



Shalini Mukherji  
— FITNESS & NUTRITION —

mukherji.shalini@gmail.com

Master Functional  
Trainer

Muscle Rehab  
Practitioner

Blackroll & Barefoot  
Specialist

Mobility Specialist

Nutrition Consultant  
For  
Weight management  
Sports & Clinical  
Nutrition

WhatsApp  
+918591288168



# "IT'S TEA O' CLOCK"

**M**um b a i monsoons have arrived with a bang.

Rains and a hot steaming cup of tea is like an evergreen couple.

Rains also bring along susceptibility to monsoon related maladies.

It's a little known fact that teas contain polyphenols and alkaloids which are powerful antioxidants which scavenge the free radicals and improves our immunity.

Certain combinations of tea's and spices, if consumed daily (without milk and sugar / jaggery)

- Fight off various diseases,
- Rev up the metabolism
- Quell hunger
- Slash the waist widening stress
- Shrink fat cells

Green tea, White tea, Oolong tea are powerful antioxi-

dants and anti-inflammatory, speeding up the metabolism and the liver's fat burning capacity.

Black tea increases the secretion of interferon (our body's infection protection arsenal), improves blood flow and blood vessel dilation.

Chamomile tea wards off fatigue, depression and reduces the stress that comes with insomnia.

Spices like ginger, cinnamon, cardamom, nutmeg, star anise, fennel, black pepper; turmeric when infused in our tea's helps improve digestion, reduces bloating and fights inflammation.

Tulsi tea infused with Tulsi leaves, is an amazing detoxifying agent, helps reduce uric acid levels and fortifies our system.

I was fortunate to come across CHAI



RAIN TEA



GREEN TEA TULSI



YOGI CHA



GOLDEN AYURVEDIC TURMERIC LATTE

INFUSION, where the tea's and tisanes (herbal tea) are carefully crafted to holistically heal the body.

I'm sharing a few of my favorites, especially for the monsoon season.

- **Green Tea Tulsi**  
My first cup of morning tea.
- **Yogi Cha**  
My absolute favorite at 3 pm tea time, its Caffeine free blended with dry ginger pieces, cinnamon, star anise, cardamom, clove, black pepper, tulsi and nutmeg.
- **Rain Tea**  
Which is a must post my online sessions, blended

with Assam tea, Orange Pekoe tea, star anise, green cardamom.

• **Golden Turmeric Ayurvedic Latte**

At bed time, which has the unique combination of specific curated spices, to rev up my immunity.

Boost your metabolism and immunity with hot cups of tea this monsoon. Stay safe stay healthy.

Infusion Tea & Coffee Co.



89767 64600

HAND PICKED & HAND CRAFTED TEAS

BlendWithArt



**PLEASE NOTE:** Vol. 4, Issue - 9 (June 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](http://www.datewithhealth.com)

- Editor

[www.chaiinfusion.in](http://www.chaiinfusion.in)

Facebook Instagram Twitter LinkedIn @chaiinfusion



## Editorial

### BODY BUILDING IS FINE BUT ANTIBODY BUILDING IS BETTER

Everyone wishes a six pack body and many slog it out at gyms to have one. A good body not only uplifts the confidence but gives a feel good experience too. But then this Covid experience has left everyone wondering if only a six pack body is sufficient to fight against it. The second wave has proven more dangerous as many with seemingly fit and strong body have succumbed and those with normal physique have survived. This Virus is no "gully ka mavali" who can be scared away by muscular physique, but it sneaks into the body to check how strong one is from inside, here the antibodies come into play. If a person has worked hard to make the interior strong with building his/her immunity then they have done themselves a world of good, because this cunning enemy doesn't take its victim head-on but gets into the body unknowingly and destroys the person without getting challenged.

One isn't advocating not to get a good and attractive physique, but work equally hard to build your antibodies too, for the body will survive only if your antibodies fight back this virus with full force. Eat healthy have adequate rest, relax your mind, do atleast half hour exercise, pick up a hobby to destress yourself, and yes don't forget to Mask you mouth and nose when going outside. Maintain proper physical distancing and wash your hands at regular intervals, especially when you have come from outside. Vaccination is compulsory for all those eligible, get it as soon your turn comes, but following the three rules which we all have been doing since last March, is equally important.

Spread positivity of thoughts, remain cheerful and spread love in these difficult times. Physical visits aren't needed, what really is required is to keep in touch. So speak to you elders who may be staying far away and feeling lonely. Your one call may brighten their day and make them feel good.

Take Care and Stay Safe !!!!

**NOTE:** Contributors are responsible for the content, views and opinions expressed in their articles/ advertorials. While every care has been taken to avoid errors and omissions. Though we take care for acceptance of advertising copy materials, it is not always possible to verify its contents. Date with Health will not be liable for the consequences arising from contents, nor any loss or damage incurred as a result of transactions with companies, firms, associations or individuals advertising/editorial in its books. All trademarks in the publication belong to the respective owners.

