

**THIRD WAVE WHERE
JUST LURKING HERE
SO BEWARE AND DON'T DARE
TO CROWD IN PUBLIC PLACES
WITHOUT MASK WEAR**

WEAR YOUR MASK



PLEASE NOTE:

Vol. 4, Issue - 10 (July 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

DROP OF HOPE – BLOOD DONATION DRIVE

Blood is life-saving and during the current pandemic hospitals are facing a serious shortage of the blood and related components. One unit of blood can save three lives, when used as blood components. Recognising the difficult times, District 3142, under the banner of 'Drop of Hope' initiative Rotary Clubs across the District organised camps for blood donation as part of 'Rotary Day Of Service'.

The Rotary Club of Satellite City Navi Mumbai along with RC Palm Beach, RC Smart City, Smart City, RONMIA and Rotractors from SMART City, Satellite City, RONMIA Club organised a blood donation drive on July 1, 2021 at Dr. Jitendra Khandge's Kidney Speciality Clinic at Nerul. A total of 52 bags of blood were collected at this camp. Four visiting Rotractors from RAC Kolhapur participated in the event. The Rotary Clubs are committed to conducting blood donation such

camps during the SMILE year. All the required COVID protocols were followed diligently.



protocols were followed diligently.

District Officials DS Harsh Makol, JDS Pramod Mishra, Foundation Chair Manoj Kumar Thakur, AG Abid Nagaria, AG Kedarath Rao Ghorpade graced the event.

Eye Check-Up Event

The Rotary Club of Satellite City Navi Mumbai in association with RC NM Garima, RC Smart City and RONMIA carried out the second medical activity of the SMILE Year Vashi Police Sta-

tion, Sector 3 as part of 'Service Activity' of the Rotary District

3142.

Following Eye Check-up Activities were carried out.

- Vision check-up,
- Refractions and glasses check-up,
- Need for cataract operations, if any,
- Free eye check-up for people having eye problem,
- Spectacles from Club / or any authorised vendor at subsidised rate, and
- Distribution of free medicines, wherever necessary.

The Team screened 25 police staff felicitated their two police



officials and World Optics staff and Dr Tushar Muni with flowering plants.

President Meenakshi Bhat and Secretary Nirmala Pandey

from RC Garima activity participated along with PP Sai Ganesh from Satellite

City NM. Besides, DS Harsh Makol, AG's Abid Nagaria and Ke-

darnath Rao Ghorpade graced the occasion with their presence.



HOW YOU CAN BE WITH US

- Buy pad for underprivileged woman
- Provide facilitates for underprivileged women
- Recommend to your friends

Helpline: 7044471949



Editorial

MAN SUNN HEAR TO WHAT NATURE HAS TO SAY!!!!

Every season comes with a purpose and a reason so is with monsoon. After the summer season has almost barred the landscape, life begins again with the first shower of monsoon. Man has heavily contributed to global warming with his greed to occupy more and more land space, cleaning up green lands and forests too for construction of concrete jungles. Even if half of them would be responsible enough to plant trees in and around the huge housing and shopping complexes they constructed, life would be much better and climate would be cooler. The world witnessed the horrors of Covid but we felt it harder during the second wave as thousands were left gasping for oxygen. A healthy environment means healthier habitants and a healthy cheerful society.

One can plant trees at any point during the year, but planting one during monsoon makes the work easier and the probability of the plant surviving initial crucial days higher. One tends to ignore the sapling that they had planted after a few days as the euphoria dies down. The sapling dries and eventually dies as people move to plant more trees somewhere else just for a photo op. When God shows us the way and the way plants grow up naturally, why can't we take up this climatic blessing and do our bit to surround the landscape with greenery. Try to select those plants which are beneficial and help more in air purification. Fruits can also be planted for it can provide multiple benefits viz greenery, shade during summers and fruit to humans and birds.

So don't waste this season in sitting in the balcony sipping tea / coffee and eating hot snacks, but go out with full Covid precautions and plant as many saplings you can manage to plant and more importantly be able to maintain till they become full grown.

Nothing in life comes instantly and so does a pleasant change in climate. Global warming didn't start in a day, but steady felling of trees and cleaning up greenery from the landscape has resulted in this state of affairs. Let's now bit by bit change it for a better tomorrow, if not for our own selves at least for the generations to come.

Plant more saplings this monsoon, but don't forget to follow the Covid protocol Wear a Mask when outside and maintain proper physical distancing !!!



