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Parenting book by renowned Psychologist and career counselor Salma Prabhu

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M A S K

Wear your Mask while going out
Maintain Physical Distancing but Social Closeness
Please remain in touch with your Relatives Friends and those lonely Senior Citizens who may require your help and care !!!!



PLEASE NOTE:
 Vol. 4, Issue - 11 (August 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



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THE POWER OF POSTURE



Isometric Hold

Cortisol is a stress hormone. Sustained high levels of cortisol can contribute to...

- Weakened immune system
- Heart Disease
- Mood swings, depression
- Weight gain, obesity
- Type 2 Diabetes
- Brain cell death, memory loss
- Muscle and bone loss
- Disrupted digestion
- Fatigue
- Shallow breathing

HAVE I GOT YOUR ATTENTION!!!
 Correct the way you stand, walk, jog,

run, exercise... Be aware and correct the way you sit especially if you have a desk job.

Stretch your muscles and increase your mobility around your joints.

Strengthen your weak muscles, your core muscles and your



Isometric Hold

spine stabilizers.

Good posture is responsible for your health, your state of well being and improved immunity, which keep diseases at



bay. Good alignment and posture is the key to good health.

The way we sit and stand is the result of chronic muscle tension pulling our skeleton either in or out of alignment.

Muscle memory defines our posture.

Posture has a direct effect on our hormones Testosterone and Cortisol

High power pose - Expansive and open and limbs away from the center of the body.... Spikes Testosterone levels

Low power pose- Takes up less space

and brings limbs closer to the body.... Spikes Cortisol and drops Testosterone levels.

Testosterone, apart from being a male sex hormone, plays a role in many important bodily functions.

- It promotes muscle and bone growth
- Stimulates the formation of RBC's
- Increases production of skin collagen
- Improves spatial memory and mood
- Increases self-esteem and confidence

4th ANNIVERSARY SPECIAL

October will be DATE WITH HEALTH's 4th Anniversary issue. We look forward to your Blessings and Good Wishes with your comments as to how you find this monthly Health and Fitness Newspaper. Your suggestions too are most welcome !!!!

October being our Anniversary issue we will be offering special discounts on all advertisements* so please hurry and book the same at the earliest to avoid last minute space and position issues
 Please mail it on datewithhealth@gmail.com * Conditions apply

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World Photography Day

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Editorial

SHORT TERM PAIN LONG TERM GAIN !!!!!

With the introduction of new technologies the world started to benefit immensely, but then with time saving devices lethargy and laziness also crept in. To cover distances new products came into market. Initially scooters and bikes were things afforded by well off people. Slowly it became a necessity for many and also a thing of comfort for many. Slowly two wheelers no more remained luxury and four wheelers took over.

Man almost started to depend on these machines for his day to day affairs too. A short distance travel also couldn't be done without them. One and two storey buildings were redeveloped into multistorey apartments as stairs became less used and building lifts became the new normal. People who would climb three-four floors without any huff and puff found even second floor an uphill task.

Walking down a couple of floors and climbing them as a daily exercise which almost all had to do was slowly lost to the button operated lifts. One would just pick-up a bag and go to the nearby market to fetch milk and bread, but now the same people press their self start scooters and bikes to go even in a radius of half a kilometre.

Aren't we becoming slaves of new technologies and products and destroying our God made machine (body) by not using it adequately. Don't we go and start our vehicles if not used for a few days, so that battery is not down. Why then do we neglect such a precious machine ie our body !!!! Vehicle parts if damaged can be replaced, but then human body parts don't get replaced. Even when they do get replaced or repaired, it comes with a heavy and sometimes almost irreparable loss.

We all are busy or do we pretend to be so and in the process look for short-cuts to "save" time. Can't we walk down a few floors or climb a few in the process servicing our own body ?

Man should use the technology and products for his benefit but certainly not become its slave. Many commercial buildings in the metros have notices mentioning that the building lifts aren't available for coming down.

Shouldn't we make it a habit to climb up a few storeys and happily climb down without even waiting for the lift. A radius of one kilometre should be covered by foot instead of troubling your two wheelers (unless the two wheeler isn't your cycle). So let us "invest" in these short term pain (walks) for long term gains ie good and healthy body.

MENTAL HEALTH IN CHILDREN PART 6 – POST TRAUMATIC STRESS DISORDER



SALMA PRABHU
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Parenting book
Mom Dad U R Wonderful
and You are My Star
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Last evening I was talking to a 9yr boy who has been traumatized as his mother has decided to leave the father. The boy is experiencing a lot of separation anxiety as he is not allowed to talk to the father. The mother fears that the father will create problems for the separation process and this boy will tell him where they are going after the separation. The little boy does not sleep and keeps waiting for his father all day. He does not eat, he has anxiety attacks and his studies are getting affected.

