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Parenting book by renowned Psychologist and career counselor Salma Prabhu

"Mom Dad (U)R Wonderful"

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ONE BILLION VACCINATION DOSES IS A GREAT ACHIEVEMENT. BUT IT DOESN'T MEAN WE LOWER OUR MASKS AND BECOME CASUAL ON COVID PROTOCOL!!!

MASK - PHYSICAL DISTANCING AND HAND WASH SHOULDN'T BE NEGLECTED

TAKE CARE AND STAY SAFE



PLEASE NOTE:
Vol. 5, Issue - 1 (October 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

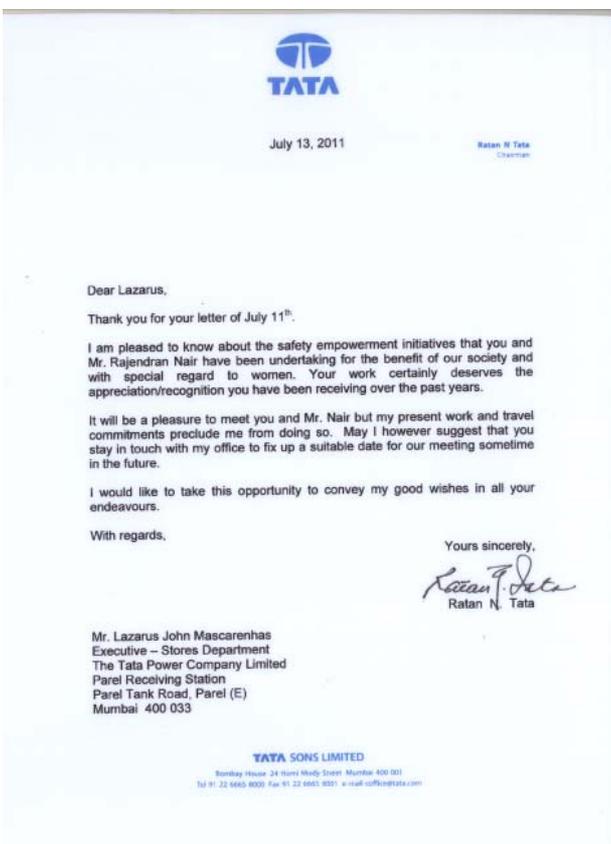
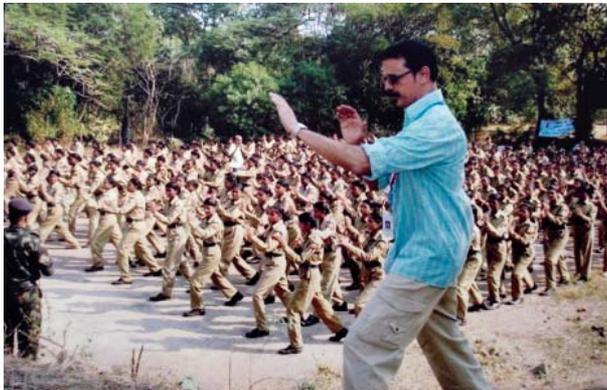
PERSONAL SAFETY, SELF-DEFENSE, HOLISTIC FITNESS AND INNER STRENGTH TRAINING FOR WOMEN, CHILDREN AND YOUTH



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I have retired after 38 years' service with Tata Group, and founder of Self-Defence Attack System. During the last 45 years I have trained over 40,000 women and children, in PERSONAL SAFETY, SELF-DEFENSE, HOLISTIC FITNESS AND INNER STRENGTH TRAINING

I have trained our country's Defence Personnel, Border Security Force, CISF, airport security, Police Officers, Security



Staff, NCC / Police and completed Du-Pont course in Safety. Cadets and Commandos.

In view of rising crime and violence against women, I have designed an exclusive training module for women. I have shared this with thousands of women all over the country.

I do not charge fees but I accept any Honorarium as per my clients wish. This amount is used for my mission of empowering women, children and youth (including children of commercial sex workers staying inside Mumbai's redlight area)

Respected Mr. Ratan Tata, Mr. Cyrus Mistry and Mr. N Chandrasekaran have issued Appreciation Letters to me, for my contribution towards the safety and security of women and children.

Mr. Julio Ribeiro wrote the foreword to my training manual on Commando Hand-to-Hand Combat.