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One of the most common word used these days is depression and stress in the adults. However very little is written about childhood depression and it is a fact that children also experience depression and some even have clinical depression. If not paid attention to or if it remains untreated can go into the adulthood leading to chronic and clinical depression.

This article may seem more like a chapter but it is necessary for the readers to understand the bullet points so that if you come across any family or child undergoing such symptoms, you may please guide them to visit a counsellor immediately.

Every parent must always be observant and alert when it concerns their children and of course not get obsessed with too much hovering and over protection. But when they notice any telltale signs they must nip it in the bud.

The common signs of childhood depression are as follows:

- Suddenly not interested in the day to day activities

CHILDHOOD DEPRESSION

- Excessive sleeping and also desire to sleep or withdraw at odd hours
- Reduce weight considerably or gain a lot of weight. Children often eat more when they are depressed.
- Academic work getting disturbed and grades falling. Refusing to go to school.
- Not interested in communicating or indulging in peer interaction or play
- Avoiding all social activities and outdoor visits.
- Thinking or speaking about death or suicide.

What could cause depression in childhood

- Bullying from classmates or teachers
- Physical, emotional or verbal Abuse from parents or teachers
- Sexual abuse or molestations.
- Terminally ill parents, financial scarcity or alcohol abuse in the house
- Genetic predisposition
- Deprivation of sleep or nutrition.
- Deprivation of sunlight and physical activities
- Deficiencies of Vitamins and other nutrients
- Over sensitive personality or weak ego structure.
- Child having terminal illness or a physical or mental disability.
- Child is suffering

from phobias and anxiety.

- Child has undergone a trauma or has lost a parent, friend or sibling.
- Child has experienced failure in his academic or sports activities.
- Divorce of the parents
- Disasters like natural disasters or a pandemic.
- Wars and riots.

These days we hear and read many cases of suicide even when the parents have refused to give them a mobile of their choice. This indicates low tolerance level, inability to accept "NO" or facing failures and rejections.

The immediate steps needed in the above situations if more than three symptoms are seen persistently to seek first the help of your family doctor and a counsellor. Both are needed as the family physician will guide towards finding out any nutrients or vitamin deficiencies. At the same time the counsellor will guide if psychiatric visit is required for medication or behavior therapy will help.

If there are suicidal thoughts then do not wait for anything and first consult a psychiatrist as sometimes, parents feel this will go away and it may get too late.

If the depression is clinical, then along with medication, therapy can commence, which would consist of play therapy, CBT – Cognitive Behaviour Therapy and behavior

modification. The counsellors would help them have a positive thinking, inculcate patience and logical thinking.

Parents would also need therapy to understand how to keep the home environment positive and encouraging and at the same time strengthen the emotional quotient of the entire family.

One can prevent the above happening by paying attention to the nutrition, keeping a positive and calm home environment, concentrating on building emotional quotient of the child, engaging from childhood in hobbies and sports or extracurricular activities like art, music, gymnastics etc. The entire family needs to have a good bonding, go for treks, picnics and spend quality time together. The focus needs to be on the overall physical and mental health development and not just academics. I have mentioned in my parenting book the incident of my son. I noticed change in my son's behavior and his questions of why one has to go to school, I immediately became alert and observed. Soon he told me he was afraid of the physical education teacher as he would beat the older children and punish them. I approached the teacher and took his help my son overcome his fears. My son never did miss school ever and enjoyed his education. Moral of the story is nip it in the bud.



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The Mighty Mitochondria

FIGHT INFLAMMATION

FOODS THAT HEAL



The chief reason for our mitochondria to deteriorate apart from stress, sedentary lifestyle and lack of sleep is when we eat an excess of poor quality foods leading to high levels of

free radicals which damage our cells and erode our bodies with inflammation.

Avoid poor quality foods like sodas, aerated drinks, sugars, processed foods, trans fats.

