

Date *with* Health

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October 1 - 31, 2021

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 - 12 (September 1-30, 2021)
Print Edition was not printed due to the pandemic and its related problems, the inconvenience caused is regretted.
You can see the same digitally on our website:

www.datewithhealth.com

- Editor

CELEBRATING OUR 4th ANNIVERSARY

WE WANT TO THANK
EACH ONE OF YOU FROM THE BOTTOM
OF OUR ❤️ FOR MAKING IT HAPPEN!!!

WITHOUT YOUR MOTIVATION AND SUPPORT
IT WOULDN'T HAD BEEN POSSIBLE !!!

LOOKING FORWARD
TO THE SAME SUPPORT IN FUTURE TOO
FOR MAKING US DO STILL BETTER AND
COME TRUE ON ALL YOUR EXPECTATIONS.

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 !!!!





Editorial

FOUR YEARS AND GOING STRONG

It all started four years back when the first issue came out in October 2017. These four years have seen a few ups and downs but the journey hasn't stopped. The biggest challenge came last March when the whole country went in a lockdown mode. We too were not sure if the issues will continue to come, but with the support of our writers and readers one issue after the other kept coming out though due to the lockdown the printing of copies was halted as we kept posting fresh issues month after month on our website which was much appreciated by our loyal and atmost cooperative readers.

Things will definitely improve with the passing of time as people are getting vaccinated on a huge basis daily. We have really been fortunate to continue despite all the odds just because our team had that will and strength to keep the show going on whichever way it could. Work from Home was a new challenge as many were not familiar with hundred percent working on computers and laptops. Team meetings, exchange of information and practically everything went online. At times net connection hampered work but despite all these hurdles things went on pretty smoothly than what we had expected.

Hopefully we all will not lower our covid protocol guards and nip the lurking third wave in the bud. The sooner we defeat Covid and its variants the better it will be for the health of individuals and the health of the industry.

Follow safe distancing (physical not social) use sanitizers when using soap isn't possible (like travel) and last but not the least wear your Mask when stepping outside.

We at DATE WITH HEALTH from the bottom of our heart would like to thank each one of you for your cooperation and support, without which we would have collapsed like many unfortunate businesses that had to shut down.

These four years have been a great learning experience. With times improving we are sure to provide the print copies too as soon as possible.

THANK YOU VERY MUCH FOR YOUR SUPPORT !!!!

MENTAL HEALTH IN CHILDREN PART 7 – SCREEN ADDICTION



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

First and foremost, let me congratulate Mr. Abdul Monim Syed and his team for successfully completing four years of this wonderful publication. I feel very honored and happy to be a part of it. It is commendable that the efforts did not stop due to pandemic and it continued with the online model reaching across to readers and carrying such valuable and wonderful articles. I sincerely wish and pray you reach far and wide.

It has come to my notice in the past few weeks that the cases of screen addiction are on the rise. They were always there and I have written a lot on the prevention and cure for the same in my blog and on other platforms, however I guess the more you address this issue, the less it seems as during the pandemic the issue has risen multifold and parents are now grappling with double standard messages such as for studies they have to give the screen to the child, but for interacting with friends and for recreation there is

a limit set. The limit for the areas which the children want is what causes the conflicts, the arguments and the side effects of this seems to be taking a heavy toll on many families.

Children as small as 2 to 8 years are hooked on the screen and there are temper tantrums and screaming and yelling if the screen time is taken away.

Screen addiction is like any other addiction and taking it away all together will result in withdrawal if the intensity of the addiction. Therefore as a prevention I always mention that nip it in the bud at the beginning. The first signs you see that the child is pleading, begging, negotiating, blackmailing, persuading you to give more time to screen, then itself put a ceiling on the time limit and follow it through. However at the same time ensure that you are spending enough time with the child playing other games, or involving in mental and physical stimulating activities together. The problem arises when the parent gives in at times and becomes strict at times, when there is no consistency in this, the child keeps trying and slowly the parent realizes that the situation is now got very bad and it is beyond their control.

It can be called an addiction when the following symptoms are seen

- Disruption in the day to day activities
- Communication

break with the family members

- Child shows frustration when not allowed to use screen

- The amount of screen time keeps increasing

- When the child wants to escape from current issues such as studying or doing chores or a bad argument, screen seems to be the outlet.

Besides the above, there are many more difficulties arising due to overuse of screen time then it is an addiction.

