may also have an increased risk for tooth decay. The good news is that decay is preventable.

or eight months of age no longer need to feed during the night. Also, giving your child a bottle while they are lying down may place them at risk for getting ear infections. If your child must have a bottle to go to sleep, slowly dilute the milk or juice with water over a few weeks until your child is only drinking water.

child-size toothbrush and a smear (or grain of rice sized amount) of fluoride toothpaste until the age of 3.

- Brush the teeth with a pea-sized amount of fluoride toothpaste from the ages of 3 to 6.
- Supervise brushing until your child can be counted on to spit and not swallow toothpaste—usually not before he or she is 6 or 7.
- Place only formula, milk, or breast milk in bottles. Avoid filling the bottle with liquids such as sugar water, juice, or soft drinks.
- Infants should finish their bedtime and nap time bottles before going to bed.
- If your child uses a pacifier, provide one that is clean—do not dip it in sugar or honey.
- Encourage your child to drink from a cup by his/her first birthday.
- Encourage healthy eating habits.

Early Childhood Caries



Preventing Baby Bottle Tooth Decay

- One of the easiest ways to prevent caries is not putting your child to bed with a bottle filled with milk, formula, juice, or other sweet liquids. Most children who are seven

the baby through common use of feeding spoons or licking pacifiers. After each feeding, wipe your child's gums with a clean, damp gauze pad or washcloth.

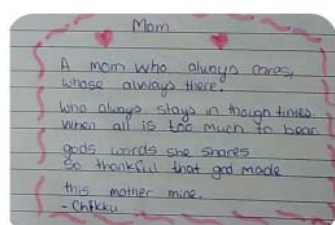
MOTHER'S DAY...

Contd. from page 3

gratitude, appreciation and acknowledgement—the little ones proudly echoed and enchanted the quote- “Mother

will be our door to Paradise so, let's love, respect and care for our mother everyday”.

Mrs. Sharlet Fernandes the Section Head inspired the



children to inculcate enjoyable and virtuous deeds and memorable day for each



resort to ethical ways that makes the parents happy and contented. All in all it was an

and every child which left an indubitable mark on the innocent hearts.

eat more TURMERIC



7 BEST WAYS TO STOP SPREAD OF COVID-19 CASES

1. Special TASK FORCE to be formed

with clear roles & responsibilities of working closely with district administration, hospitals, police etc.

2. Central data processing cell for systematically recorded and re-

porting cases with Tracking COVID-19 infected contacts. Government should also develop an App linking to aadhaar card or ration card or passport or driving license citizen identity. Any positive COVID-19 should appear in individual app and alert to nearby people who are in close proximity. Testing and informing to isolate himself is the key. Special task force shall be made to track, monitor and avoid contacts with others.

3. Wearing a mask should be made compulsory with severe fines on those not wearing it.

4. Social distancing with 2 meters distance is made man-



Mohammed Azhar Khan,
Yanbu, Kingdom of
Saudi Arabia

datory every time whether in office, markets, travel, prayers or public places. Office staff should be divided in 3 groups and work in shift with different timings. Restaurant tables should have a distance of 3 metres and reorganised. All of these to avoid any close contacts.

5. Lock down 10 days of every month till June 2022. Medical card shall be introduced and made mandatory for each and every citizen linked to aadhaar card.

6. Vaccination drive: Prepare vaccination plan and give vaccine to all the citizens while linking it to App. Each district administration shall be responsible with clear target date to vaccinate each and every citizens.

7. Communication: All should be informed on statistics of cases on a weekly basis and safety actions to safeguard themselves.

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

I feel Vaccination drive in our country needs to be accelerated. Once a substantial percentage of the population is vaccinated, spread of Covid can be controlled and future waves can be tackled more effectively. But even after 2 doses of vaccines, wearing mask and regular sanitization should be followed strictly.

Saantosh Shetty, Gym Owner, Navi Mumbai



According to me the simplest way is to be mentally prepared for the situation and be positive. Here people who haven't faced Covid are a bit on the careless side. One false mindset can improve a lot of things. Just think that the person in front of you is already affected with the virus, and your brain will involuntarily start taking precautionary actions and will force you to maintain distance and prevent yourself. This pseudo thought could help people from getting infected and will eventually stop the spread of the virus.

Anand Mohan, Share Market Broker, Prayagraj, Uttar Pradesh

Have good food and fruits.
Wear double mask and maintain social distancing
Hitender Kumar
Media Professional, New Delhi



In my opinion lockdown should continue till 30th June and govt should do its best to vaccinate maximum population starting from metros, tier two, tier three cities and villages.