## MENTAL HEALTH IN CHILDREN PART 4 - ADHD



**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

The modern world has given us many comforts and privileges, however along with all that are also the consequences. There is a rise in one of the most common disorder which is known as ADHD Attention Deficit Hyperactivity Disorder. In the last 10 years, the cases have more than doubled and also the awareness has increased, thanks to mental health professionals and to some extent the media.

What is ADHD: If you see a child who has difficulty in paying attention and is constantly fidgeting and not able to sit at one place for more than a minute and seems very hyperactive who cannot think of the consequences of his behavior, then you are witnessing a classic case of ADHD.

This condition often has its onset in childhood and in some cases early childhood, it can continue in adulthood and may have a profound effect in the development of the personality of the child due to difficulties at school, with parents and with peer relationships.

The parents are un-

able to cope with the hyperactivity of the child and also the complaints which come from the school. With peer it is very difficult as ADHDs cannot wait for their turn and may be highly aggressive in their approach for instant gratification.

The first wise step to be taken is to accept this disorder and look for checklists immediately to identify the disorder. There are two checklists according to Diagnostic Statistical Manual. One is for Inattentiveness and the other for Hyperactivity Impulsivity.

According to the DSM-5, inattention can be diagnosed if there are six or more characteristic symptoms in children up to the age of 16 or five or more symptoms for adolescents 17 and older, as follows:

- Often fails to pay attention to details or makes careless mistakes in schoolwork or other activities
- Often has trouble holding attention on tasks or play activities
- Often does not seem to listen when spoken to directly
- Often does not follow through on instructions or fails to finish schoolwork or chores
- Often has trouble organizing tasks and activities
- Often avoids, dislikes, or is reluctant to do tasks that require mental effort over a long period of time
- Often loses things needed to complete

tasks or activities

### For Hyperactivity and Impulsivity

- Is easily distracted
- Often blurts out an answer before a question has been completed
- Often fidgets with the hands or feet or squirms whenever seated
- Often leaves his or her seat despite being told sit still
- Often runs or climbs in situations where it is not appropriate
- Often unable to play or take part in leisure activities quietly
- Is often "on the go" as if unnaturally driven
- Often talks excessively
- Often has trouble waiting for his or her turn
- Often interrupts or intrudes on other's conversations or activities

The second wise step is to contact the school counsellor or a psychologist who can help you understand if the symptoms are very severe. They are severe if they are hampering the day to day activities and also academic backwardness. In case of severity it is very essential to see a psychiatrist who can prescribe medication as counselling and therapies will have very little effect if there is no medication to bring the symptoms to moderate and mild level.

The third wise step is to get prepared as a parent to bring about the changes in the house.

Children with

ADHD benefit from positive attention and positive environment. They love the attention of the parents, especially with playing. Take advantage of this and play intelligent board games with them like Monopoly, Word Scrabble, Guessing Game, Pictionary, Battleship, Jigsaw Puzzles etc. Engage them in the games, thus increasing their abilities to improve attention and also span of focus.

Make instructions simple and with visuals. You can create permanent charts around them to save yourself from giving repeated instructions. For example when they wake up the routine is to brush teeth and finish their washroom activities. I have seen parents get flustered with this and the best way is to prepare the chart with timelines and also reward systems.

One of the best reward system is Praise, and another one is giving them playtime with you. Praise for small achievements leads to big victories.

Be consistent with your reward system and also with the consequences. For example if your child fails to do a task then the consequences also need to be laid out and followed consistently just like the reward system.

The school counsellors and teachers generally have their strategies laid out. But the support from the parents will multifold the dealing with ADHD.

# PSYCHONEUROBICS (EXERCISE OF MIND) (PART I)



**Bhavani Swaminathan**  
Mob. 7021648382

**Nutritionist & Founder**  
**of AAKANKSHA:**

**Desire For Wellness.**

**MIND AND BODY**  
**RELATIONSHIP**

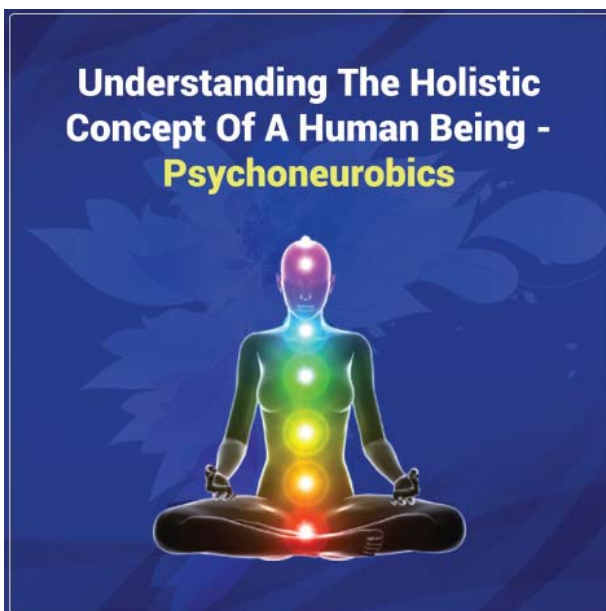
**M**ind is one of the faculties of soul. The soul performs all the functions with the mind only. Intellect and memory (subconscious mind) are the other two faculties of the soul. Thoughts of our mind create