I have received certification in Coaching from Tata Management Training Center



Editorial

MAKE GIRL CHILD INDEPENDENT

Beti Bachao Beti Padhao has been a slogan for a few years now. Sending her to school providing her a diet at par with her male counterpart has been what we are supposed to focus on, but seriously there is more than just education and diet that needs to be provided to her. Even after this a female (and children) remain the most vulnerable part of our society. Education surely is important and so is a healthy diet, but then there is something more than that which is required to boost her confidence to face daily challenges. With a good education she is made capable to handle her problems at the desk but then what about the problems she faces by way of sexual harassment day in and day out. The moment she steps out of her home, to traveling, to her office issues she isn't safe from the glare and touch of the hounds lurking around. Have we made her strong to tackle this issue? The answer would be a bit of YES & NO. Haven't we seen a male member of the family accompanying her till the bus stop or waiting anxiously after sunset to pick her up from the bus stop. The reason for her being made to rely on male members (father / husband / brother or a friend) is because she isn't been provided that mental confidence that she isn't inferior to them.

Parents think that a girl would be vulnerable to men and may fall prey to their lust. Their concern is genuine and understandable too, but then one should understand that howsoever protective one is towards the girls there would be times when she will be all alone and will have to defend herself.

Here comes the role of martial art training. If girls are provided proper martial arts training they will have that confidence to do their routine work independently and also will be a source of inspiration to others. Martial Art imparts training to defend oneself in adverse situations. Apart from that it gives a huge amount of confidence to tackle male advances which she feels are uncomfortable.

Let us encourage every girl and woman to learn martial arts. It could be any form (judo / karate etc) which they find convenient. There are three important advantages of learning martial arts. It is a good exercise keeping the body fit, provides a skill that can save them in dire situations not only faced by them but even other female colleague, and most importantly it will provide them that confidence to move around without fear which, may be a good education and good diet also may fail to provide.

So let us start it today itself and make our girl child totally ATMANIRBHAR !!!!

MENTAL HEALTH IN CHILDREN PART 8 – ANGER MANAGEMENT FOR CHILDREN

In my four decades of counselling, parents, teachers and grandparents have always come up with the query on how to handle temper tantrums in children and at times they have also grappled with the child hitting them when the demands were not met.

The basic rule of parenting is consistency, role modelling and nipping it in the bud. When children show the first signs of temper, it is as early as when they are babies and they cry their lungs out and become red. This is the first stage when the parent must not get relaxed, but must understand what caused this behavior and not encourage the tantrum.

Babies generally throw a tantrum when they are hungry, sleepy, colic or need a nappy change. This must be identified early and not allow them to cry a lot as they learn the length of tantrum that way.

Toddlers throw a tantrum when they are told no for anything like an extra chocolate, or playing time, or when they refuse to eat food. The main trick here is that stick to the "No", If you say "Yes" because you cannot handle the stress of the child crying then you have taught the child how much to cry, go red in the face, hit his head on the wall or hit the parents, before he shall get what he wants. So to follow the steps:

- Stick to your "No"
- Be near your child
- Do not lose your cool
- Comfort only when he calms down
- Always have your family members supporting you

The last one can be tricky as if the family members are not supporting you like for example, spouse, aunt or grandparent then the child will learn to manipulate you and go to them for getting what they want and your situation will go on becoming from frustration to being angry yourself.

To prevent this happening, talk to your family members first, request them to support you so that the child grows up to be a good, balanced personality and not an angry person who throws temper tantrums to get what he wants and even goes to the extent of hitting others. The steps to request family members are:

- Have a calm discussion
- Ask for their help



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- Let them know examples of other children who hit their parents
- Let them know that consistency from everyone will help his personality development
- Let them know that children are very smart and they will manipulate and ultimately not respect anyone in the process.
- It is ok that the child cries, crying is good, it is not harmful. Soon the child will learn to respect the parents and stop throwing tantrums as the child will realize that this is not working.

Let me also give you steps when the situation is already worse

1. When the child is calm, talk to him in a calm manner and explain that next time there is a tantrum, it will not be accepted.
2. Let him know that if he hits anyone, he shall receive negative reinforcement which is taking away his playtime. Playtime are most important to children. Also let him know that if he listens to the parents he shall get positive reinforcement which is getting extra playtime with the parent and not screen time. Children love it the most when their parents play with them or they get outdoor activities.
3. Let the child know that you shall take him to a doctor if he hits anyone in future.
4. Contact a senior position person or a counsellor who will explain to the child regarding the side effects of anger and hitting others.
5. Tell the child stories of how the anger and aggressive behavior could lead to very serious behavior issues and committing even crime in future.

All the above needs to be explained calmly and coolly and not in a patronizing or preaching tone, but in a counselling manner.

Take help from a counsellor if the situation is severe, get assessments done for ADHD, ODD or ADD as sometimes severe anger is the result of a deficit in one or more areas required in academics or life skills.

Most important part is that be a good role model. If you have anger issues, then address that first. Because it is very highly likely that the child is just role modelling.

I am sure that you shall find solutions through this article or be able to nip it in the bud.