Mitochondria Structural Features

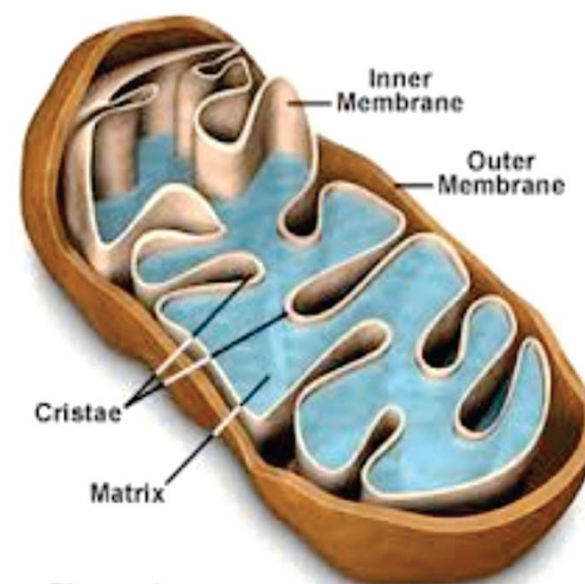


Figure 1

Eat food rich in FIBRE

(Whole grains, vegetables, fruits)
PHYTONUTRIENTS
(Colorful fruits and green vegetables)

ANTIOXIDANTS

(Citrus fruits, sweet potatoes, beetroot, pumpkin, broccoli etc)

GOOD PROTEINS

(White meat, eggs, fish)

HEALTHY FATS

(Fish, avocados, nuts, seeds, omega3 supplements)

Overfeeding and under nourishing our mitochondria with poor quality foods

is responsible for the twin epidemics of this generation

OBESITY & TYPE 2 DIABETES

- EXERCISE at least 30 minutes a day.
- Lead a good life-style eating the requisite amount of calories in an 8 to 10 hour window.
- Simplify your life.
- Do something that gives you happiness.
- Prioritize getting 7 / 8 hours of sleep.
- Healthy Mitochondria = Healthy You

Meet your mitochondria, the tiny factories in each of our cells that turns the food we eat and the oxygen we breathe into ENERGY.

They are rightly called the "POWERHOUSE" of the cells.

When communication breaks down between our cells nuclei and their mitochondria, aging accelerates.

But the exciting news is that the opposite is also true.

When intracellular communication is improved, the aging process slows down and overall health and vitality improves.

Caring for your mitochondria and

upgrading their communication doesn't just slow down the aging process, it also enhances your energy, metabolism & cognitive power and reduces risk of cancer, Alzheimers, heart disease and infertility.

The more energy a tissue / organ demands for proper function, the more mitochondria its cells contain.

The density and health of mitochondria in our organs and muscles are, to a large extent, a reflection of our current level of health and fitness, e.g. lean muscle tissue contains more mitochondria than fat does.

DAILY EXERCISE A MUST FOR HEALTHY BODY

One should take out at least 15 to 20 minutes from his/her day's schedule to do some physical activity. If time constraint doesn't permit outdoor activities one should do some simple warming up and stretching exercises indoor. See to it that it is done either early in the day or during evening time. The place should be clean and well ventilated. Never

overstretch yourself for it could do more harm than good to your body.

If time permits, going out on a morning walk or half hour brisk walk during evening would provide much needed exercise to the body. Encourage your children to indulge in some outdoor sports. At least one hour of playing in the open space, either in the garden or a park is



IMPORTANT HEALTH TIPS

- Don't take your medicine with cold water.
- Don't eat heavy meals after 5pm.
- Drink more water in morning, less at night.
- Best sleeping time is 10pm to 4am.
- Don't lie down immediately after taking meal.
- Answer phone calls from Left ear.
- When phone's battery is low to last bar, don't answer the call because the radiation is 1000 times stronger.

highly recommended. Let your children take up any outdoor sports like Tennis, Badminton, Football, Hockey, Cricket and even Table Tennis (though it is an indoor game) which will allow them to de-stress their mind and body and help them concentrate more when they sit for their studies. Also playing a sport would give them required physical activity to keep them

fit. Indulging in sports also goes a long way in children eating, and eating healthy too.

Walking, Jogging doing Yoga or playing any game (indoor or outdoor, though it is better if it's the latter one) are absolutely necessary for everyone, more so for the kids and elderly people. These two categories of people should be more particular with their fitness and health.

LIFE STYLE DURING THE PENDEMIC

MODERN WAYS OF LIFESTYLE

Passion is that emotion which gives you the strength to survive the tribulations of life and continue to aim for the ultimate goal you've set for yourself. A life without passion is a life wasted. Passion need not necessarily be big, it can be something as complicated as wanting to land on the moon to something as simple as reading. In this spectrum, my passion falls somewhere in the middle. I would like to open a chain of state-of-the art gymnasi-ums all over the country.

Why is it important to be healthy?