waves in our brain. These brain waves affect our endocrine system, which further change biochemistry of our body. Negative thoughts are like very big stones, waste thoughts are big stones, necessary thoughts are small stones whereas positive thoughts are small pebbles.

Psycho-neurobics is actually a set of exercises of transferring Spiritual Energy in neuro cells by connecting Psyche (Mind) to the supreme source of Spiritual Energy. It's the greatest methodology in order to guide the mind to be able to make use of brain energy for creative work, to heal the body and to keep body and mind healthy. In this paper,

we would understand how Psycho-neurobics support seafarers in various forms of self-healing. We will also understand how Psycho-neurobic exercis-

es are designed with a holistic approach to removes negative energy, healing Chakras and improving men-



tal strength. To learn Neurobics, it is essential to learn a few hand gestures called Hasta Mudras. These hand gestures are very effective if done in a

right way.

Our body is composed of five elements –  
1. Fire

2. Air
3. Space
4. Earth
5. Water

These same 5 elements make up the cosmos. Each of these elements has assigned functions in our body for its healthy functioning. After intensive research, Indian sages have found that Hasta Mudras (Hand gestures) are very important to balance the flow of energy of the five elements.

Each of the five elements is regulated by a specific finger of the human body :

1. Thumb – Fire element
2. Index Finger – Air element
3. Middle Finger – Space or ether element

4. Ring Finger – Earth element
5. Little Finger – Water element

Hasta Mudras play a very active role in maintaining good health and curing diseases. They provide tremendous healing powers and if practiced properly they have a deep curative impact on all major diseases. Daily practice of appropriate Hasta Mudras can ensure life-long good health.

Practice of psychoneurobics helps in emotional management.

1. Anger
2. Fear
3. Worry
4. Jealousy
5. Stress
6. Phobias
7. Addictions



**Sahrish Akhtar**

**J**amun, the highly nutritious, refreshing and succulent fruit flooding the summer markets has innumerable health benefits. Commonly known as Java plum or Indian blackberry in English, Jamun or Jambul in Hindi. Jamun or black plum is an incredibly healthy fruit, and its seeds don't lag behind. Those tiny black seeds of jamun are equally beneficial for our health. Jamun the tall tree with a heavy trunk is native to the Indian sub-continent but is also widely found in various Asian

countries. The tree bears fruits which are oblong in shape – that are green when raw but turn pink or purple as they ripen.

This juicy fruit holds a great significance in holistic treatments like Ayurvedic, Unani and Chinese medicine also. Available in two varieties – Jamuns with white toned flesh and has a good amount of pectin while the other one with dark purplish flesh has lower amounts of pectin. Pectin is a polysaccharide substance present in the flesh of berries, fruits like apples that serves as a thickening agent, while making jams and jellies. The outer layer of the fruit appears to be blackish or dark purplish in colour and has a distinct sweet taste with sour and astringent undertones.

## BLACKBERRY (Jamun)

BlackPlumsarealso low on calorie count with only 3 to 4 calories compared to other berries and is an excellent source of Vitamin C, carbohydrates, protein, iron, magnesium, potassium and few phytochemicals.

The fruit can either be enjoyed raw or can

jam.

The seed can be consumed in the form of powder or churna. These days, the goodness of jamun tree, bark, leaves; fruits are also being integrated into health supplements that are available in the form of tablets and capsules.



be taken in the form of juices and is also used in various culinary applications such as salads, smoothies and

bark, seeds, and leaves have shown potential in decreasing the sugar level in the urine.

### BENEFITS:

- The Jamun fruit helps in the management of Diabetes.
- The extracts or decoction obtained from the

- The Jamun seed contains ellagic acid which is a very powerful antioxidant and it plays an important role in reducing hypertension and blood pressure-related problems.
- The Jamun seeds are the best remedy for treating acne.
- The Jamun leaves possess antibacterial activity and it is useful in making the formulations for strengthening dental health.
- The Jamun fruit contains an adequate amount of vitamin C and iron; this increases the level of blood hemoglobin.
- For treating piles and hemorrhoids, Jamun fruit juice is very effective.