The first step would be to try and understand what is the child running away from. As I always say, find out the root cause and not just the symptom. Taking away screen time abruptly will result in violent and unreasonable behavior and tantrums. So try and understand what the child is benefitting.

Second step is to talk to the child in a calm tone and ask for suggestions as what he or she thinks would be a good screen time limit so that the eyes are not affected, the brain is still kept occupied and the day to day routine is not affected. It always makes sense to ask them rather to tell them or give lectures.

Try and work out what other activities can be done instead of the screen time. For example, making huge jigsaw puzzle as a family is very fulfilling and exciting.

Also remember that when the children are

playing games or are on screen with their friends, the release of dopamine is high and if suddenly or abruptly taken away will cause a knee jerk reaction in the form of a fight or tantrum. So when you realize the time taken is too long, sit quietly next to the child and slowly hold his arm or shoulder and say how about now doing something else.

Be a good role model, by using less of screen and digital time yourself.

Fix an automatic reminder like an alarm or bell which will go off when the time limit is over. This way no one has to remind.

Use the weaning method by cutting on time week after week and not cutting it all at the same time.

Give a lot of appreciation every day for maintain the new success in spending less and less time.

Be there to listen to them, when they are frustrated, you keep calm, smile and say I am here for you.

It will take effort, time and support just as in any other addiction and avoid making them feel, guilty, shameful and worthless.

I am sure this article will help you all to help many parents across the world.

Do also read the elaborate article on my blog :

<http://spiritualenlightenment-salmaprabhu.blogspot.com/2019/07/pubg-concern-of-many-parents.html>



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

Post workout Meal

The primary goal of the post workout meal is to supply your body with the right nutrients for adequate recovery to maximize the benefits of your workout.

Each macronutrient- Carbohydrates Proteins Fats, is involved in your body's post workout recovery process.

Exercise triggers breakdown of muscle protein and utilizes muscle glycogen for fuel.

We need to replenish the body's muscle glycogen stores which is used up for fuelling your workout.

List of some of the macros which you can consume post workout.

CARBOHYDRATES

- Potatoes, Sweet potatoes • Rice cakes

POST WORKOUT RECOVERY



Combination of food listed above in the recommended quantities as per your body composition and exercise intensity can create great meals that provide you with all the nutrients you need after exercise

Post workout meal can be consumed immediately or upto 2 hours after workout.

WATER

Make sure to drink plenty of water before and after workout. When you are well hydrated, you create an optimal internal environment for your body to maximize results.

During exercise you lose water and electrolytes through sweat.

Replenishing these will help recovery and performance.

BOTTOM LINE

Consuming proper amounts of Carbs and Proteins after exercise will give you the desired results and enhance your performance during your next workout.

It is recommended to have Carbs: Protein in 3:1 ratio eg 120gms Carbs: 40gms protein.

SLEEP

Proper sleep and adequate rest before your next workout is essential for gaining maximum benefits of all the effort you have put into your workout.

Create exciting combinations for this important meal to keep you and your body happy.

- / Idli's • Oatmeal • Quinoa • Grains (Wheat, Rice, Buckwheat, Ragi etc) • Pasta • Whole grain toast • Fruits • Granola

PROTEINS

- Animal/ Plant based protein powder • Salmon, Tuna, Chicken, Eggs • Greek Yogurt • Cottage Cheese • Protein bar • Soy / edamame greens

FATS

- Avocados, Nuts, Seeds • Nut butter



Sahrish Akhtar

Every season brings with it its own set of diseases and health issues, and autumn and winter are no exceptions to this. Drastic weather fluctuations give the human body a hard time to adjust to the changes and hence, most of us fall sick during the weather transition. From hot summer days to leaping cold nights, we are exposed to the risk of acquiring diseases like a cough, cold, flu, and more. Only a strong immune system can help you steer away from these

Autumn and Winter Diseases You Must Be Aware Of !!

seasonal ailments and keep you fit throughout.

So, ensure you adhere to all the preventive measures this season and stay aware of all the common autumn and winter diseases :

1) Cold

The common cold is known to affect anyone any time of the year. However, it is more persistent or at its peak during the winter months. Every year, over a billion individuals acquire a severe common cold condition and suffer from grave difficulties. A self-limited contagious disease, it can be caused by many different types

of viruses. Cold gives you a runny or stuffed nose, general fatigue, body ache and constant sneezing sessions.

2) Stomach Flu

This infection is more prevalent during the autumn and winter months. When your immune system becomes weak, your body faces difficulty in fighting against the effects of bacteria. Though it's not some-

thing serious, it can surely turn troublesome for individuals who ignore seeking an early treatment.