How often we see people who have a tough time trying to reach their toes. Every day, we notice at least one 'all-rounder' who huffs and puffs to climb that one floor to their home or that one flight of stairs to the platform. But, that is not seen as a sign of being unhealthy—the panting is

attributed to stress, those few extra pounds are characterised as a 'sign of the wealthy'.

Let's look at the reasons we would normally cook up when explaining our inability or unwillingness to exercise. These include:

- Financial constraints - A gym is too expensive
- I just don't have the time
- I'm fit - I don't need to exercise
- Exercise is for the old to keep themselves fit
- I get enough exercise climbing the stairs at my work
- I get enough exercise running after my kids
- There's no good gymnasium around my place

This list can go on and on...But the truth is, human life will not. Why is it that the average life expectancy in the US is 86 while it's somewhere around the 70s in India? The reason being, we are not paying enough attention to fitness regimes.



JAYANTHI SUBRAMANIAM
Navi Mumbai

Heart diseases, diabetes, arthritis and so many other diseases strike those who are unfit and obese. Not just that, exercise boosts immunity and can keep many diseases at bay—including the recent and deadly H1N1. Besides, exercise releases endomorphs -- the hormone that makes one 'happy' and thus relieves stress and improves mental health.

Why is Gymnasium a necessity?

While some may argue that healthy living is possible even without hitting a gym, we need to dwell on the practicality of such ar-

guments. Unlike the US, we do not have special cycling lanes; our offices are not equipped with lockers and shower-rooms that we can freshen up after walking or cycling our way to work. Also, the Indian weather does not permit exercise all year around...the summers are bad, the rainy season has its own woes, and the winter is practically nonexistent. Such scenarios don't leave much scope for exercise. This is where a gym can make a difference...by providing a conducive environment for fitness.

Present day Gym offer many facilities for health conscious people which includes: - Cardio strength training, fat loss program, weight gain program providing scope for over all control of your health. It is a matter of time and adjustment to your regular routine and that helps to come out handy in your lifestyle. Apart from that Yoga, Zumba, Aerobic play a piv-

otal role in keeping you fit. Moreover, diet counselling gives you an extra edge with your regular routine of work outs in the gym. Physiotherapist counselling provides the much needed confidence and the wish to stay fit and that will lead to longer life.

Conclusion:

I strongly believe that every individual has the right to healthy living. Healthy living is not a privilege, but a right. Sadly, however, in our country, healthy living is more like a right in the pocket of people who are able and willing to pay for it. That is the reason I want to open a chain of health clubs—to make fitness the part of every Indian's lifestyle. To provide easy access to superior quality, affordable fitness regime that will be an integral part of every Indians. The lifestyle will totally change and make you more comfortable in your family life also.

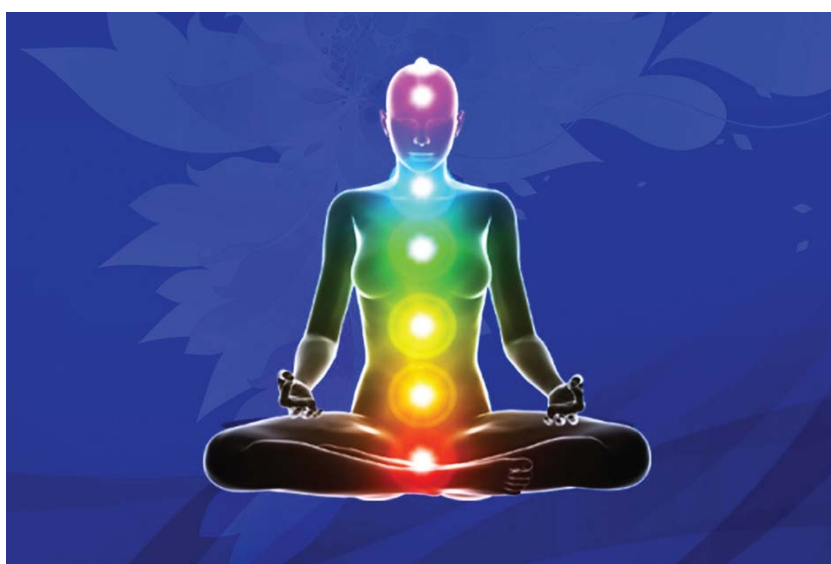
PSYCHONEUROBICS (EXERCISE OF MIND) (PART II)



Bhavani Swaminathan
Mob. 7021648382
Nutritionist & Founder
of AAKANKSHA:
Desire For Wellness.
SPIRITUALITY :
I'M AT PEACE

At the end of the day, I'M AT PEACE, Because My Intentions Are Good And My Heart Is Pure. It is more healthy and powerful inner body which not only keeps us spiritually and men-

tally healthy but also keeps us socially and physically healthy. The development of a spiritual body starts from a healthy and positive mental body. Spiritual body indicates the presence of thoughts and imaginations related to primary virtues and all spiritual powers. By this body, not only one can heal his physical body but also can heal others. Positive and powerful radiation through this body creates the vibrations of peace and serenity in surroundings.