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DANCE MOVEMENT THERAPY - A HEALING ART

Post Retirement I knew that I wanted to do something very different and not get into the rut of some job. That was when I came to know about course Dance Movement Therapy (DMT) at TISS - CLL jointly with Kolkata Sanved . It was not something I had heard before, but felt intrigued. Once I finished with interview and enrolled, there was no looking back.

After successful Completion of the very comprehensive course inclusive of on field assignments, I am practicing, doing awareness sessions and healing sessions and also taking session/class at TISS for same course with specific ref to senior citizen as most of my work has been with my peers seniors for last over 5 years. Also I have my own outfit named KHOJ – a search within with a tag line, Move, Heal & Rediscover self.

WHAT IS DANCE MOVEMENT THERAPY ?

It is all about Movement and not Dance as is generally understood. We are all born with movement rather even before in the womb itself. Movement or expression of body what is felt. Not Structured, but free movement with own rhythm. No choreography or teaching. We are simply facilitators. The movements are expression of emotions of the participants as per their own rhythm.

HOW IT WORKS AND WHO CAN BENEFIT

Based on the undeniable fact that Body & Mind are inseparable, DMT works towards integration of these two, which results in Holistic healing. As stated at the outset , Movement is Universal communication tool. Right from birth or even before we know movement however as we grow up due to several reasons like Societal norms, cultural con-

ditioning the natural flair is lost. Similarly for same reasons emotions are also restricted. Suppressed emotions are the cause for many mental and physical conditions.

DMT is a group Therapy generally, which works across Strata, Gender, Age and more. Starting at physical level, proceeds towards mental level involvement. Suppressed emotions are let out and thus any trauma effects are slowly brought out and give room for rehabili-



Ms. Veena Iyer
(Dance Movement Therapist)

physical and mental. Inhibitions are shed, improvement in Self Confidence and Esteem, memory enhancement, flexibility and

it helps people who don't find it easy to verbalise.

How Dance Therapy Can Help People With Depression and Memory...

- Understanding the body in motion.
 - A positive effect on depression.
 - Improvements in Parkinson's disease.
 - Changes in brain structure.
 - New possibilities for feeling and perceiving.
- DISCOVERS A NEW SELF

movements, Rhythm inspire. Have observed in groups even those who don't initially join in activities, come in when music and instruments are introduced. We use lot many props to aid movements and make it fun too. Ribbons, Balloons, bells, stretch cloths, Scarf, Dolls anything we can lay hands on and sometimes our own Body parts. We do include in sessions, painting, sketching, Drama, Coloring. There is no look out for perfection but being creative as you feel it.

A TYPICAL SESSION:

Although unstructured, and Non Verbal we do have a sort of flow of activities. Body preparatory movements, Theme / Goal based activities as per need, a proper cool down and closure. We also have fun jingles as opening and closing Ritual we call. Sitting in Circle, feed back if they wish to without any compulsion to say anything. That is the beauty of this Therapy, it is at the personal pace of the participant.

PRE PADEMIC & POST

In PHYSICALLY SUPERVISED SESSIONS, there is observation, ability to handle needy situations by the Facilitator. In digital platform this is difficult, especially in case of specially abled. As such for digital space we have diluted the activities and also seek the presence of Parents/care-givers where ever required. The participants also had to get used to camera and their attention span is very less. We have to make it very interesting. For all generally there are a few takeaways like memory movements that can be done together by all generations at home, self care movements, Safe movements.

My last word for this non verbal wonderful Healing Art is, it shifts the Focus from ILLNESS TO WELLNESS.



tation.

During sessions, all the suppressed emotions (be it anger, guilt, remorse and many more) emerges out slowly. Through several sessions the healing is achieved. It is a journey not a destination. Their own creative Rhythm of expression, at their own pace in a space they trust and is non judgmental. There is no right/wrong, good/ bad.

Anyone and everyone can benefit by this therapy. Benefits are manifold, both

improved Gait and Balance, social interaction, Body awareness too. It has also been implemented in hospitals and corporate offices, Home makers group, senior citizens. It has also been included in many wellness packages. So it is not just for Trauma survivors.

PARALLEL THERAPY

Works with Medical, Counseling in tandem and I have been told that after our DMT sessions, clients are able to express/respond better. As a non verbal therapy,

Key factors for success

- accessibility to one and all,
- NON VERBAL & Client Centric approach
- No structured set up,
- Free self expression and exploration.
- Social inclusion.
- Above all there is a feel good and fun element,
- and the space is of Trust and Non Judgmental.