3) Heart Attack

Individuals with an underlying heart condition must take care of themselves, especially during the winter months. This is because, the changing season brings along many breathing problems, which directly or indirectly

increase the chances a person suffering from a heart related problems. Smart tips to prevent this problem are as follows:-

- Eat small meals at regular intervals
- Regularly monitor blood pressure level
- Don't skip prescribed medications
- Avoid smoking and drinking
- Bathe in hot water and stay indoors
- Get yourself regularly checked
- Limit Salt intake

4) Pneumonia

One of the most significant diseases affecting people in autumn and winter months is Pneumonia. It's a lung infec-

tion caused by fungi, bacteria, or viruses. Physicians suggest that symptoms of Pneumonia must not be ignored or taken lightly, for if the infection is not treated at the earliest, it can gravely hamper the functionality of the lungs, the brain and many related organs of the body. The following measures can help you improve your condition.

- Basil leaves help to avoid pneumonia
- Ginger is good for soothing throat soreness
- Stay hydrated
- Take aspirin for fever
- Spinach and carrot juice help boost the immune system



Contd. to page 7

THE NOBLE NEEM!

Neem has rightly been called SARVAROG-INIVARINI since neem is used in a variety of ways for both personal and community health. The botanical name of neem [Margo-sa] is *Azadirachta indica*. It has played a key role in ayurvedic medicine since time immemorial. It is used in cases of pyrexia, diabetes, urinary problems, filariasis worms, respiratory disorders, dermatological disorders, gynaecological disorders, and by the ways of external use for eyes, piles and fistula, wounds. Renowned for its anti-septic property, the tree is thought to be particularly protective of women and children. Delivery chambers were fumigated with its burning bark as it has anti microbial properties. It is considered as an air purifier.

COMPONENTS: The seeds contain up to 45% of an essential oil known as neem oil. The bitter constituents separated from this oil are nimbin, nimbinin and nimbidin. The percentage of these constituents differ in the flowers and the fruits of this plant. All parts of the tree possess medicinal properties.

LEAVES: the leaves are useful in removing flatulence, in promoting the removal of catarrhal matter and phlegm from the bronchial tubes. Neem leaves help in the treatment of neuromuscular pains. Also reported to remove toxins, purify blood and also prevent damage caused by free radicals in the body by neutralizing them. They are known to be beneficial in eye disorders and treatment of poisonous bits. Tender leaves are effective in parasitic and viral infections. They have shown significant anti-ulcer and anti-inflam-

matory effects.

FRUITS AND SEEDS: Neem fruits are bitter, purgative, anti-haemorrhoidal, and anti-helminthic in nature. Seeds are also known to be anti-helminthic, antileprotic and anti-poisonous.

THE BARK: Neem bark is cool, bitter, astringent, acrid and refrigerant. It is useful in tiredness, cough, fever, loss of appetite, worm infestation. Nimbidin found in neem bark is known to be antipyretic and non irritant, and it has found to be effective in the treatment of skin diseases such as eczema, furunculosis, arsenical dermatitis, burns, ulcers, herpes labialis, scabies and seborrheic dermatitis.

FLOWERS: Neem flowers are used in balancing of the body heat and cough. They are astringent, anti-helminthic and non toxic.

Some of its medicinal uses according to medical research are as follows:-

MALARIA: Quite common in India and throughout the tropics. Neem leaf extracts help prevent normal development of the malarial virus. An infusion or decoction of the fresh leaves is a bitter vegetable tonic and alternative, especially in chronic malarial fevers because of its action on the liver. Helps protect liver from damage, which in turn helps to cleanse the blood. The extract must be given in the doses of 15-60 grms.

SKIN DISORDERS: The leaves, applied externally are very useful in skin diseases. It is highly successful against harmful fungi, parasites and



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

viruses. Especially useful in the treatment of boils, chronic ulcers, eruptions of smallpox, syphilitic sores, eczema, psoriasis, vitiligo, glandular swellings and wounds. It can be used as a poultice, decoction or liniment. Ointment can be prepared by rubbing 50 grms of leaves in 50 grms of pure ghee and mixing it thoroughly



in the same ghee until it gains the consistency of an ointment.

EYE DISEASES: Application of the juice of neem leaves to eyes every night is highly beneficial in the treatment of night blindness. It can be diluted and used as an eye wash in case of itching and conjunctivitis.