PTSD - Post traumatic stress disorder in childhood can be due to death of a parent or close family member, fear of separation from loved ones, from home violence or fights among family members, from abuse, from strong fear experiences and this can affect the healthy mental growth of the

child if not treated in the young age.

The first signs would be

- Disturbed emotional expressions, either excessive crying or becoming quiet. The first sign is always visible when one notices a change in the normal responses of the child. Once or twice it would be ok, but if the withdrawal or outbursts are too frequent then this is a sign that something is wrong.
- Immense fear or panic at the slightest event which could be similar to the original activating event. For example, if the child has got very scared due to a close experience of drowning, then the sight of water would create excessive fear panic and anxiety.
- Always looking for threats of getting shocked easily. This would mean being very careful and actually keep thinking about the event and feeling more and more threatened. Or seeing something very common such as a tub of water and getting shocked.
- Being withdrawn or feeling help-

less all the time. Not participating in any activity related to water, like not having bath, staying aloof and looking scared all the time.

- Having nightmares and sleep disorders. Waking up in the middle of the night screaming and crying and asking for mother or father to sleep next and refusing to sleep without the lights off etc.
- Getting extremely upset and angry at the slightest of discussions regarding behaving normally. For example if the mother says please give some water, he would scream and cry that you know I am scared of filling the water, why would you tell me do that.
- Avoiding day to day normal activities for the fear of being hurt. Avoiding going to school, or carrying out the day to day hygiene.

It would be wise to see the first symptoms and immediately consult a psychologist for an appropriate diagnosis as often the anger and irritability is misdiagnosed as other disorders like ADHD or sleep disorders.

Second step would

be to counsel and ensure that if the original issue is from the family then, the child is protected and kept safe or feels safe. For example if the issue is that one of the parent is violent, then it would be wise to keep the child away and then counsel the parent.

Third would be therapy in the form of play therapy, Behavior therapy, CBT etc, and if required mild medication with the help of a good psychiatrist.

It is very essential to take the above symptoms seriously as often it is taken casually and chided upon also or thought that the child is overacting and will get better on its own if ignored.

PTSD in children can prove to be more harmful than any other mental illness as if not treated will cause tremendous and serious repercussions in the adult life when challenges related to career, family life, social life is concerned.

PTSD was first discovered in the war survivors who experienced severe panic attacks and anxiety leading to suicide and early deaths due to cardiac arrests and other Psychosis. It also can result in severe OCD's

Therefore a good step would be to be aware, alert and nip it in the bud.

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For one reason or another, most people would rather visit their local eye doctor every year than the family dentist. As a result, we see patients who don't practice good oral hygiene habits in accordance with American Dental Association (ADA) guidelines, including semi-annual dental check-ups and professional teeth cleanings. But is there a relationship between a person's oral health and their eyesight? A growing number of studies are now showing that good dental hygiene habits also help ensure better vision.

How Do Bad Teeth Affect My Eyes?

Not only have re-

WHY GOOD DENTAL HYGIENE ALSO PROTECTS YOUR VISION

searchers found that the overall oral health of your teeth and gums can also affect vision, it can dramatically do so. Based on those findings, the main dental problems that carry over to the eyes include tooth decay, gum disease and teeth with old mercury fillings. For example, the neurotoxic bacteria that cause root problems (necessitating a root canal) can travel from your mouth to eyes via the lymphatic system, and then cause optic nerve damage and subsequent vision loss.

Several studies have also shown a link between mercury fillings, which are no longer used for cavities because of their harmful properties, and vision loss problems including:

- Retinitis pigmentosa
 - Colour-vision issues
 - Iritis
 - Cataract formation
- Gum, or periodontal disease, is a common

and painful inflammation of the tissues surrounding the teeth caused by harmful bacteria growing below the gumline- primarily due to poor brushing and



flossing habits. Periodontal disease starts out as gingivitis, which we've all heard about

in mouthwash ads, when left-behind food deposits accumulate in the gum tissues and create an environment conducive for disease-causing bacteria to

grow in. Symptoms of gingivitis include:

- Gum inflammation and swelling

And, a recent study

- Painful gums
- Bad breath
- Gum bleeding, notably after brushing

Not treated promptly at a licensed dentist's office, gingivitis can then transition into full-blown gum disease and even cause loose teeth that eventually must be extracted. The resulting harmful bacteria can also enter a patient's bloodstream and lymphatic system and travel to other parts of the body, including the eyes. Once in the eyes, those pathogens can induce eye tissue deterioration and vision loss.