WHAT IS ENERGY BODY ?

This is the inner body covered by a physical body made of bones and flesh. Thought is an energy, which shapes our inner body or energy body. Presence of purity, peace, love, happiness, bliss, power,

truth and knowledge (in form of thoughts, emotions and imagination) make our energy body completely active and dynamic. But lack of any one of the primary virtues deforms and disables our energy body.

KIRLIAN PHOTOGRAPHY OF

ENERGY BODY & CHAKRAS

A method of capturing on a photographic plate and image of what is thought by some to be an aura of energy that emanates from animals and plants and that undergoes changes in accordance with physiological or emotional changes.

WHAT ARE CHAKRAS ?

Chakras are energy centres. They function like receivers and transformers of the various forms of prana. Through the na-

dis, the chakras take in the vital energy and transform it into the frequencies needed by the various areas of the physical bodies for development.

Each chakra is connected with one of the elements of earth, water, air, ether and mind - mind being an instrument of consciousness. These elements are states of matter and NOT elements as we understand them in modern chemistry. They are equivalent to terms : solid, liquid, fiery or gaseous, airy and etheric – which are somewhat analogous to the physical, astral and mental planes and sub-planes.

CINNAMON- A HEALTH SPICE!

From a year and a half, since the beginning of the global health crisis, every individual has been keen on maintaining a strong immune system. People especially in India, started consuming kadha's to keep up with health during these times. Kadha's are known to help one with fever, cold or flu related symptoms. They are available in the market in the form of herbal or ayurvedic tonics and can also be self made following ancient recipes. Many of these recipes and tonics contain cinnamon (dalchini) as one of their prime ingredients. Further in this article we'll know the health benefits for which this spice is widely used since ancient times.

Cinnamon is an evergreen tree, small and bushy. Dried leaves of cinnamon, along with its dried inner bark are used all over the world as a spice or condiment. It has a pleasing fragrance and a warm, sweet and aromatic taste. The inner bark is obtained from carefully selected shoots. It is then cured and dried. While drying, the bark shrinks and curls into a cylinder or quill. An analysis of cinnamon shows it to consist of moisture, protein, fat, fiber, carbohydrates and ash besides calcium, phosphorus, iron, sodium, potassium, thiamine, riboflavin, niacin, vitamins A and C. The distinct smell and flavor of cinnamon are due to the oil present in it. Cinnamon oil consist of substantial amount of eugenol. The root bark oil differs from both the stem bark and leaf oils.

Not all cinnamon is created equal. The Cassia variety contains significant amounts of a compound called coumarin, which is believed to be harmful in large doses. All cinnamon

should have health benefits, but Cassia may cause problems in large doses due to the coumarin content. Ceylon also known as true cinnamon is much better in this regard as it's much lower in coumarin than the Cassia variety. Unfortunately, most cinnamon found in supermarkets is the cheaper Cassia variety.

Cinnamon is prized for its medicinal properties for thousands of years. It is used in the form



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

Also, those suffering from cold can take 1 tablespoon of honey with 1/4th teaspoon cinnamon powder. This will clear most chronic cough, cold and clear the sinuses.

• **DIGESTIVE DISORDERS:** It is used to treat a range of digestive problems including indigestion,

poor appetite, trapped gas, nausea, belching, flatulence, diarrhoea and intestinal spasms. It stimulates the salivary glands



of powder or decoctions. It is a stimulant and is useful in increasing secretions and discharge of urine. Prevents nervous tension, improves complexion and memory. Some of the uses of cinnamon for particular ailments are listed below-

• **COMMON COLD:** It is effectively used for common cold. Coarsely powered and boiled in a glass of water with a pinch of pepper powder and honey can be used beneficially in cases of influenza, sore throat and malaria. It's use during rainy season prevents the attacks of influenza.

and mucous membranes of the stomach. A tablespoon of cinnamon water prepared as for cold and taken half hour after meals relieves flatulence, indigestion. It is antispasmodic. Taking a paste of cinnamon bark with fennel seed helps avoid indigestion and relieves abdominal pain. Honey with cinnamon powder also relieves abdominal pain. Water or milk added with a few drops of cinnamon oil can be taken for nausea and vomiting to subside.