USE OF MUSIC & OTHER ART THERAPY & PROPS

Music enhances the

DEALING WITH INDIGESTION- NATURALLY

Loss of appetite, burning sensation in the chest, belching, flatulence, nausea, dysentery, diarrhoea, gastric irritations, uneasy belly, pain from the epigastrium towards the centre of the back, giddiness, burping, passing flatus with obnoxious odour etc are all indicative of disturbed digestion. The findings on examination may reveal simple hyperacidity to ulcers, hepatitis, pancreatitis, appendicitis, hernias, ulcerative colitis and a host of so many other ailments. If it is so with you, be alarmed! Don't take indigestion lightly.

Usually we come to realize about the wrong food we have taken only after our digestion is disturbed-body trying to heal itself with a healing crisis in the form of diarrhoea, dysentery, vomiting etc. But many a times, as our body is much adaptogenic to the varying factors, it keeps on adjusting and does not excrete the waste end products of many different foods, which start accumulating in it. These non-excreted toxins harm all the systems of the body after a certain age. This age long accumulation of toxins is even more fatal resulting in so many chronic diseases, which are generally related to ageing, and the rest of life passes with continuous medications, restricted physical activities and related anxiety-depressions.

By taking some basic precautions, we can not only treat the system but also keep it fit for the future. Before trying any natural remedy or medication, try finding out the root cause behind this condition. Mainly chronic constipation, mental stress of the fast life, comfortable lifestyle with plenty of gadgets to work, lack of physical activity, contami-

nation of food, addition of artificial flavors for taste and look, stale food, eating too much or too little, lack of fibre intake, etc are responsible for indigestion.

Scientists proved that bacterium *Helicobacter Pylori* is the cause of painful gastritis and ulcers in the stomach and intestines. Bactericidal antibiotics are easily introduced to fight the menace. But don't you agree that the flies, mosquitoes and other disease producing organisms grow only where there is a pile of garbage. GET THE CUE FROM NATURE. Do not let the garbage pile up. The principle to treat the disease is to clear the body from toxins and to maintain that cleanliness to stay fit. Since digestive system is fully responsible for the supply of nutrients to each and every other system of the body, it becomes very important to keep it healthy which is possible by selecting a good diet from every view point. Eatables chosen carefully will keep you healthy- Always!

The roughage we get from leafy vegetables, skin of fruits and pulses, seedlings, bran etc is very important for a healthy digestive system.

They reduce the extra acids from the stomach, acts as binders and sweeps the alimentary canal during its peristaltic movements. Eating slightly less than your appetite also helps. Stomach gets enough time to work on your food. Chemical additives of the food, cold drinks, chilies and condiments in excess, hydrogenated ghee, pickles etc not only makes you eat more but also damages the mucous membranes of the system causing ailments. Fruits and veg-



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

etables should be peeled and cut only at the time of eating or cooking, because the thinnest covering layers provided by nature are strong enough to guard them against harmful micro organisms. Avoid eating foods rich in creams and fats continuously. If one meal is rich, the second must be light enough to give rest to the alimentary canal. As the digestion starts in the mouth itself, the food eaten should be thoroughly chewed. Cleansing by the way of enema has its own importance. The effects of enema can be fortified by adding whey,



honey, neem leaf juice etc as per the symptoms.

Here are some home remedies to deal with ailments related to indigestion:

- **GINGER**

Ginger is a common remedy for an upset stomach. The components in ginger speeds up the stomach contraction, helps reduce nausea, vomiting and diarrhoea. Adding ginger to foods or drinking ginger tea helps.

- **MINT**

Menthol in mint not

only sweetens the breath, but also prevents vomiting and diarrhoea, reduces spasms and relieves pain. Raw and cooked mint leaves are both suitable for consumption. Sucking on mint candies might be another way to help reduce the discomfort.

- **CINNAMON**

Antioxidants in cinnamon help ease digestion and reduce the risk of irritation and damage in the digestive tract. Helps reduce gas, bloating, cramping and belching. May also help to neutralize stomach acids to reduce heart burn and indigestion. Adding cinnamon to meals or making cinnamon tea are ways to consume it.

- **CLOVES**

Cloves contain substances that speed up the digestion, reduce gas in the stomach and increase gastric secretion for better digestion.

- **CUMIN**

Cumin seeds help in cases of diarrhoea.

Cumin tea or a pinch of cumin seeds with a pinch of sugar helps aid the symptoms.

- **FIGS**

Figs contain substances that act as laxatives to ease constipation and encourage healthy

bowel movements. A whole fig fruit, dries figs or dried figs soaked in water can be consumed. However, if a person is experiencing diarrhoea, figs should be avoided.

- **ALOE VERA JUICE**

Consuming aloe juice in the morning(5ml) and in the evening(5ml) is found to provide relief from heartburn, flatulence and belching, constipation, nausea, acid and food regurgitation.

- **BASIL**

Basil contains sub-

stances that increase the appetite and improve the overall digestion. Fresh or dried leaves can be used to prepare a tea.