Poor Dental Hygiene and Open-Angle Glaucoma

Open-angle glaucoma is a degenerative eye disease resulting from increased fluid build-up in the eye that places excessive and damaging pressure on the optic nerve. Left untreated, open-angle glaucoma can cause vision loss and even blindness.

And, a recent study

published in the Journal of Glaucoma showed that the number of natural teeth a patient has, which is indicative of their dental care, seems to be a contributing factor for the development of different types of vision-endangering glaucoma.

Dental Care Tips for Healthy Eyes

- Seeing a licensed dentist every six months for follow-up exams and preventative cleanings
- Brushing their teeth at least twice daily, and flossing once per day
- Rinsing their mouth daily with a mouthwash that targets disease-causing bacteria
- Having old mercury fillings replaced with newer, safer materials
- Getting existing gingivitis or gum disease promptly treated
- Having root canal therapy performed on a badly diseased tooth

USEFUL INFORMATION

Arnaldo Liechtenstein, Physician

"Whenever, I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

"What are the causes of mental confusion in the elderly?"

Some answer: "Tumors in the head".

I answer: No!

Others suggest: "Early symptoms of Alzheimer's".

I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed, when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

It may sound like a joke; but it isn't.

People over 60 generally stop feeling thirsty and consequently, stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate.

Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids, begins at age 60, when we have just over 50% of the water we should have in our bodies.

People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply; but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

- 1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermel-

on, melon, peaches and pineapple; Orange and tangerine also work.

The important thing is that, every two hours, you must drink some liquid.

Remember this !!

- 2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Share this information with your friends and relatives !!!

Source:

Via Social Media !!!

CARE YOUR HEALTH DURING CORONA TIME

WHEEL AROUND THE WORLD TO MEET ENVIRONMENTAL CONCERNS

The hullabaloo over the Paris accord still echoes. Delhi chokes, there is high air pollution in Bengaluru, various diseases due to air pollution are about, there is talk of the revival of the odd and even formula for car license plates to be allowed on the road, clampdown on new diesel vehicles, and so on. The public is in a state of panic. One of the promising and viable solutions to address some of these environmental concerns is the use of biodiesel. Bicycle riding uses minimal fossil fuels and is a pollution-free mode of transport. Bikes reduce the need to build, service and dispose of cars. Bicycle riding conserves roadway and residential space, thereby providing opportunities for less concrete and more plant life in urban areas.

Cycling can lead to benefits of ₹1.8 trillion, or 1.6 per cent of India's GDP for 2015-16, says a new study. In the study, 'Benefits of Cycling in India: An Economic, Environmental and Social Assessment' by The Energy and Resources Institute (TERI), it was estimated that if bicycles were to substitute two-and four-wheelers used for short

trips, it can result in an annual benefit of ₹1.8 trillion. Additionally, cities should plan city-wide bicycle sharing schemes instead of only focusing on specific locations. In order to increase the share of cycling among choice users, the aforementioned measures have to be supplemented by regulations on the use of private motorized vehicles, such as congestion and parking pricing and pollution tax.

The study, released recently, also revealed the benefits that can be realized by providing safe cycling infrastructure and conducting awareness campaigns. Navi Mumbai Municipal Corporation (NMMC) kick started the Public Bicycle sharing system in the hope of encouraging intra-city travel and at the same time the initiative is aimed at reducing the city's carbon footprint. The cycling project at Nerul's Jewel of Navi Mumbai in sector 26, Mini seashore, opposite to Fortis Hospital and now introduced in Sector 9 in Sanpada just in front of Lad Master Sitaram Udyan and it is a success. The number of cycles available for



JAYANTHI SUBRAMANIAM
Navi Mumbai

hire has increased in the last couple of days, and it reveals its significant success in this corridor. In order to further reduce our city's carbon footprints, cycling is the best option available and NMMC has taken the initiative rather seriously to provide the facility to more Centres in the satellite city.

Rent a cycle scheme is becoming highly popular and the same was introduced during school vacation to bring it to the fore. Both the young and the old avail of the facility.

Again, both men and women go in for a cycle scheme with great pleasure. The roads in Navi



Mumbai are wide enough and a cycle track can be provided to make the scheme a meaningful one. Besides Yulu Bikes, another private company has also shown interest in starting the rent-a-cycle scheme in other parts of the city. To use this facility, citizens will have to download a mobile app to rent the cycles. The payment will be through mobile wallets like paytm and PayPal and Googlepay. The Yulu Bikes are charging a nominal rent of Rs.10 for half an hour of cycling.