• **ORAL HEALTH:** Serves as a good mouth freshener. In cases of pyorrhoea, chew a piece of

cinnamon bark twice a day or hold a concentrated decoction of cinnamon in the mouth for five mins after every meal. A piece of cotton soaked in the oil held between the teeth helps keep cavities and infection at bay. A paste of honey and cinnamon applied three times a day gives instant relief from toothache.

• **FOR PAINS:** Headache produced by exposure to cold air is readily cured by applying a paste of finely powered cinnamon mixed in water or cinnamon oil on the temples and forehead. Cinnamon oil is used externally to ease cramps, joint pains, rheumatism and neuralgia. The analgesic and anti inflammatory properties of cinnamon are key constituents of 'TIGER BALM', a soothing liniment.

• **FOR ACNE:** Paste of cinnamon powder prepared with honey can be used as a spot treatment over pimples and blackheads with beneficial results.

It is highly beneficial in the treatment of several other ailments including spasmodic affections, asthma, paralysis, excessive menstruation. The spice is a warning stimulant and can combat fatigue. It is good for the circulatory and respiratory system, uterus and the production of oestrogen. It contains large amount of highly potent antioxidants. Reduces insulin resistance, thus helping the hormone do its job. At the end of the day, cinnamon is one of the most delicious and healthiest spices on the planet.

Just make sure to get Ceylon cinnamon or stick to small doses if you're using the Cassia variety. Also, if you are on any regular medications, consult your doctor before consuming any of the home remedies.

DATEWITHHEALTH'S INITIATIVE FOR A BETTER TOMORROW!!!

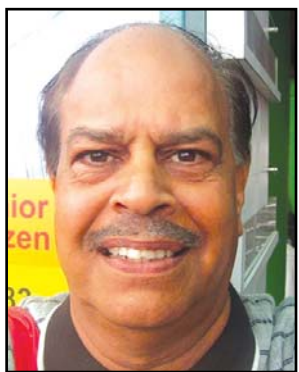
Plant a Sapling, click a picture with it and send it to us on
datewithhealth@gmail.com

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 !!!!



BEWARE OF PIGEON MITES



C.K. SUBRAMANIAM
Freelance writer
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Bird mites are naturally found where birds (such as pigeons, starlings, sparrows and poultry) and their nests are located. However, in the first few weeks after birds leave their nests, bird mites may infest homes in search

Vashi Colony, till September 2005, I had my computer table and my easel next to a window facing a beautiful maidan surrounded by lovely Ashoka trees. On my window sill, there used to be at least 3 or 4 pigeons prancing around every day. These pigeons have mites on their body, which feed on their blood. And they also attack human beings. When I shifted from Vashi to Sanpada I am free from Pigeon mites.

From my research, I found out that these mites attack only one member in a family and believe it or not,

ing the AC on to 16 degrees during the day time. They hate cold climates.

I read about some people in the western suburbs of Mumbai protesting and closing down a Kabutar Khana, wise guys. To those who have the habit of feeding pigeons, please go ahead. But don't jump out of the window when the mites lay siege on you. You won't know where to run and don't say nobody told you.

You may apply an insect repellent with 'Deet' as a preventive measure. To rid your house of bird mites, re-



of a blood-meal from humans. Bites from bird mites can cause severe irritation. Most mites will die within 3 weeks without a blood meal from a bird host. They will bite humans they encounter but cannot survive on humans. As a result of their 'test biting' while searching for a new bird host, the mites inject saliva. This can lead to severe irritation with rashes and intense itching.

The innocent looking 'gootergoo' pigeons can make your life hell. Believe me. Here is a brief account.

When I was residing in Syndicate Bank

they stay with you for a lifetime. They 'attacked' me in 2005 and have been with me. They are almost invisible, like little white dots, and keep moving on your face, hands and legs and are very, very irritating. Thankfully, their lifespan is 4 days, but they get out of their slumber around this period - spring. What's more, they eff-up your creative juices.