EAR AILMENTS: The juice of neem leaves is a well known remedy for boil in the ear. A few drops of slightly warmed juice, in the ear, cures this ailment in a few days. In case of insect in the ear, the juice mixed with some common salt should be warmed a little and dropped in the ear. It kills

the insect and provides immediate relief.

ORAL DISORDERS: People used neem twigs as toothbrushes for centuries. Contains anti-septic ingredients necessary for dental hygiene. Anti-microbial properties help reduce plaque and gingivitis. It firms up loose teeth, relieves toothache, removes bad odor and protects the mouth from various infections.

DIABETES: Recent studies have focused on neem's hypoglycemic effect. One tablespoon[5ml] of this juice can be taken early in the morning on an empty stomach for three months. In alternative, 10 leaves should be chewed daily in the morning. Because it has found to reduce insulin requirements by up to 50%, without altering blood glucose levels, many pills are made of essentially pure, powdered neem leaves.

HEART DISEASE: Major causes of a heart attack include blood clots, high cholesterol, arrhythmic heart action and high blood pressure. Neem leaf extracts have proven to reduce clotting, lower blood pressure and bad cholesterol, slow down rapid or abnormally high heart beat and inhibit irregular heart rhythms.

ARTHRITIS: Neem has a long history of relieving inflamed joints. Not only helps in reducing inflammation but also suppresses the pain. Also useful in Rheumatism.

GASTRO INTESTINAL DISORDERS: Using neem bark reduces the gastric acid secretion and pepsin secretion. Neem leaves possess laxative properties and are thus

valuable in constipation. Also, used to check profuse bleeding from piles.

POTENTIAL CONTRACEPTIVE: The sodium nimbin is the main component of the neem oil that acts as a "spermicidal agent". It has been shown to be a powerful, relatively inexpensive birth control agent. It is an ideal contraceptive, not only used in traditional medicine, even in modern era many products of neem oil are used as external contraceptives.

CANCER: Neem or its isolated compounds have shown impressive action against wide variety of human cancer cells that include colon, stomach, lung, liver, skin, oral, prostate and breasts.

Because of its antibacterial properties, it is widely used to treat viral diseases like small pox, chicken pox. Pure neem oil mixed with coconut or olive oil[1:4] can be used as the best insect and mosquito repellent. Crushed neem seeds or neem oil can be added to breeding areas to prevent the breeding of mosquitoes. Neem leaf powder can be used for dandruff and head lice, skin conditions like acne, pimples, as nasal drops in cases of sinusitis. Few dried neem leaves can be used as preservative for food grains like rice, wheat, lentils etc. should be replaced every 2-3 months.

Although experts consider neem safe for use, it is possible for someone to have an allergy or sensitivity to it. Before using neem for the first time, consider doing a patch test on the skin of the inner forearm. It is best to speak to a doctor before using any alternative medication on a child or during pregnancy.

ACUPUNCTURE EFFECTIVE IN COVID-19 RECOVERY

As patients recover from Covid-19, there are multiple issues they suffer. The commonest ones persisting even after two weeks of testing negative are:

1. Cough with a sore throat
2. Fatigue
3. Post - Covid-19 lung disease
4. Anxiety, depression, insomnia
5. Cognitive issues similar to moderate traumatic brain injury
6. Digestive problems like bloating, imitable bowel, nausea and vomiting, abdominal pain

The problem of persistent cough after recovering from a Covid-19 attack is common. Acupuncture is found to be 90 percent effective in such cases without side effects. Patients will typically complain of dry cough, throat irritation and scanty white phlegm. In the acupuncture group, patients were needed at Lu.10, Lu.1, Lu.5, Lu.6, Lu.7, ST.25, ST.36 and

T.40. The total treatment sessions were 10 and each session was 30-minute long.

In the medication group, patients were given Methoxyphenamine capsules thrice a day for 10 days and the success rate was 700 percent. Patients develop fatigue following Covid-19 illness due to the depletion of their Qi because of hypoactiv-



ity of the Hypothalamic-pituitary axis. Acupuncture was given at selected acupoints P.6, ST.36, SP.6, Liv.3, Ren.4, Du.20, Ub.23 for five days in a week for two weeks, and 80 percent



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.

Hearliest congratulations to DATE WITH HEALTH team on completion of 4 years!

patients showed improvement in fatigue levels. After getting Covid-19, lung disease can be effectively

tackled using acupuncture and moxibustion. The principle is to promote, regulate, and stimulate the body's self-regulating function. Most of these patients

have symptoms similar to COPD due to damage to lung parenchyma caused by pneumonia.