This is a good initiative by NMMC, but dedicated cycle lanes are a must for this cycle plan to succeed more in the city. This is a good concept in view of public health as well as a better option of transportation for going to nearby places and avoiding traffic jams by avoiding bigger vehicles. As per the plan, the cycle track will be 7.5 km long and it will run parallel to Palm Beach Road from Belapur to Sanpada, near Vashi. This will be first-of-its-kind to have a fence for the safety of cyclists. It will also have resting places between small distances and that is a bonus for cyclists. At present, many cyclists use the Palm Beach Road for cycling. However, it is not safe as the road is

famous among motorists, leaving or entering the city and it is highly risky.

The Energy and Resources Institute's (TERI) report from 2018, Benefits of Cycling in India, estimates that 50% of Indians walk or cycle to work (excluding agriculture and household industries). In urban areas, after walking, workers are most dependent on two-wheelers. It estimates India can save ₹ 27 billion in fuel and ₹ 241 billion due to reduced air pollution if 50 % of two-wheeler and four-wheeler trips within eight kilometers are substituted by cycle journeys. If bicycles were to substitute the two-and four-wheelers used for short-distance trips, it can result in an annual benefit of ₹1.8 trillion.

India's the world's diabetic capital. More than a 100 million are affected by obesity. This can all be reduced if people switch to cycling. The endorphins, a cycle-ride helps release, are good for your mental health. But can India redesign its cities to accommodate cyclists? It is time to take care of your health during the pandemic and that is our best option available and cycling play a pivotal role in this process of recovery.

RYAN CHRISTIAN SCHOOL – VASHI, REPORT ON WORLD PHOTOGRAPHY DAY 2021

"A photograph is a secret about a secret. The more it tells you the less you know." - Diane Arbus

August 19 is observed as World Photography Day, which aims to inspire photographers across the planet to share a single photo with a simple purpose: to share their world with the world.

World Photography Day is observed worldwide on 19th of August every year with a lot of zeal and enthusiasm. The day is not only celebrated by the staunch followers of photography, but all the people across the globe irrespective of their professions and interests come together and inspire the coming generations to understand the importance of photography.



Students from Mont I to Gr. VIII participated in various activities, making photo frame in a creative way, picture talk and their best click to express their feelings, emotions and social thinking through their photography skills.

PHYTO-NUTRIENTS AND HEALTH

Phyto-nutrients or phyto-chemicals are the protective chemical compounds found in foods of plant origin. The word “phyto” is derived from a greek word for plant. Research evidences have shown that people who consume a diet rich in fruits and vegetables have lower incidences of many disorders related to cardiovascular system, diabetes mellitus, urinary tract infections, rheumatoid arthritis and reduced immunity. Phyto-chemicals have been used for therapeutic purposes since millennia. For eg- Salicylic acid, a phyto-nutrient is found in most vegetables, fruits and herbs. It is most abundantly found in the bark of white willow trees, and is also known as natural aspirin. It has anti inflammatory and analgesic properties, hence was prescribed by Hippocrates for fever. Evidences also prove phyto-nutrients to be anti carcinogenic. Taxol,(paclitaxel) an important cancer drug is extracted and purified from the bark of Pacific yew tree. It is used as a potential chemotherapeutic agent as it inhibits the growth of cancer cells. There are multifarious phyto-nutrients present in naturally occurring foods. Some of the best known are:-

- **Vitamin C and bio-flavonoids** - These are highly potent antioxidants and have enhanced healing properties. Provide protection from allergies, inflammation and viral infections. Bioflavonoids help in the absorption of vitamin C and protect cellular oxidative damage. These are largely available in citrus fruits, black currant, strawberry, grapes, green pepper, broccoli, green vegetables, raw cabbage, Amla etc.

- **Carotenoids and terpenes** - Carotenoids provide protection against cardiovascular diseases and harmful sun rays. Carotenoids are converted into vitamin A in the body which is essential for eye health and has other functions too. These are found in carrots, oranges, pumpkin, broccoli, sweet potato, watermelon, mangoes, peaches, apricot

etc.

Terpenes block the action of cancer causing factors (carcinogens) and inhibit hormone related cancers such as ovarian cancer. These are present in citrus fruits.

- **Lycopene** - Is abundantly found in ripe red Tomato and water melon. It helps against cancer of the cervix, stomach, bladder, colon and prostate.



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

milletts.