Initially, my wife and son thought I was fibbing. Even the pest control chap asked me if I had a skin infection. I have now learnt to live with these bloody mites by turn-

move all bird nests that are on, in, or around your home. Spray your home with an insecticide. You may need the help of a professional pest exterminator who will likely use a matricide fumigant. Most household vinegar use, such as white vinegar or apple cider vinegar has an acidity between 4 and 10 percent. While vinegar won't kill pests such as dust mites and other pests, it will deter them by making them steer clear of the areas that have been sprayed with vinegar. Keep away from Pigeon mites and save your skin.

RYAN CHRISTIAN SCHOOL - VASHI

Report on National Doctors Day

"The presence of a doctor is the beginning of the cure"

A special day is then observed every year on July 1st as doctor's day to celebrate the contribution of doctor's human service to mankind

The First Doctor's Day was celebrated in India in the year 1991. July 1 happens to be the birth and death-anniversary of the most famous physician

day.

The doctor's day is symbolized by Red carnation because of the colour of the flower which denotes love, charity, sacrifice, bravery and courage, all of which are synonymous with the medical profession. This special day is observed throughout the country to thank the ones who have chosen this profession and to honour their relevance in the

scribe their experience, when they have gone to see a doctor when they were sick. Describe how they felt, before and after the visit. Make a stethoscope using recyclable things from your Home and teacher explained its use.

SECONDARY Wrote a short poem on a doctor/nurse or a COVID-19 Frontline health worker. and prepare a chart, can use



of India - Dr Bidhan Chandra Roy.

At the time of the ongoing pandemic, doctors are at the forefront and leading the battle. Their commitment to keeping the nation safe and healthy in these challenging times is truly exceptional.

Doctor's Day is celebrated in different dates in different countries across the world. Several governments and non-government healthcare organisations celebrate this

day-to-day lives of everyone. The young minds of Ryan Christian School Vashi paid homage to the medical profession by celebrating Doctors' Day on July 1st 2021. By conducting different activities as per the session Montessori Kids - Made a thumb print THANK YOU card for their doctor, Nurse-Frontline Covid warriors and to Colour the Ambulance.

PRIMARY students - prepared a Nurse's headgear and to De-

hand drawn pictures to support it.

E.g. - Dentist - teeth. Wrote an essay on topic a day of a doctor at the COVID-HOSPITAL. Tear or cut out words from old newspapers, related to doctors, medicine or health and prepare a collage of these words. Students participated all these fun thrilled activities with great enthusiasm and with great fervor.

Students were guided about their health, hygiene and diet.



Sahrish Akhtar

The monsoon is a unique and ancient weather phenomenon that has been minutely studied, since it is so crucial to the economy of the region. Yet, it is not yet fully understood and even more difficult to predict. It was first observed by Arab seamen in the Arabian Sea, traveling between Africa, India and Southeast Asia. They named it “mausin”, meaning “the season of winds”. What basically creates the monsoon is a hot land mass and a cooler ocean. In India, during the scorching summer months, the land absorbs more heat from the sun than the surrounding sea, in this particular case the Indian Ocean. The air over the land rises, while expanding. It is

replaced by the cooler, heavier and moist air from the ocean, a layer of which can be five kms thick. The moisture-laden monsoon winds blow from sea to land, bringing rain as they reach the land. Before reaching the Indian land mass, the winds split into two branches, the Arabian



Sea branch and the Bay of Bengal branch. One goes to southern and then upwards to west India, the other to eastern India. This is called the summer monsoon, and lasts from June to September.

As Monsoon is one of the most-awaited season as it brings respite from the sweltering summer heat. But

every season brings along some challenges and health issues, and it is no different with the rainy season which is infamous for bringing along a host of infections right from vector-borne diseases like chickungunya, typhoid and dengue, to water-borne illnesses like cholera,

leptospirosis, etc. And with the world already fighting a global health crisis, it becomes imperative to take care of our health even more especially at this time of coronavirus.

Below are some of the tips through which we can protect everyone from further more health problems at this crucial covid and monsoon time.

Eat Healthy: It is important that we thoroughly wash our vegetables and fruits, particularly leafy greens. Continue to consume only home-cooked and boiled vegetables instead of having food from outside, as you might fall prey to water-borne diseases. Include tur-



meric milk green tea, tulsi, cinnamon, cardamom and warm water in your diet. Any allergies, cold, cough or fever will be tackled by this traditional health potion.

Get enough rest and exercise: As most of us are sitting at home and dealing with the stretched pressure of work-from-home and online classes.