Sunil More, Media Professional, Borivali West, Mumbai

WE SAW SHORTAGE OF OXYGEN CYLINDERS NON AVAILABILITY OF HOSPITAL BEDS AND POOR HEALTH INFRASTRUCTURE IN THE SECOND WAVE !! ARE WE PREPARED TO HANDLE THE THIRD WAVE ? IF NOT WHAT NEEDS TO BE DONE ?

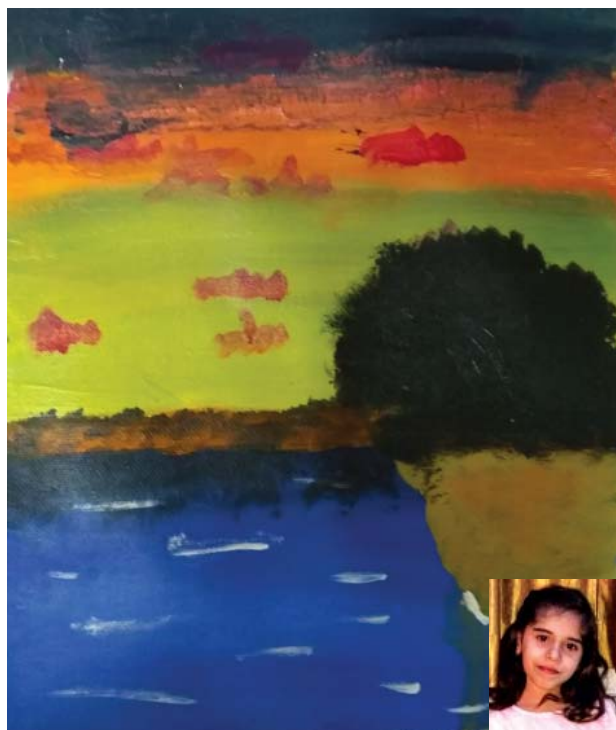
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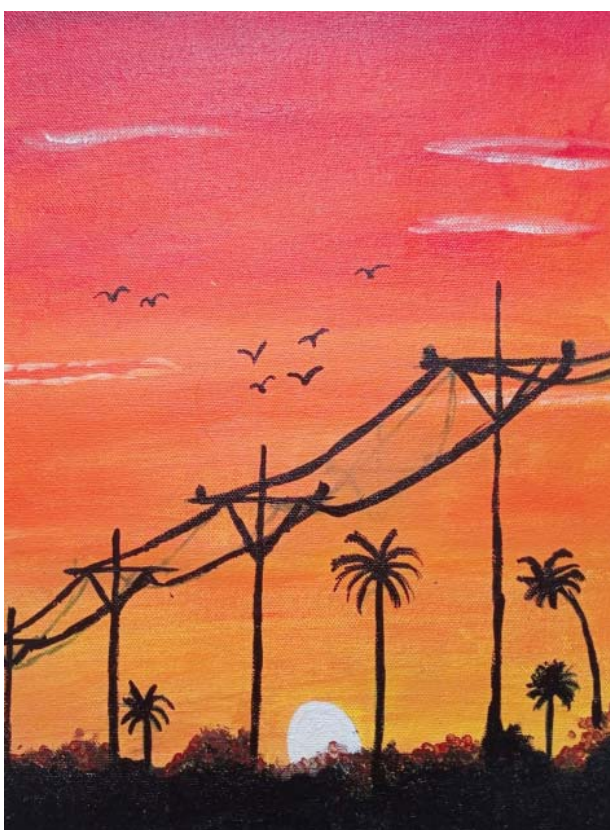
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CREATIVE SPACE



Filzah Syed's Canvas Painting



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HEADACHE REMEDY



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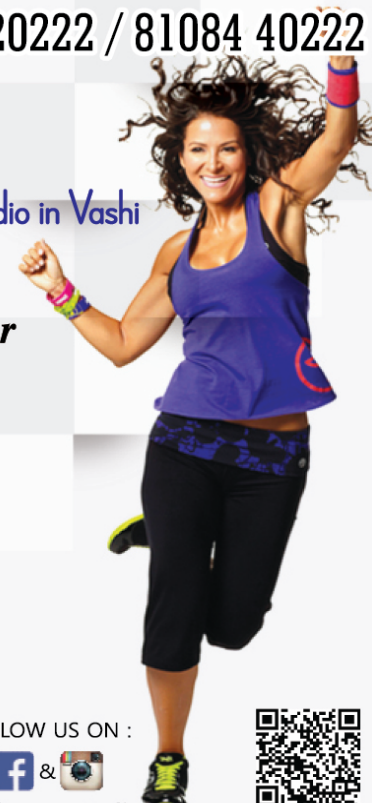
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