- **COCONUT WATER**

Coconut water contains high levels of potassium and magnesium. These nutrients help to reduce pain, muscle spasm and cramps. It is useful for rehydration and is a better option than most sports drinks as it is low in calories, sugar and acidity.

- **BANANA**

Bananas contain B6, potassium and folate. These nutrients help to ease cramps, pains and spasms. Also helps by adding bulk to the stools, which can alleviate diarrhoea.

In cases of acidity or ulcers, raw potato juice, turmeric and salads of yellow pumpkin, cucumber, cabbage, turnips and beetroot helps. Green vegetable soup, freshly prepared vegetable juice or fruit juice of sweet fruits are strong alkalizers that neutralize the acid of stomach. Pomegranate, isabgol, bel fruit, apricot and even tea leaves are very commonly consumed in cases of diarrhoea. Some of them are rich in fibre and others in pectin to bind the loose stools. For those with digestive issues, it is imperative to stay hydrated, consume water and plenty of other fluids.

Regularly exercise, walking or yoga are equally important for proper digestion of the food and functioning of the body.

You don't have to live with frequent indigestion. Basic changes in lifestyle makes a huge difference. These home remedies help, but visit a doc about any worrisome symptoms. The sooner you begin the treatment, the sooner you can feel better and enjoy a higher quality of life.



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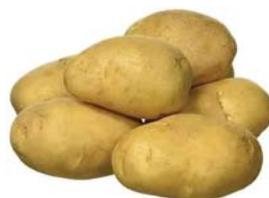
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INFLAMMATORY ALERT



Few Night Shade Vegetables



Autoimmune and Inflammatory disorders occur when our immune system gets confused and our own organs are caught in the crossfire.

Zinc, Magnesium, Probiotics)

Exercise regularly - it's a natural anti-inflammatory

Destress - Practice deep relaxation with yoga, breathing exercises, massage, sound therapy etc

Get adequate sleep Avoid LECTINS (as per individual allergic response)

Gluten is the best known pectin around which could probably cause an allergic response

Night shade Vegetables

Avoid dairy products

Avoid SUGAR Work towards a healthy and calm mind, body and gut.

CHECK LIST...

- Check for hidden infections like yeast, bacteria, viruses
- Check for hidden allergies with IgG food testing
- Rule out Celiac disease
- Heavy metal toxicity
- Get a NUTRITION PLAN to
- Fix your Gut
- To eliminate your food allergies
- Improve your nutrient intake (Omega 3, Vit D, Vit C,

Are you suffering from a few bothersome symptoms like headaches, fatigue, joint pain, allergies, digestive issues etc

OR

You have an Auto immune condition like Rheumatoid arthritis, lupus, systemic sclerosis, celiac disease, psoriasis, hashimoto's thyroiditis etc...

OR

You have a chronic illness like heart disease, cancer, diabetes, obesity, asthma etc...

OR

Autism, dementia, depression...

YOUR BODY IS IN A STATE OF

INFLAMMATION

We are facing an



ALLERGY

epidemic of Autoimmune, allergic and asthmatic conditions which are connected by a central biomechanical process.....

A runaway immune response also known as SYSTEMIC INFLAMMATION that results in your body attacking its own tissues.

Our immune system is our defense against invaders. It's our internal army and has to distinguish between friend and foe... to know you from others.

KEEP YOUR CHILD AWAY FROM CONTAGIOUS DISEASE



JAYANTHI SUBRAMANIAM
Navi Mumbai

HAND-FOOT AND MOUTH DISEASE

Although seen worldwide, it is not common in India. It is moderately contagious and is spread through direct contact with the mucus, saliva, or feces of an infected person. It typically occurs in small epidemics, usually during the summer and autumn

months. Hand, foot and mouth disease is highly infectious and children below the age of 10 are very vulnerable; children above 10 years act as carriers. The disease, resulting in rashes and sores in the mouth, hands, legs and the lower back on some occasions. The virus usually spreads through air when an affected person sneezes or through nasal discharge. It can also spread when the skin rash is filled with pus.

Anyone can get the disease, but children under age 10 are most likely to catch it. You

can take steps to ease the symptoms while it runs its course, though. Your child can catch hand-foot-and-mouth through contact with someone who has it, or from something that's been in contact with the virus, like a toy, tabletop, or doorknob. It tends to spread easily in the summer and fall. School going children are likely to get the disease because it is contagious. In a classroom atmosphere or when travelling on a school bus the children are likely to get this contagious infection.