Anxiety, depression and insomnia are common in such

patients and these can be effectively tackled by stimulating specific acupoints which release melatonin and the happy hormone, serotonin. Many patients who have recovered from Covid-19 illness



complain of a lingering cognitive impact—problems with their memory and inability to stay

focussed. This is caused due to the body's response to infection which leads to blood becoming extremely sticky. This is particularly seen in patients who stayed in the ICU.

Early studies on this problem have shown that acupuncture given at points LI.4, Li.11 DU.20, ST.36, ST.40, GB.34 shish-encong, P.6, H.7, Du.16, Liv.3, improved cognitive ability. Treatment was given over four weeks, five days a week, for a 30-minute session. Post Covid-19, digestive symptoms such as nausea and vomiting, loss of appetite, bloating, abdominal pain and irritable bowel persist. Patients were given acupuncture thrice a week for four weeks.

The major cause of these symptoms is the impact on the spleen, stomach, and the liver. Acupuncture promotes gastric peristalsis in subjects with low-intensity gastric motility and suppresses peristalsis in those with acute initial motility. Almost 70-80 percent patients showed improvement in their symptoms with acupuncture, which is a safe, efficacious treatment without any side effects.

Ryan Christian School, Vashi: National Nutrition Week is observed from September 1 to September 7 annually in India.

The theme of the 2021 National Nutrition Week is 'feeding smart right from start'.

tion are mandatory for overall physical and mental health and ever since the pandemic has wreaked havoc, aware-

with growth and development, then a balanced diet is a must.

During the National Nutrition Week, Ryan



The week is observed to raise awareness about nutritional and adaptive eating habits. Food and nutri-

ness about healthy food and nutrition has started to spread in every nook and corner. If we need an active life

Christian School Vashi conducted different online activities such as starting with Montessori -colouring the

Congratulate the management & the staff of "Date with health" newspaper on its 4th Anniversary. We treasure your partnership and healthy tips and articles which benefit all age groups and we wish you all bright success in journalistic work, creative victories, health and prosperity from the bottom of our hearts. May the Lord Almighty continue to shower HIS rich and choicest blessings upon you and your entire Team.

With Best Wishes and Prayers,

Mrs. SHARLET FERNANDES
Ryan Christian School

picture with healthy food, easy food search in puzzle, for primary describing their favourite food and the ingredients used in it and Preparing a healthy food diet chart, secondary - find out the nutritional value in each – Proteins,

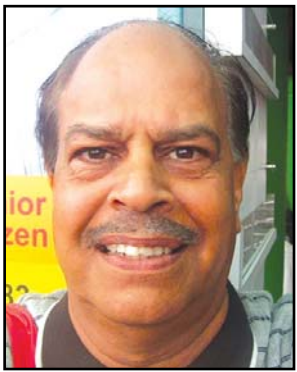
Carbohydrates, Vitamins, Fat, in two

homemade dishes

As we all know a healthy and nutritious food is necessary for a proper growth and development of the children so that one can be able to manage and tackle every task properly when they have proper Food in their daily life schedule. So it is necessary

for the children to get proper Food for their own Better Health to achieve all their goals in life, Children participated with great zeal and enthusiasm in all the activities. Even the parents of Ryan Christian School Vashi added memories to their kids by participating with great passion.

HAPPY SCRAPBOOKING / HOW TO SPEND HOLIDAYS MOST USEFULLY



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

Children of all ages and even elders prefer to have a scrap book to keep track records of their writings and achievements. As an ardent fan of cricket from the early 1960s I keep track record of all the write-ups published in my name from the year 1966 when I was a school boy. My first outing as a school cricketer gave me the Headlines in The Hindu, Madras with a caption C. K. SUBRAMANIAM DEADLY'. This was a tribute to my superlative performance with a bag of 6 wickets for 9 runs in the MCA Senior Level School match at the St.Bede's Ground. I never looked back. When I got 5 for 9 in a match winning performance, Indian Express described the same as the best one and went down in my Scrap Book as the best one. That gave me the

idea of maintaining a scrap-book from the 1960s.