### USES :

- Jamun fruits, leaves, seeds, and bark are

used as ayurvedic medicine.

- The Jamun fruit extract is used in treating the common cold, cough, and flu.
- The Jamun bark is a mixture of bio components like tannins and carbohydrates, they impart as astringent to fight dysentery.
- The Jamun seed is rich in glycosides which possess anti-diabetic properties.
- Jamun juice is used in treating sore throat problems.
- Jamun fruit juice is effective in enlargement of the spleen.
- Due to the antibacterial properties of Jamun fruit juice, it is used for dandruff.
- The Jamun fruit extracts have strong anti-viral, anti-bacterial, & antifungal

**Contd. to page 4**

## THE EFFECT OF SCALP ACUPUNCTURE ON AUTISM: COULD THIS BE A POSSIBLE TREATMENT OF AUTISM SPECTRUM DISORDERS

In recent years, there has been an increase in Acupuncture as part of treatment programs for children with developmental disorders including speech and language delay, cerebral palsy, mental retardation, ADHD, and autism. There are few theories proposed to explain the mechanism of scalp acupuncture on children with autism. Investigations had shown that acupuncture at the scalp can induce

defective brain-waves in brain diseases, which may also be applicable to children with ASD.

Theoretically, different areas and lines can be drawn on the scalp as a projection of functional areas of the cerebrum according to reflexology. Acupuncture is done in order to stimu-



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

in response to the Bradman area 22, etc. Improvements in the cognitive ability such as verbal communication

malnourishment at these areas contribute to defects in language abilities, com-

perfusion and the consequential underdevelopment at the inferior portion of prefrontal lobe and left temporal speech area could be detected in individuals with ASD, thus bringing prospective progress in cognitive and communication development. According to the studies, ASD manifestations of some aspects such as verbal communication, social, and behavioural problems may obtain significant improvement upon the introduction of acupuncture, whereas domains of food selectivity and auditory sensitivity benefit less in the process. Scalp acupuncture

may also be effective in alleviating temper tantrum and aggression problems in children with ASD. It can facilitate emotion regulation on anger and diminish the frequency and the intensity of the related behaviour. Comorbid sleep disorders likewise benefit from scalp acupuncture. The domains of bedtime resistance, sleep anxiety, daytime sleepiness, and nightmare have shown significant amelioration upon the introduction of the treatment. Age is a predictor for the therapeutic effect of acupuncture. Early intervention is always encouraged for ASD children.

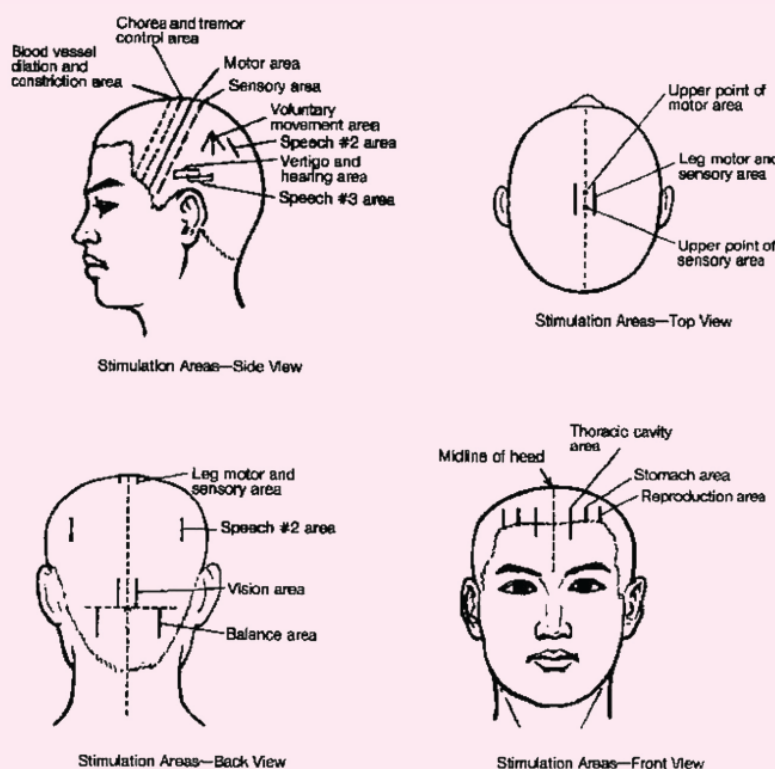


changes in perfusion in different brain areas. Biochemical alterations have also been noticed in individuals with ASD as they showed imbalances in level of catecholamine in blood and inside brain structures. Acupuncture could correct and modulate respective catecholamine level. Scalp acupuncture was observed to be able to improve

late the activity of the corresponding cerebral function. For example, the midline and the lateral line 2 of the forehead are in response to the prefrontal cortex of frontal lobes, posterior lateral line of vertex in response to posterior parietal lobe, auditory speech area

and social problems are more outstanding than sensory functions like sound sensitivity. Since hypo

munication problems, and retarded cognitive development. Scalp acupuncture can induce better perfusion



### BLACKBERRY...

#### Contd. from page 3

- properties and thus it is recommended to use for treating and healing wounds.
- Bleeding hemorrhoids can be cured by regular consumption of Jamun fruit juice.
- The Jamun fruit has an antacid property and it prevents acid formation in the stomach therefore it is used in treating gastritis.