- **Phenols and polyphenols** -

pungent smell. Stimulates the anti cancer enzymes, slows down the formation of blood clots and boosts immunity.

- **Isoflavones and phytosterols** - Helps reduce the absorption of cholesterol from the diet. Found in fruits and some vegetables, soy bean, milk and

(**vitamin E**) - Are fat soluble chemical compounds, these protect lipids and are well known anti sterility vitamin and potent antioxidant. Food sources include wheat germ, nut seeds, whole grains, green leafy vegetables, vegetable oils and fish liver oil.

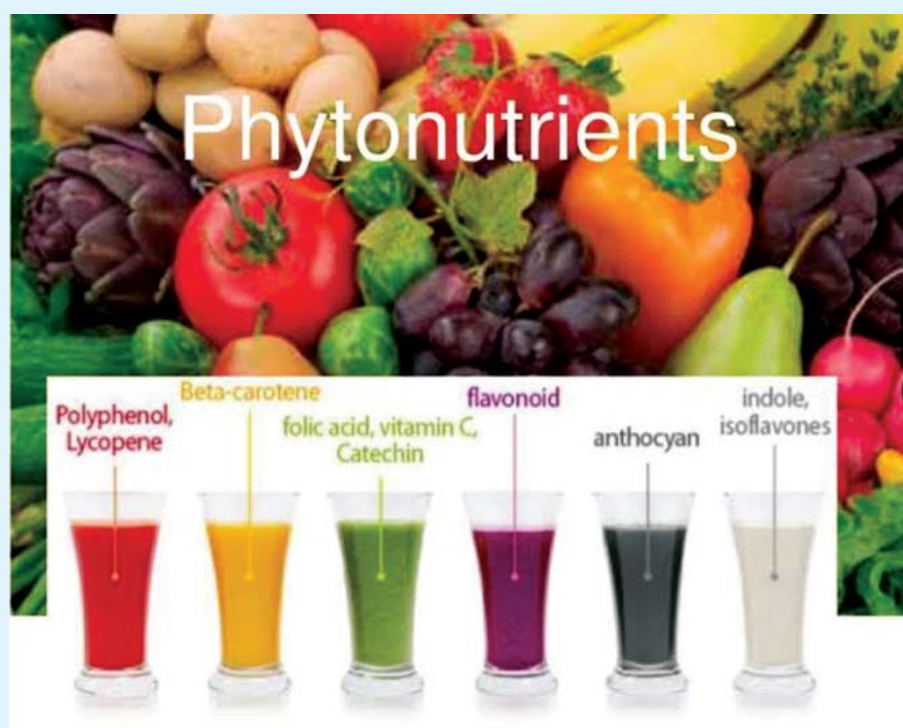
Manganese, selenium and iodide are some important mineral phyto-nutrients. All food stuffs rich in antioxidants contain phyto-nutrients. Spices, herbs, essential oils and cocoa are rich in antioxidants. Typical spices containing high antioxidants are cinnamon, turmeric, cumin, parsley, basil, mustard seed, ginger, pepper, garlic, onion and cardamom. Crude rice bran, corn flakes and oats are also good sources of antioxidants.

Phyto-chemicals are anti inflammatory, anti microbial, play a major role in preventing aged cell damage. They are also helpful in keeping your skin and hair healthy and maintaining a youthful radiance. The phytonutrients act as immune enhancer by involving in various processes in the living system. They act as anti-cancer agents by interfering in the biological processes and inhibiting uncontrolled cell growth.

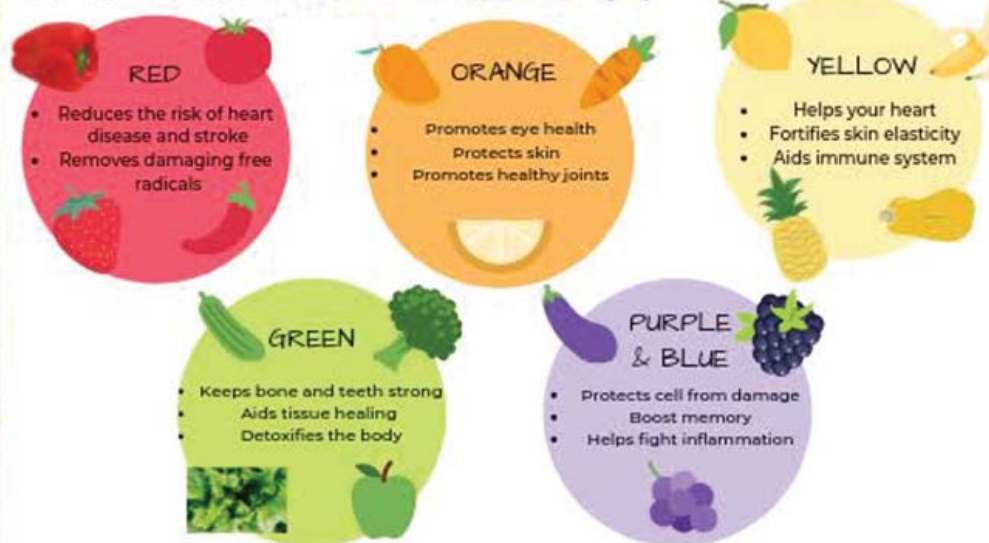
Phytonutrients aren't essential for keeping you alive, unlike the other vitamins and minerals that plant foods contain. But when you eat or drink phytonutrients, they may help prevent disease and keep your body working properly. Phytochemicals in freshly harvested plant foods may be destroyed/ removed by modern processing techniques, possibly including cooking methods. So, industrially processed foods are likely