The main idea behind a scrapbook concept is to collect pictures and newspaper clippings on your topic of interest. Scrap Book saves memories of the past, the present and the future. So make sure your scrap Book has pictures of you having loads of fun. This includes a collection of letters received from VIPs, special cards of interest (viz) 25th year of your Wedding An-



from Vijay Merchant, Rajiv Gandhi, Srinivas Venkattraghavan, Sunil Gavaskar,

ets, one day matches and Twenty-20 matches tickets for posterity. I saw the 1986 test ticket and that is the pick of all the tickets collected by me so far. I preserve all the vacation brochures, ticket stubs and stick them next to your holiday pictures. It is quite imperative to write small notes under each picture. It is necessary to paste these write-ups in a chronological manner so that you can refer to them without much

difficulty on a future date. So be sure to date whatever you store in your scrapbook. To make it more interesting do creative lettering. You can cut out letters from colourful magazines. To add colour, the write-up is about Cheerleaders then paste their photo by the side dancing. Like this you can write quotations, poetry and Sayings too. As far as possible keep your pages simple and

neat and use an appropriate sticker to cover up any mistakes. To make the scrap book more attractive, decorate the craft papers with pictures cut in basic shapes like Circle, Square, Rectangle, Triangle and Oval like shapes. Use your imagination and bring out the best colours that compliment your pictures and memorabilia. As a fan of Donald Bradman I have made a scrap Book exclusively on Sir after his death 5 years ago. It includes a letter received by me from Bradman Museum, Brawl (Adelaide) with regard to the Statistics compiled by me on the little master and that is preserved in the Museum. Do stamping to create patterns. Use coins, jewellery, buttons, ribbons, photos of archaeological importance for pomp and colour. Punch shapes like Polka dots, hearts, stars, flowers from coloured paper to decorate your scrapbook page. Cut coloured papers in relevant shapes and stick your pictures on them like a gardening picture struck on a vegetable shape. Make sure that the Scrap Book is for fun and frolic and help to keep memory of the past. Happy Scrapbooking

I am extremely happy that your newspaper Date With Health is turning a year older and will be celebrating its 4th Anniversary. As a freelance writer and a key player in your edition, I feel proud to be part of parallel media and this is my 50th year of freelance writing and so I feel so special about this occasion. Even though my physical presence for the celebrations will not be possible because of the pandemic I wish all the best for your future progress in the print media. My wife Jayanthi Subramaniam joins me in wishing you all the best in joyful celebrations.

So happy to know that my favourite Date with health is celebrating and in completing 4 years of service to the media through colourful pages of your issue. We feel that the way you touch upon the people with various information on health and that is an outstanding achievement. This will be a special occasion for all of you to celebrate the day, indulge in reminiscences and pleasantries and spread bonhomie all around and in the process help parallel media to survive during the pandemic and play a pivotal role in the news circle. I wish the team all success in the years to come. Congratulations.

CK Subramaniam & Jayanthi Subramaniam
Sanpada, Navi Mumbai

niversary etc. special notes or trinkets by sticking pockets on your scrapbook page. As a regular writer I collected the letters received

Sachin Tendulkar, Gemini Ganesh, Madhav Rao Scindia to name a few of my collections in my Scrapbook.

I collect test match tick-

ets, one day matches and Twenty-20 matches tickets for posterity. I saw the 1986 test ticket and that is the pick of all the tickets collected by me so far. I preserve all the vacation brochures, ticket stubs and stick them next to your holiday pictures. It is quite imperative to write small notes under each picture. It is necessary to paste these write-ups in a chronological manner so that you can refer to them without much



JAYANTHI SUBRAMANIAM
Navi Mumbai

Eye problem of any nature is a ticklish one for the person concerned. During child birth one in thousand suffer from Keratoconus, in which corona becomes conical shape

and thus blurring the vision. In some cases teenage boys get this peculiar intervention causing problem to their regular vision. Keratoconus, often abbreviated to "KC", is a non-inflammatory eye condition in which the normally round dome-shaped cornea steadily and progressively thins causing a cone-like bulge to develop. This results in significant visual impairment.

The cornea is the clear window of the eye and is responsible for refracting most of the light coming into the eye. Therefore, abnormalities of the cornea severely affect the way we see the world making simple tasks, like driving, watching TV or reading a book difficult. In its earliest stages, keratoconus causes slight blurring and distortion of vision and increased sen-

sitivity to glare and light. These symptoms usually first appear in the late teens and early twenties. Keratoconus may progress for 10-20 years and then slow or stabilize.

Each eye may be affected differently. Eyeglasses or soft contact lenses may be used to correct the mild near sightedness and astigmatism caused in the early stages of Keratoco-

nus. As the disorder progresses and the cornea continues to thin change shape, rigid gas permeable contact lenses are generally prescribed to correct vision more adequately. The contact lenses must be carefully fitted, and frequent checkups and lens changes may be needed to achieve and maintain good vision. In severe cases, a corneal transplant may be needed due

to scarring, extreme thinning or contact lens intolerance.