This can not only lead to obesity and anxiety, but other health concerns too. Therefore, one must workout for at least an hour for four-five days a week and have seven-eight hours of sleep per night. Exercise not only encourages you to be fit but also helps boost immunity

and gives strength to your body. It helps strengthen your heart, improves blood circulation, and prepares you to fight against infections. Yoga and cardio can also reduce respiratory problems that are very common during the monsoon season and can keep anxiety and stress under control.

Wash or sani-

tize your hands: The WHO emphasizes on the importance of washing hands thoroughly for 20 seconds at a time. Using hand sanitizers, keeping nails trimmed, using automatic soap dispensers and not sneezing or coughing directly into your hands are some things to be followed rigorously. Keep a handkerchief handy in case you need to sneeze or cough.

Avoid direct contact with sick person: While scientists continue to investigate into Covid-19, it is also important to follow the strict guidelines by the World Health Organization. We all know that cold is caused by a virus; hence, we should avoid direct contact with someone who has mild fever and cough. Make sure to keep your personal belongings washed and clean properly.

Eat healthy, keep yourself hydrated and stay physically active.

BENEFITS OF LEMONGRASS TEA

Relieves anxiety --- Many people find sipping hot tea to be relaxing, but lemongrass tea may offer further anxiety-reducing properties.

These are some other benefits of it

- Lowers cholesterol
- Prevents infection
- Boosts oral health
- Relieves pain
- Boosts red blood cell levels
- Relieves bloating



CREATIVE SPACE



Nikhil Krishnan (Age 7 yrs) 1st Std,
Reliance Foundation School, Koparkhairane



Hemant Shanoj, Vashi



Filzah Syed, Vashi

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

Daily walks in the neighbourhood !!!
It clears your head and makes you fit.

Xara Khan, Student, Hyderabad



Actually I strongly feel that nothing is impossible there are many ways to keep ourselves fit without going out, such as YOGA. These days even ZUMBA is there which is mainly dance based. We can even do our school PT. If someone having knowledge of any classical dance form they can practice that too for fitness. Skipping or even climbing building stairs is a good way to keep oneself active and fit.

Anita Tamse, Kopar Khairne, Navi Mumbai

Due to covid 19 all the fitness centres are closed most of us are doing exercises at home. Monsoon or no monsoon we are locked and remain so till we get relaxation from this corona wave.

Ayub Khan, Freelance, Shahjahanpur UP



Due to on set of Monsoon there is no Liberty of going out any time. One needs to be cautious venturing out of home. The movement was already restricted due to pandemic. The health was at risk. To keep one fit some activity needs to be taken up. The physical exercise could be with or without some equipments. Yoga & Pranayama is one way of remaining fit. Squat Pushups Plank are safe & simple exercise. One can have a mini gym at home. A small weight may be used for keeping muscles stronger. The food / sleep should be balanced.

Mohamed Rahat Shaikh, Vashi, Navi Mumbai

WHAT CHILDHOOD MEMORIES DO YOU CHERISH CONNECTED TO MONSOON ?

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

10 AMAZING HEALTH BENEFITS of DATES



1. HEAL THE DIGESTIVE TRACT
2. PROVIDE BONE-STRENGTHENING MINERALS
3. GREAT BLOOD-BUILDERS
4. NATURAL ENERGY BOOSTER
5. ALLERGY RELIEF
6. HELP PREVENT CANCER
7. MAINTAIN A HEALTHY WEIGHT
8. NERVOUS SYSTEM SUPPORT
9. REDUCE THE RISK OF STROKE
10. REMEDY FOR SEXUAL WEAKNESS

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Ryan Christian School, Vashi

WORLD ENVIRONMENT DAY

Ryan Christian School, Vashi celebrated World Environment Week from July 12th To July 16th 2021 with great zeal. The main purpose of the celebration was spread awareness about need to protect the environment. Many events such as to Collect a dried up leaves/old peepal leaves and paint anything of interest on it. Students collected pencil shavings and prepared colorful scenery of it.

Students were highly praised for their performances, at the end, of face masks OR its recycling was shown. Debate competition -



Montessori section had Green day celebration students dressed up in Green attire and spoke about green Objects, Fruits Vegetable or toy they had. Primary students described the rainy day in the city of Mumbai, Using news snippet, People standing, water logging and weather forecast. Slogan writing on saving the environment Safe Disposal

Are humans to blame for animal extinction and Visit a virtual forest which is surrounded by animals, birds and variety of trees. the winners of the various competitions and activities were given certificates. Students were appealed to adopt the green ways of life.

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