to contain fewer phytochemicals. Absence or deficiency of phytochemicals in processed food may contribute to increased risk of preventable diseases.

Make sure to eat at least 300 to 600 grams of fruits and vegetables in a day to get plenty of life saving immune boosting and radiant phytochemicals.



EAT THE RAINBOW



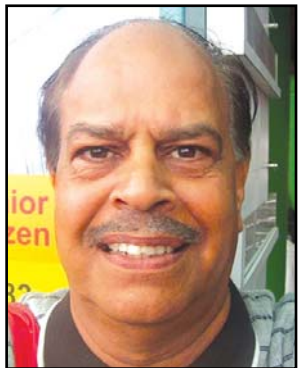
- **Glucosinolates** - These help to stimulate certain white blood corpuscles for immunity and help to reduce tumor growth. Also useful for the liver detoxification function. It is found in cruciferous vegetables like cabbage, broccoli, cauliflower.

- **Organosulphides** - These give onion, garlic and leek its

These compounds protect plants from chemical damage and perform the same function in human body. Apple, blue berries, raspberries, grapes contain phenolic compounds. Dried raisins contain polyphenols in abundance. These are also found in leafy vegetables.

- **Tocotrienol and tocopherol**

HEALTH IS WEALTH AND LAUGHTER IS THE BEST MEDICINE



C.K. SUBRAMANIAM
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LAUGH OUT LOUD IN LOCKDOWN

While you are stuck at home during the lockdown you tend to cut jokes to relieve tension. As even in times of darkness, one should not forget to laugh. So, sit back, enjoy the lockdown period releasing the stress in a most sensible way.

Clearly friends, life is bottled up. The genie has condensed to a thick layer of smoke and entered the bottle. The lid is screwed tightly and life is in a bind. Children no longer through

the lane. Temple bells ring no more. Vehicles are less on the road. The survival instinct has reduced life continuously prompting us to wait to live another day. Missing the munch munch and the daily dose of newspapers in your coffee table.

How are you coping with the trauma? The relationship between nature and civilization remains as complicated as ever. While civilization often draws from nature, Mother Nature is often hurt by

the inroads of civilization. That debate is better left for another day because of the urgency of the hour. Everyone is left to fend for oneself in compliance of social distance norms and with means available.

So friends, this lockdown has generated fresh options for us. I would have missed them but for the bottled genie. Life is indefinable and coping is the only option we have. Who doesn't want to travel to a hill station in summer? Who doesn't want International flights to be operational soon? We are all waiting for



the D-Day with baited breath when the nation will announce- Genie will be out of the bottle and Corona will take its place. Once bottled, it will be thrown in the deep sea never to be found again.

Laughter Yoga is like an aerobic exercise (cardio workout) which brings more oxygen to the body and brain which makes one feel more healthy and energetic. Laughter Yoga strengthens the immune system which not only prevents you from falling sick, but

also helps to heal a variety of illnesses like hypertension, heart disease, diabetes, depression, arthritis, allergies, asthma, bronchitis, backache, fibromyalgia, migraine headaches, menstrual disorders, cancer and many others. Yoga has a special role to play in health matters and if we practice the art of yoga on a regular basis we can feel fit and fettle all the time.

Beaten with the Corona stick, we have become totally expressionless. It is in our nature to sprout and blossom; to reveal, revel and rejoice. Our gregarious instinct in-

duces us to group together in fests and parties. All these instincts are in indefinite sabbatical. The creative spark fails to emerge from its captivity. The therapeutic value of laughter and jokes as stress management techniques may do wonders. Now, we are reduced to a single homogeneous kind of living by the rules.