The silver lining of the contagious disease is that it does not spread to adults unless we come across in direct contact with the infected person's saliva, basically through half eaten food items or water. It spread through schools and day care centers. Not all parents have the luxury of in-laws and parents taking care of their children after school hours and so instead of taking time off from work, they just send sick kids to schools and day care centers. It is unethical but this is the way

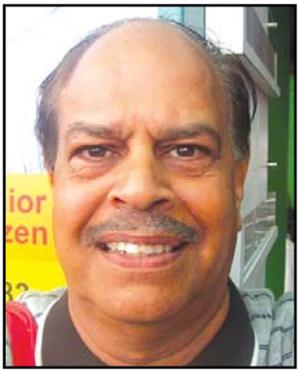
it goes in metro cities like Mumbai. If we have more flexible workplaces as in foreign countries this might but be an issue and this whole scenario is unfair to everyone including the sick kids.

Your doctor will ask about your child's symptoms and look at any sores or rashes. This is usually enough to decide if it's hand-foot-and-mouth disease with no extra tests. But he might take a throat swab or a stool or blood sample to be sure. He might get a rash on the palms of

his hands or the soles of his feet a day or two after the first symptoms appear. This rash may turn into blisters. Flat spots or sores may pop up on the knees, elbows, or buttocks. He could have all of these symptoms, or only one or two. Mouth sores can make it hurt to swallow, so be sure your child gets enough water and calories. Drinking warm water at frequent intervals and gargling with salt water every hour can reduce the rashes to a greater extent. Proper

Contd. to page 8

LONELINESS IS NOT A HEALTH HEALER



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Navi Mumbai

Covid fear is taking a heavy toll on human life and the lifestyle has become a disease as we are caught in a web of unhealthy activities. 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. It is time to provide easy access to superior quality, affordable fitness regimens that will be an integral part of every Indian. It is time to keep pace with present conditions prevailing in the universe.

Chronic loneliness among young Indian urbans is a mental-health issue that is not getting the attention it sorely deserves. Stock images of loneliness often depict the elderly in darkened rooms staring at nothingness, but the reality is starkly different. This is not to

say the elderly in India are not lonely; but the phenomenon is worryingly showing up in a large number of young urban Indians who, one would normally assume, are anything but.

Social-network savvy folks in their 20s and 30s, living in our choking-with-people cities are increasingly feeling friendless, isolated, and depressed. Worse, they are unable to recognise and acknowledge how loneliness has the potential to destroy them and thus do not reach out for help until it is too late. Be self-aware. Notice your emotions and feelings and how you respond to adverse situations. If you often feel overburdened and your emotions are interfering in your daily activities, it is time to be concerned.

A growing number of old people live alone while their children work abroad. A Senior Citizen feels insecure and helpless with no one to take care of their daily needs. Loneliness and depression may be unwanted bed fellows of old age people, but along with advancing years come more palpable enemies. Through various programmes, we

try to learn and inculcate a sense of self-esteem among senior citizens and encourage them to participate in life and not shy away from it. The harsh reality is that with old age comes the sense of being neglected and uncared for. Children have their own lives and even the ones who do not desert their parents and do not necessarily have the time to be with them.

People in their youth tend to engage in different kinds of behaviour, due to loneliness. Some may over-indulge in social platforms, others may use substances, while there may also be risk-taking behaviours, like say, speeding. Sometimes though, loneliness may result in lifestyle modifications such as joining fitness classes, seeking outdoor adventure to relax and regain confidence. People prefer to stay indoors and interact online on social media. This has made flesh-and-blood interactions seem like a tiresome process and not worth their while.

There are virtually no statistics to go by, but anecdotal and narrative evidence points to a problem that is growing exponential-

ly. Chronic loneliness has reached epidemic proportions in several Western countries. In a country that is already a minefield of mental health concerns, awareness about how loneliness is directly connected to depression, anxiety and suicidal tendencies is abysmally low. When children grow up in this paradox where they prefer isolation (while subconsciously seeking company), it leads to emotional hindrances.

Tackling the issue requires a complex, multi-pronged approach, the resources for which the country obviously lacks. A good place to start though would be to normalise conversations around the condition and not dismiss concerns as throwing an attitude or being dramatic. Anxiety, tension, brokenness, conditional love, death, dejection, Emptiness, insignificance, guilt, hopelessness, illness, falsehood and a sense of shame on failure or due to shameless acts by colleagues creates suicidal tendencies and Depression is a strong mood involving sadness, loneliness, discouragement, despair or hopelessness

that lasts for weeks, months or even for a longer period creates the guilty feelings.

Over 18 million people suffer from depression every year. Many never seek treatment yet most cases of depression are treatable with effective therapies and medication. When we think of a depressed child, we often envision a morose child, who is consistently sad. However, sadness may not be the symptom that defines a depressed child. A study of researchers at the Columbia University in New York city reported that bad parenting may put their children at high risk for anxiety and depression. Anxiety and Depression is the root cause for most of the suicides in India.