#### PRECAUTIONS:

- Some people have a vomiting feeling after eating Jamun;

they are not supposed to take Jamun.

- The major medicinal property of Jamun is antidiabetic; therefore it should be avoided after and before the general surgery as its intake reduces the glucose level in blood.
- For the people suffering from atherosclerosis and blood clot-related problems are not recommended to take the Jamun fruit.
- Jamun should not be taken with an empty stomach and

after drinking milk, due to its sour taste, it might lead to acidity.

- Jamun fruits are not recommended to pregnant women and breast-feeding mothers must.
- Excess consumption of Jamun fruit can lead to an increase in blood sugar level, fever, body pain, and sore throat.

#### How to Make Jamun Juice At Home

Jamun is one of the tastiest summer fruits which not only replenishes your body with high energy lev-

els but also boosts the presence of antioxidants and flavonoids, for the prevention of chronic diseases and fight against free radical cell damage.

#### Ingredients:

- 10 - 15 jamun fruits
- 1 cup of chilled water
- ¼ tsp black salt
- 2 tsp honey
- A pinch of ginger
- A pinch of chat masala

#### Method:

- Wash and pat dry the black plums.
- Remove the seed and slice it into small pieces.

- Put the sliced plums in a blender.
- Add the remaining ingredients-water, salt, honey, ginger and chat masala in the blender.
- Blend the entire thing into a smooth liquid.
- Sieve the juice to remove any particles.
- Pour it in a glass and add ice cubes if required.
- A glass of yummy Jamun Juice is ready to be savoured.

It is also believed that jamuns are excellent for maintaining the blood pressure

levels. Those who are suffering from the problem of hypertension, can use the seed extracts, and enjoy the goodness of the antioxidants and the flavonoids.

There are many ways of consuming jamun can be used as seed and its powder form. You can make smoothies, have it straight with water or include in meal recipes. Find the one that suits you best and include jamun seeds in your diet for healthy living.

**STAY FIT & STAY STRONG**

## BETTER COUNCIL SHOULD PREVAIL ON BREASTFEEDING

**B**reasts are perceived in a sexual manner, even when a mother feeds her child. Here it is not just men, but even women who stare if a mother feeds her baby in public and prevents mothers thinking twice about feeding the baby in open. So many times, new mothers are helpless when their children cry of hunger, simply because they are unable to feed in public. This has to change. Breastfeeding is a matter of pride and women have to be able to feed their children freely and openly. You don't need feeding rooms to feed your children. So we figured that having a discussion around this would be the most relevant thing to do on Women's Day.

Mothers need to donate to milk banks to save tender lives and mothers with surplus milk should donate milk generously. Breastfeeding saves lives. Its benefits help keep babies healthy in their first days and last well into adulthood. But breastfeeding requires support, encouragement and guidance. With these basic steps, implemented properly, we can significantly improve breastfeeding rates around the world and give children the best possible start in life. Why then so much controversy is created in India for the sake of creating. Shun the taboo and accept the challenge instead of becoming a carping critic all the time. In many hospitals and communities around the world, whether a child can be breastfed or not can make the difference between life and death. Better sense should prevail to save babies in need of breast milk.

When women are asked to go to the feeding room and feed, it is almost like the society is collectively teaching us to hide this very natural thing. This has to change. But to avoid all the controversies, it is better to have a separate breastfeeding

lounge in public places, just like the smoking lounges. Better council should prevail in this matter and it should not be treated as an obscene one. Even a postal stamp was released in 1984 by the Indian government to stress that breastfeeding is the best. Why then this controversy.

The issue with public breastfeeding is less about whether the act is legal or not-ultimately that is a technical issue. The main concern lies in how the act of breastfeeding --so natural a part of the development of many species --is regarded as 'disgusting' and 'indecent'. When the exposure of a woman's breasts during breastfeeding is considered to be more lewd than a model revealing them for the pleasure of others. But breastfeeding requires support, encouragement and guidance. With these basic steps, implemented properly, we can significantly improve breastfeeding rates around the world and give children the best possible start in life.