This is a surgical procedure that replaces the keratoconus cornea with healthy donor tissue. In Metro cities like Chennai, Mumbai, Delhi and Kolkata the sufferers of Keratoconus get the cure by regular treatment. For this yearly checkup is a must to find out the position of corona now and then.

EYEING A PECULIAR PROBLEM

NAVRATRI SPECIAL : BENEFITS OF EATING SATVIK FOOD



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

WHAT IS SATVIK FOOD?

Food that are fresh, wholesome (unprocessed, unrefined) and freshly cooked are known as Satvik food. Examples, all fresh and seasonal fruits and vegetables, whole fats, that is, coconut, nuts and seeds and whole grains. Satvik food is healing food and it is easy to digest. Our body has to spend less time to digest and hence can spend more time to heal. By switching to a Satvik diet and lifestyle, we can fully cure any chronic disease without any medicines. Benefits of Satvik food is beyond the physical health.

There is clarity in our thoughts.

There's a belief that one should adopt a Satvik diet during Navratri. Besides the religious aspect, there is a scientific reason for this too. Sharad Navratri falls around the months of October-November. During this time of seasonal change, and our immunity tends to decline and therefore, it helps to switch to light Saatvik food that does not burden your digestive system.

According to the ancient Ayurvedic understanding, foods can be divided into three categories, depending upon their nature and the response they trigger in the body after consumption.

1. Satvik Food:

It is the food straight from the Nature, with no or minimal human interference.

2. Rajasik Food:

Foods that are too bitter, too sour, salty, pungent, dry and hot are Rajasik in Nature.

3. Tamasik Food:

Foods that are stale

(eaten after 3 hours of being cooked), rotten (non-vegetarian food) and foul (bad smelling) are Tamasik in nature.

Nature has designed every organism either a carnivore or herbivore. By looking at our own physical features, we can judge whether we are designed carnivores or herbivores.



Carnivore animals have sharp and pointed teeth to prey and tear apart meat. Whereas humans have flat teeth, incapable of tearing apart flesh. Carnivores have a very short intestinal tract- only 3 to 6 times the body length. Meat as a substance is very quick to rot and

Date With Health, Monthly Newspaper is a great initiative by Mr. Syed Abdul Monim and his team. Wide range of topics from health, fitness & nutrition are really motivating. The name of the paper itself is so unique that stands out in the crowd. We actually learnt to take care of our health during this pandemic and thanks to Date With Health and all the writers making us aware on the topics related to health and fitness. I congratulate the entire team of Date With Health on their 4th Anniversary. Stay Blessed !

BHAVANI SWAMINATHAN
Founder, Aakanksha : Desire For Wellness

decompose. A carnivore's digestive tract is short, so the meat exits the body before

you want to promote good health, clear thinking and concentration power. Heavy foods slow both, you and your mind. Further, it also aids your metabolic rate and digestion power. So let us start eating Satvik food this Navratri and promise to make our lives healthier and happier. Here is a recipe of Satvik Kheer. Do try out this recipe during this Navratri. Stay Blessed.

SATVIK KHEER

Ingredients: Almonds – 100 gms • Barley – 50 gms • Rock Sugar – 100 gms • Pistachios – 2 tblsp • Raisins – 2 tblsp

Method: Keep 2 tblsp of almonds aside for garnishing. Soak almonds and barley separately for 6 hours. Add almonds

to boiling water for 2 minutes and place it on a clean cloth. Rub the cloth as this is the most easy way to remove the skin of almonds. Now add ½ litre water to barley. Boil it till barley get cooked properly. Add water to the almonds and blend it thoroughly in the blender. Pour this almond milk in a bowl. Add the cooked barley to the almond milk. Now mix rock sugar powder and garnish the kheer with chopped almonds, pistachios and raisins. Keep it in refrigerator for 2 hours. Serve the Satvik kheer and enjoy the goodness of all the nutrients present in this kheer.

“WISHING YOU ALL A VERY HAPPY AND HEALTHY NAVRATRI”

AUTUMN AND WINTER DISEASES...