Talk to your family or a trusted friend first. If you find that difficult, approach a qualified psychologist. There's no shame in talking because it is essential for the professional to determine if you are only lonely or you have underlying symptoms of anxiety or depression that often go unnoticed. In this spectrum, office work falls somewhere in the middle but al-

lotting useful time for the morning workout keeps one fit and fettle. We all propagate the importance of fitness and walking regularly is a good one. Try to avoid using your car for going a short distance. Join with a core group and do a world of good to adapt to fitter activities and achieve fitness goals in the most beneficial way.

Teenagers are not able to tackle pressure situations. The worrying youngsters ought to have played a game of cricket or chess then they can bear the loss and manage things. Teenagers are often moody and uncommunicative. This is a normal part of adolescence. Diverting attention is the need of the hour during the Corona pandemic. Not eating enough and too much sleep is not a good sign. Losing friendship and being highly critical about self are major reasons for stress. Not going to work and thus losing interests and thereby losing much needed concentration are all root causes. It is time to have better health measures, proper health check ups and a balanced diet can bring a peaceful living.

Ryan International School celebrates 'World Heart Day'

On the eve of World Heart Day observed on 29th September, students of Ryan International Group of Institutions interacted on cardiovascular diseases and their prevention in a virtual platform with healthcare professionals Mr. Stan John, Travel Nurse across America, and Ms. Lynn John, Nursing Care Tech. at Advocate Lutheran General Hospital, USA.

With students of 16 schools of Ryan International Group of In-

stitutions in attendance, the interactive talk between Mr. and Ms. John, both graduates of Cambridge University in BNS, and the curious students Ryan Group of schools revolved around common health issues of heart, their symptoms, and management of heart issues.

While responding to a wide range of questions fielded by the



students, Mr. and Ms. John stated that cardiovascular disease remains the world's number one killer and stressed the need for a healthy lifestyle and healthy food habits to reduce the risk of heart ailments in view of the increased risk Covid -19 poses to the people with cardiovascular diseases. Students found the session an enriching experience as they realized the need

for a healthy life for a healthy heart.

Aligning with the vision of providing value-based education for the holistic development of the students as envisioned by the Chairman of Ryan International Group of Institutions Dr. A. F. Pinto and Managing Director Madam Dr. Grace Pinto, interactive sessions are held every month for the students of Ryan International Group of Institutions by inviting professionals from different walks of life.

BOOST YOUR BRAIN POWER WITH ACUPUNCTURE

Having difficulties focusing, remembering tasks or organizing your thoughts?

Acupuncture and Oriental medicine can help optimize your brain power through a treatment approach that incorporates different modalities, including nutritional support.

According to acupuncture and Oriental medicine the mind (Shen) embodies consciousness, emotions and thought. Shen influences long term memory, the ability to think clearly, contributes to wisdom and presides over activities that involve mental and creative functions. When the mind is healthy, we are able to think clearly. When the mind is unhealthy or unbalanced, we experience confusion, poor memory, and clouded thinking.

Disharmony of the mind often manifests as anxiety, insomnia, muddled thinking, forgetfulness and chronic restlessness. Meditation and acupuncture, as well as physical exercises such as Tai Chi or Qi Gong and the right foods, can balance and strengthen the mind.

Good nutrition can help boost your brain power. Not only is it essential to overall physical health, it can also enhance the function and harmony of the mind. The right foods enhance brain function by



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providing essential nutrients such as flavonoids, enhance



Omega 3s, vitamins, folate and iron that are great for improving the quality and quantity of learning capacity, cognitive abilities, memory and overall brain function. You can enhance your brain's health and function by including blueberries, fish, leafy green vegetables, seeds, nuts, and whole grains in your diet.

Acupuncture Improves Memory and Learning Capacity

Acupuncture can significantly improve learning and memory capacity that has been impaired by hyperglycemia

and cerebral ischemia. Researchers reported electroacupuncture (acupuncture needles stimulated with a mild electrical current) could improve learning and memory in rats whose memory and cognitive functions were impaired by the decreased circulatory effects of diabetes resulting in cerebral ischemia.

In the study, the effects of the acupuncture treatments were measured with a passive avoidance test, an active avoidance test, the Morris water maze and electrophysiology. With all tests, significant improvements were seen in restored memory and learning capacity. Researchers believe that the positive results of this study indicate similar benefits for humans and warrant further investigation

SPIRITUAL SIGNIFICANCE OF DIWALI



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of AAKANKSHA:
Desire For Wellness.

The Hindu festival of lights, known as Deepavali or Diwali is the biggest and the brightest of all festivals. A festival marked by four days of celebration. Diwali is witnessed all around India and also celebrated in different parts the world. A beautiful and one of the most pious occasions. Diwali is

the time that illuminates the country with its sheer magic and brilliance and dazzles people everywhere with joy and celebration.