Many women in India, who wear the traditional sari breastfeed in public, using the garment as a means of covering themselves, but this option is not available to women who do not want to wear the sari. The awareness about breast milk and early nutrition is poor among new mothers. We still see patients who don't give colostrum to the baby. One of the reasons breastfeeding is nearly universal and prolonged, especially in the rural areas,



**C.K. SUBRAMANIAM**  
Freelance writer  
Navi Mumbai

is because of the widespread belief that it is effective in postponing the next pregnancy. Contemporary literature shows that ovulation is likely to return sooner in women who partially breastfeed than those who exclusively breastfeed.

Sometime back a so-called model, splashed a photo on the cover of a Malayalam magazine, showing her 'breast-feeding' a baby and it is another matter that she is neither married, nor was the child hers. Even in the Western world, women in general modestly cover



themselves when nursing their babies. The attempt to give that excellent message in terms of exhibitionism did nothing but raise a storm of controversy. It seems somewhere along the way we have

lost a sense of propriety and instead wallow in an aura gained through notoriety. In the end it became a storm in the tea cup. Instead of feeding the child in public with a purpose, the milk had become spoiled one because of the controversy.

Breastfeeding all babies for the first 2 years would save the lives of more than 8 20,000 children under age 5 annually, noted a release issued by the WHO. The guidelines describe how hospitals should have a written breastfeeding policy in place, required staff competencies, and antenatal and postpartum care, including breastfeeding support for mothers. It also recommends limited use of breast milk substitutes, rooming-in, responsive feeding,

and educating parents on the use of bottles and pacifiers, and support when mothers and babies are discharged from hospital.

The top six breastfeeding challenges faced by Indian mothers were: early day challenges such as sore and cracked nipples, latching problem, and engorged breasts, exhaustion from waking up in the middle of the night, too many feeding sessions and long feeding sessions, baby biting, lactation issues, problems with breastfeeding in public, including lack of facilities, perceived restriction and postpartum depression.

In a survey conducted, which provides a platform for mothers, in collaboration with a supplier of breast pumps and breastfeeding accessories. Over 500 women participated in the survey, which aims to bring the conversation about breastfeeding challenges into mainstream discourse and find solutions.

Breast milk contains antibodies that prevent viral infections in the baby. It has all the nutrients in the right dosage besides being available all the time at the right temperature and right composition. Further, breast milk is dynamic, which means its composition varies, based on the age of the child. The first six months the baby should be exclusively fed of breast milk and after that other foods could be introduced in a phased manner, while continuing breast milk.

Breastfeeding helps women in losing the weight gained during pregnancy, and prevents excessive bleeding. It is a much cheaper alternative as formula foods are very expensive. It has been found that breastfed children were more healthy and intelligent in later life. Breastfeeding can, therefore, produce a whole generation of healthy future citizens.

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

**Plant a Sapling, click a picture with it and send it to us on  
datewithhealth@gmail.com**

**We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue.**

**So plant a sapling today as your contribution for a better tomorrow !!!!**



## BASIC MONSOON HEALTH CARE

**M**onsoon is one of the most awaited season as it brings respite from the sweltering summer heat. Rain enables life, encourages growth. Most people love taking a stroll in the rains, it is refreshing and one of the wonders of life. But, if you pray for the rain, you gotta deal with the mud too. Every season brings along some challenges and health problems and it is no different with the rainy season. It brings along share of health problems right from vector borne diseases and water borne diseases to various skin infections. Stagnated water in the puddles near houses is one of the major causes of water borne diseases. Also, stagnated water is an apt breeding place for vectors. It increases the number of rain insects, flies and mosquitoes. Viral fevers, stomach infection, cold and flu, cholera, diarrhoea, typhoid, malaria, dengue, respiratory tract infections are some of the major health issues during rainy season. Raised humidity in the season causes a host of viral and fungal infection woes. The humid, wet and damp conditions during rainy season are ideal for the growth and multiplication of various organism. This encourages skin infections such as eczema, scabies, acne, dermatitis, itchy skin and skin allergies. Skin related problems are on a rise mainly due to fungal infections.

For you to stay safe and enjoy the rains to the fullest, here are some basic health tips-

- **EATING HEALTHY:** Good health means good immunity. One of the easiest ways of having good immunity is adding up to your vitamin C intake. Eat

sprouts, fresh properly washed green vegetables and fruits like oranges to have a vitamin C rich diet. Include fruits like apples, pears, pomegranates in your diet. Switch to herbal teas instead of the normal one to ensure better health. Consume warm soups, add in garlic and ginger. Fresh yoghurt and buttermilk



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

strictly avoided. The street is full of potholes and mud in monsoon which is a perfect incubator for various organism. The longer the food is exposed to air, the higher they are likely to be home to them. This makes you vulnerable to diseases.