Mankind will surely emerge triumphant and Science will not fail us. As of now, all we can do is a bit of sharing.

THOUGHT AND EMOTIONS OF HUMAN MIND



Bhavani Swaminathan
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of AAKANKSHA:
Desire For Wellness.

Brain is just like a pond, where water is still and one can see one's face very clearly as there are no ripples on the surface of water. Thoughts and emotions can be compared with stones and pebbles. When these stones and pebbles are thrown into the pond there are several ripples create on the surface of water due

to agitations caused by the stones. Similarly, when stones and pebbles of thoughts and emotions from our metaphysical mind enter into the pond of physical brain, agitations in the brain are caused and different types of brain waves are created depending upon the nature of (size) of pebbles and stones of thoughts and emotions from mind

entering into the brain. Once cycle in one second is called one hertz.

MIND AND BODY RELATIONSHIP

What is mind ?

Mind is one of the faculties of soul. The soul performs all the functions with the mind only. Intellect and memory (sub conscious 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

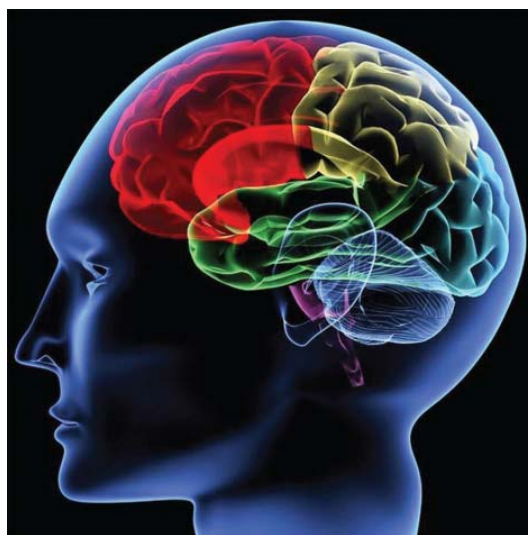
Hypothalamus is that part of brain which through the pituitary gland controls all the endocrine glands and the secretion of hormones and it also controls the state of awakening and sleep in conjunction with the RAS (Reticular Activating System) and acts for expression or inhibition of emotions in co-ordination with the thalamus and the limbic system and works for sense perception and other mental actions. The Soul sitting on a throne located between the two eyebrows, acts through the mechanism of the brain.

Thus whatever thoughts, beliefs, opinions, theories or claims we write, engrave or impress on our subconscious mind,

we will experience them as the objective manifestations of circumstances, conditions and events. What we write on the inside, we feel or experience of the outside. The law of action and reaction is universal. Our thoughts are the actions and reactions are the automatic response of our subconscious mind to our thoughts.

biochemistry of our body. Thoughts are classified into 4 categories :

1. Negative thoughts
 2. Waste thoughts
 3. Necessary thoughts
 4. Positive thoughts
- Extreme negative thoughts cause deranged range of brain waves beyond 50hz which is a sign of mental disorder and madness. It also indicates loss of memory.



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PAINFUL ARTHRITIS IN YOUR KNEE? ACUPUNCTURE MAY BRING RELIEF

When your knee aches, day after day, you can't walk easily. Climbing up and down stairs is a challenge. Pain wakes you up at night. It's always on your mind.

Osteoarthritis (OA) is one of the most common causes of chronic knee pain. It causes pain, inflammation and stiffness, making it hard to flex and extend your knee. Research shows acupuncture to be a cost-effective way to treat pain with very little risk for the patient.

In fact, acupuncture is one of the treatments recommended for knee pain from osteoarthritis in national guidelines for physicians.

NO TWO PATIENTS TREATED ALIKE

Acupuncture is a branch of traditional Chinese medicine, with a rich history and lineage dating back thousands of years. It involves inserting hair-thin needles into the body to promote pain-relieving and antiinflammatory effects.

Patients with knee arthritis respond particu-



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Koperkhairane.



larly well to electroacupuncture. When knee arthritis is mild or moderate, a limited number

of sessions produce very good results. When arthritis is more advanced, or "bone-on-bone," ongoing acupuncture is needed.

Acupuncture can also be combined with conventional treatments, such as nonsteroidal anti-inflammatory drugs, physical therapy and/or injections. In addition, acupuncture can provide short-term pain relief until knee replacement surgery is performed.

ACUPUNCTURE'S PROVEN BENEFITS

In addition to promoting an antiinflammatory effect, studies show that acupuncture releases endogenous opioid endorphins (the body's natural painrelieving chemicals).