Contd. from page 3

- Garlic fights against bacteria
- 5) Throat Infection**
On the list is another common, yet chronic disease that's common during the autumn and the winter months – throat infection. It's painful, itchy and scratchy that makes us uncomfortable. Most throat infections are a result of a persisting infection or some environmental factors, such as dry air. The good side of this infection is that it's easily treatable and doesn't post any serious risk to one's health. Some home remedies to treat a throat infection are as follows:-
- Eat an ice-cream
- Talk a bit less
- Take honey mixed with tea
- Chamomile tea is effective in soothing a sore throat
- Liquorice root is

good for treating the infection type

- Gargle twice a day with hot water to get rid of bad mucus depositing in the throat.

6) Allergic Asthma

Allergic asthma, as the name suggests, is a condition wherein an individual suffers from an asthmatic condition as a result of an allergic reaction. Individuals with allergic asthma usually experience symptoms as soon as

they inhale an allergen. Many physicians claim allergic asthma to be a deadly disease, which must be cured, as soon as an individual experiences its symptoms. Common means to avoid an allergic asthma are as below:-

- Maintain a clean and tidy place
- Have a smoke-free home
- Have an effective treatment plan
- Wash your hands regularly

- Don't sit around the fireplace for too long
- Avoid eating foods that you're allergic to

7) Norovirus

A highly contagious virus can spread through food and drink. One must visit a doctor if he/she develops diarrhea that doesn't go away, in a couple of days. Having this infection makes an individual feel healthy to depreciate in just a day or two.

Some common symptoms include headache, fatigue, fever, and chills. Antibiotics are usually suggested to kill bacterial infection and offer relief. Fall into good health practices this autumn and winter season and enjoy the year. Don't get caught up with any of these diseases. And, if you do, seek the assistance of your physician right away. For a timely treatment can help you lead a healthy and safe life.

The Great Himalayan Ultra Cycling



SIDDARTH BHAMRE
Organiser of NMKC
Audax India
Randonneurs (AIR)

ON THE TOP OF THE WORLD; LITERALLY

Cycling in India has picked up and how. Its no more just for leisure time or small distance commuting. It is garnering lot of attention as sports as well. Cycling as a sport can be broadly categorized into two; sprint racing and endurance racing. In India, thanks to Inspire India for conducting different ultra cycling races, which has given a different dimension to endurance cycling. One such race in the umbrella of Inspire India is 'THE GREAT HIMALAYAN ULTRA'.

The Great Himalayan Ultra is a 600 kms World's highest ultra-cycle race with a start point elevation at 3500 mt (11500 ft). This race starts at Leh, Ladakh!! Though the entire region of Ladakh is mesmerizing, the route of this race takes you from breathe taking landscape around Leh-Thikse-Leh-Kargil-Drass-Leh. However beautiful and scenic route doesnt take any challenge away from

DATE WITH HEALTH is an amazing platform through which one can learn so much from the experiences of experts covering different dimensions of health. DATE WITH HEALTH has been covering various aspects of health and reaching out to people to adapt best practices to lead a healthy life. We NMKC wish lot of success to DATE WITH HEALTH on their 4th Anniversary and many more to come.

riders as entire route is filled with never ending climbs and then steep declines giving rider no room to relax. This race is not for novice. It demands total commitment not just in race but also for months of preparation. Finishing this race in 40 hours which includes 3 hours of mandatory break is an achievement itself. If

Himalayan Ultra is one the toughest ultra-cycling race.

Navi Mumbai Kalyan Cycling (NMKC) Audax is proud to say that out of 7 daredevils who participated in this challenging race, 4 riders are associated with our club. Kabir Rachure, Kapil Sharma, Lavesh Vaidya and Mustafa Patrawala. And we

participant to complete this gruesome race, though just outside 40 hours mark but made his entry into the ultra cycling arena with a bang.

Thanks to wonderful infrastructure which our city has, Navi Mumbai is giving rise to many cyclists who are making our city proud not just in different states of our country but also internationally. We at NMKC along with other cycling clubs in and around Mumbai strive in giving riders challenging routes in our BRM events so as it can help budding riders to perform well in racing events.

For more information related to THE GREAT HIMALAYAN ULTRA one can visit to www.inspireindia.net.in



terrain and time limit was not challenging enough, weather plays its own havoc on riders with temperature in night around zero degrees and in day light Sun God sucks out your energy. Without a doubt The Great

are very happy for Kabir Rachure who won this race 3rd time in a row in a record time and also for Kapil Sharma who earned his podium finish to finish third. Mustafa Patrawala (19) became the youngest par-

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CREATIVE SPACE



Shruti Tamse of Kopar Khairne decorating Lord Ganesh !!!



Decoration for Lord Ganesh done by Shiekha Swapankumar Deria

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