- **CLEAN AND SAFE DRINKING**

**WATER:** Water borne diseases are on the rise in monsoon due

miserable. Removing sources of stagnant water will help a lot in avoiding any infection. Ensure that there is no open storage of water in your surroundings and that the water is stored in covered pots.

- **HYGIENE IS CRUCIAL:** Wash or sanitize your hands carefully before you eat something at home or away. Bath with water added with a disinfectant each time you get wet in the rain to save yourself from the organisms you carried home. Do not wear wet closed shoes, wash your feet and keep them dry and clean to avoid fungal infections. Clip your nails regularly to avoid accumulation of germs in them. Enter an air conditioned room only when you are completely dry.

- Keep your doors and windows closed during dusk and dawn to stop mosquitoes from entering the house. Use mosquito repellent while going out. Wear full sleeved outfits to avoid mosquito bites.

The monsoon is a beautiful and spirit-uplifting season, but it does make your health vulnerable. With the simple measures, you can enjoy this season without worrying about your health. And with the world already fighting a global health crisis, it becomes imperative to take care of our health even more. Most of the problems caused in monsoon aren't life threatening, but the unwillingness to see a doctor adds up to the severity of the condition. Taking proper precautions and consulting a doctor for any symptoms can help avoid major diseases.



helps improve digestion thus keeping you healthy. Dry fruits, dates and a spoon full of honey helps build immunity and keep infections at bay.

- **AVOID JUNK:** It is raining and you crave for spicy street foods. You can satisfy your cravings only if you cook the same by your self under hygienic conditions. Food stuffs sold on the streets should be

to contamination of drinking water. Hence, make sure you drink only pure and safe water. Many appliances these days claim to purify water, boiling water however is one of the best ways to get rid of any impurities in the drinking water.

- **GET RID OF STAGNANT WATER:** Mosquitoes are born in stagnant water and are capable enough to make your health

### CREATIVE SPACE



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



Nikhil Krishnan, Sanpada, Navi Mumbai

### International Yoga Day



Filzah Syed, Vashi



Tejas Jayesh Rajput, Grant Road, Mumbai

RYAN CHRISTIAN SCHOOL, VASHI

## World Environment Day

*“He that plants trees loves others beside himself.”-*

*Thomas Fuller*

Every year on June 5th World Environment Day is celebrated to spread awareness among people to conserve

of Chairman Sir Dr. A.F Pinto and Managing Director Madam Grace Pinto who always train the students to Save environment, as Environment is one of Sir’s Vision, so with full enthusiastic to spread the aware-

save and protect the environment, segregation of wet and dry garbage ,avoid plastic bags, Prepare a simple paper wind turbine to promote wind energy power, Keep a bowl of water for birds, Essay writing by secondary



the environment for a healthy and better future. This day was created by United Nations in 1974 to create awareness regarding the need to protect our surroundings.

The theme of World Environment Day this year is ‘Reimagine, Recreate, Restore’ and its focal point is ecosystem restoration. “Ecosystem restoration means preventing, halting and reversing this damage- to go from exploiting nature to healing it”, is according to the UN.

Ryan Christian School, Vashi celebrated World Environment Day under the guidance

ness and importance of “Save Earth Save Environment” and to inculcate the message deep within the students, Ryan Christian School, Vashi had conducted various online activities for Montessori, Primary and Secondary sections like Watering the plants ,speaking about their favourite flower or to draw and colour any flower, Draw any 5 things how they can

students on Global warming and The recent cyclones Tauktae and Yaas students participated and enjoyed to be a part of celebration. A special song was sung, “Plant a tree for your tomorrow” by John Denver in the online assembly by the students. To spread the Importance of Environment and gave the message to all it’s our responsibility to save our environment.

**WORLD ENVIRONMENT DAY**

**AIN ALSABA from Kolkata**

**सहोचरी**  
Celebrating Womanhood

**SAVE THE EARTH**  
[www.sahochori.com](http://www.sahochori.com)

### OPINION: 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?

India is badly in need of Medicinal Structural corrections and preventive measures to fight this or any other epidemic / Wave, rather than demolishing and rebuilding other structures. Scientifically constructive brains !!! Please, be on the mark

**Ayub Khan, Freelance Shahjahanpur UP**



I would only like to say that “do a mistake everyday, but never repeat the same mistake”. If we keep ourselves under control and take measures not to get infected by covid 19 and make sure even the surroundings are well sanitized then we can very well control the situation” “It always starts with ourself” Plant more and more trees, save earth .... save ourselves and our coming generations.

**Sukhwinder Sanjay, Homemaker, Navi Mumbai**

How much we are prepared for the third wave of Covid 19 Considering that there is strong factor of “UNPREDICTABILITY” attached to Corona, it would be a false claim to say that one can be fully prepared for it. During it’s first wave India was more or less prepared as it has already witnessed its horrible consequences in other countries. However, as India was relatively unscathed by it which led to a false sense of security, so when the second wave struck in April, India was terribly ill-prepared to handle the inundation of case.