Acupuncture is a good option to keep in mind to decrease pain, inflammation and stiffness, and increase range of motion, in your knee. And that can improve your over all quality of life, meaning you can better participate in all of your day-to-day activities, whether that's at work, the park or the gym!

INDEPENDENCE DAY CELEBRATION, RYAN CHRISTIAN SCHOOL – VASHI

"Freedom in the mind Faith in the words, Pride in our souls". Let's salute the Nation on Independence Day."

Independence Day is significant as it commemorates the valour and spirit of the freedom fighters who fought for the independence of the nation from British rule. The day is recognized as that of national pride and honour, with Prime Ministers hoisting the flag and addressing the country from the Red Fort every year.

On the occasion of Independence Day, colouring National Bird / Animal, Tri



colour Rocket making online activities were conducted for the tiny tots of our school. Tri colour Tie out of simple paper activity was conducted for the students of Primary section. Under the guidance of



their respective class teachers, this activity was not only aimed at developing fine motor skills but also at making the students aware of their national festivals and evoking a feeling of patriotism in

their little hearts.

Solo singing – Patriotic Singing competition, Rangoli designs with topics Peaceful Peacock, Royal Tiger & Beautiful Banyan was conducted for the students of secondary



sections.

All the students



from Mont I to Gr. VIII participated with great enthusiasm. Students were appreciated for their efforts.

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 !!!!



OPINION: WHAT CHILDHOOD MEMORIES DO YOU CHERISH CONNECTED TO MONSOON?

My childhood memory of monsoon was as similar to other children. I used to take down my tricycle to flooded street of my locality. Putting raincoats on and roam from one friend's house to another.

Chetan Sharma, Media Professional, New Delhi



I was in 9th Std and it was raining like cats and dogs. As usual like regular days I went to school. When I reached there was flood around school but still entered the gate and saw our class teacher standing at the gate asking all to go back home. Being a stubborn girl me and few of the friends selected to go back home walking. We closed our umbrella and started, by the time we reached half way flood water was till our waistline. But I enjoyed it so much that I can't explain. After that I was down with fever, cold and cough. I can't forget my walk in the rain and the flood that day.

Anita Tamse, Kopar Khairne, Navi Mumbai

Enjoyed the bonus holiday when it rained heavily and the school would remain closed. Roaming without socks in the corridor was an activity done when school would be open but attendance relatively low !!!! Didn't leave a single occasion to enjoy the monsoons.

Shahista Sayed. Andheri, Mumbai



My most cherished childhood memory connected to the monsoon is one with my amma frying onion bhajiyas while it was raining cats and dogs. I would stand at the entrance of the kitchen, inhaling the aroma of the bhajiyas. It would make my mouth water. After a while, we would hear "bhajiye tayyar ho gaye" and everyone would rush in to claim their share. Cozy and comfy, we sat in front of the TV, drinking tea and devouring the tasty snack.

Xara Khan, Student, Hyderabad

AMAZING BENEFITS OF GLYCERIN FOR FACE & SKIN WHITENING

The humble glycerine is anything but humble. If you want a kickass product for your skin, there's no one to beat this liquid. Check out all that it can do.

1) As a cleanser

The neutral properties of glycerine make it perfect for cleansing your skin of makeup and other impurities you picked up during the day.

2) As a toner

Glycerine lessens the size of your pores and works as an excellent toner, especially for oily skin.

3) As skin moisturizer

Glycerin act as humectant i.e. it helps it minimizing the water loss due to evaporation in oily skin and helps in keeping the skin hydrated always.

4) To fight pimples, acne and blackhead

You can use glycerine for oily skin and all the problems it causes, such as pimples, acne and blackheads. It also helps you get rid of bacterial infections.

5) For sensitive and baby's skin

Glycerin absolutely safe to be used for skin which is one of the reasons why it is also one of the ingredients in baby products

6) As a sunscreen

Not as the only barrier against the harsh sun, but glycerine can help, up to a certain extent.

7) For skin lightening

Do you know that you can also use glycerine for skin whitening?

8) For younger-looking skin

Your beauty basket should include glycerine for a face that looks younger than its years.

FOR A CLEANER ENVIRONMENT

SANA NISAR MUKRI, Khopoli (Raigad, Maharashtra)



Name of the plant : **COLEUS**

You can find a variety of coleus for every spot in the garden. There are coleus varieties with colored edges, veining patterns, spots, and textured edges. Many of the varieties with pink patterns have a green or purple base color.

Size: 3-5 feet • Light: Shade or part-shade

Watering: Keep the soil moist, but well drained

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