However, as an “inevitable” third wave of the Covid-19 pandemic is likely & the warnings are strongly emphasized this time considering that the nation was caught off-guard by the second wave which brought the entire healthcare system to its knees, I think India is reasonably prepared for it now. One of the reasons the 2nd wave had a big toll was Vaccine hesitancy which is over now. People are getting vaccinated. Also there are necessary changes made at work places & other areas too making sanitization a prime requirement. Even, Authorities are now strictly imposing safety norms on citizens giving no scope for violation. Also, the 2nd wave has warned the citizen not to underestimate it. So, people are really scared and that is going to make them stay careful in future.

**Tina Acharya, Academic Counselor, Overseas Vashi, Navi Mumbai**



In India there is no shortage of oxygen. It is poor human management the world has ever seen. It is the problem of distribution, if the system will address the real problem of oxygen distribution it can be solved. We have the examples throughout the world. There are small countries producing small amount of oxygen but there management is perfect. To address the problem of covid-19 state wise we have to have an additional chief secretary level officer like for example additional chief secretary covid. He should stay as head of covid war room, if we say that we are in a war in corona.

Railways can play very important roles in providing hospital beds. Covid trains may be introduced with all necessary facilities.

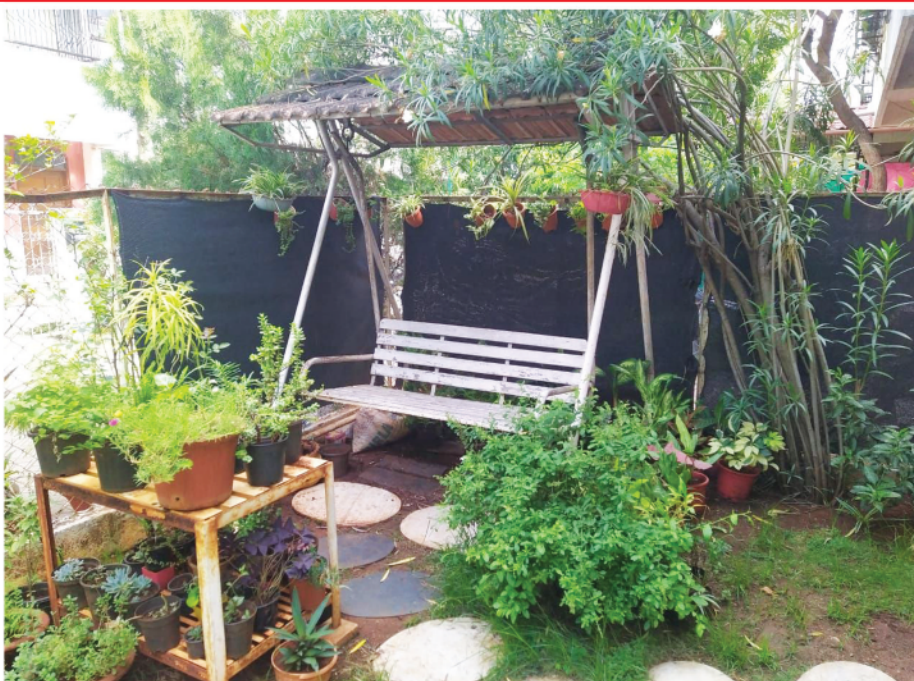
There is no problem of infrastructural facilities. It is a human tragedy in which professionals are not responding professionally.

**Dr Tanweer Husain Khan, AMU Aligarh, UP**

### WITH THE ADVENT OF MONSOON HOW DO YOU PLAN TO STAY FIT AS OUTDOOR ACTIVITIES GET HAMPERED FOR NEXT FEW MONTHS.

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

**Sultanate Patel  
from Pune  
sent these pictures of  
her beautiful garden.  
She is an avid  
nature lover!!!!**



## सहचरी

Celebrating Womanhood

**CREATE A BETTER  
TOMORROW FOR  
UNDERPRIVILEGED  
WOMEN**

[www.sahochori.com](http://www.sahochori.com)



# UFS

UFit Fitness Studio

81082 20222 / 81084 40222

The Most Result - Oriented Fitness Studio in Vashi

*Our group workouts combine  
Cardio, Strength & Flexibility for  
all skill levels.*

ZUMBA

AEROBICS

STRONG BY ZUMBA

FUNCTIONAL TRAINING

BOOT CAMP

CARDIO KICK BOXING

FOLLOW US ON :



@ufitgymstudio



F-7/B-4, 2nd floor, Rainbow Apt, Above Sanjay Lunch Home,  
Near Trimurti Restaurant, Sector-10, Vashi