There are many who believe Diwali to be the celebration to mark the wedding of Lakshmi, the goddess of wealth, with Lord Vishnu. Diwali is probably the commemoration of their blissful marriage. Others think it to be a celebration of Lakshmi's birthday, as Lakshmi is said to have been born on the new-moon day of Kartik.

Ram, on that special day, was welcomed to the kingdom of Ayodhya with rows of diyas, lightened throughout the kingdom. Thus, the tradition of lighting



oil lamps on Diwali symbolizes the victory of good over evil and freedom from spiritual darkness.

Diwali is also a celebration to give and

forgive. It is a common practice in Diwali for people to forget and forgive the injustices and grudges. People celebrate with an air of freedom, festivity,

and friendliness everywhere.

Diwali marks the birth of a new and rejuvenated soul. A happy and refreshed mind during Diwali charges up a person to make changes as a healthy, ethical individual, who will be more efficient in their work, and will also be spiritually advanced. A celebration of prosperity, Diwali gives us the strength and the zeal to carry on with our work and goodwill for the rest of the year and thus, promising us success and prosperity. Thus, people give gifts to employees, family, and friends.

Most importantly, Diwali illuminates our inner self. The lights of Diwali also signify a time to destroy all

our dark desires, dark thoughts, and have a deeper, inner illumination and self-reflection. Waking up during Brahmamuhurtu (at 4:00 am) is a great blessing from the standpoint of health, ethical discipline, efficiency in work, and spiritual advancement. The sages who instituted this Deepawali custom many have hoped that their descendants would realize its benefits and make it a regular habit in their lives.

This Deepawali let us promise to ourselves and kill all the negativities that are within us and light the lamp of positivity.

Let's make our lives healthier and happier!

Wishing you all a very bright and Happy Diwali!



Sahrish Akhtar

India boasts of its diverse cultures and cuisines and winter food in India is no different. With the approaching winter season and increasing appetites, it's time to prep-up and indulge yourself in deliciously warm delicacies, reserved especially for the cold season. Ditch calorie worries, just dig into the freshly prepared plates of food for winter in India!

1. Gajar Ka Halwa

The famous Gajar ka Halwa is the go-to dessert during the winter in every household. Just the sight of the piping hot-halwa immersed in ghee makes you salivate. The added dry-fruits on top are just irresistible.

2. Sarson ka Saag

Another winter-special, Sarson ka Saag is

a preparation of green sarson leaves, best served with Makke ki roti is a much-awaited delicious Punjabi delicacy. This traditional winter dish in India is incomplete without a dollop of white butter on top.

3. Gushtaba

Gushtaba is king of the Kashmiri cuisine and this winter food in India needs several steps of preparation



before being served.

Refusing the Gushtaba would be an insult to the host. Gushtaba is extremely rich, heavy and perfect for the winters!

4. Sakarkand Rabdi

Rabdi makes for an all-time favourite Indian dessert and Sakarkand or sweet potato rabdi is a winter speciality.

5. Gond ka Ladoo

Gond Ka Ladoo is made out of edible gum extracted from tree barks. This is one such dessert that you can eat throughout the year but can use its special nutritional powers to beat the chills of winter. The Ladoo can keep you warm since it is said to be super hearty, thus heating your insides. Once prepared, it can be kept for quite a long



time, sometimes even for months.

6. Beetroot Halwa

A perfect accompanist to your rice meals, Beetroot Thora, is a South Indian winter speciality packed with a whole lot of nutrition and flavour. Thoran is cooked with chillies and Haldi, and the beetroot is stir-fried along with the

spices to complete the dish. It is said to be a winter dish because it has a perfect blend of sweet and spicy, which is just the remedy for the chills!

7. Nihari

Nihari is a dish cooked with beef, mutton or chicken and is a soup curry usually consumed for breakfast. This spicy winter food is prepared overnight

and had with puris, makes for a hearty indulgent breakfast. The dish takes all night to cook until the meat turns soft and tender, which swiftly melts in the mouth.

8. Chikki

The Indian nutritious bar of nuts and jaggery is a perfect crispy dessert. You can



ditch your chocolates for this healthy sweet substitute. It serves as a snack, a good dessert or just something to munch on while you beat your boredom. A chikki a day is sure to keep the winter chills away!

9. Panjiri

Panjiri is a delicious wheat mixture of ghee, sugar, and lots of almonds. You can keep eating it without realising the amount you've gorged on. The goodness of ghee and nuts will keep you fit and glowing during

the winters.

10. Methi Pakora

With the availability of the best methi produce in winters, seizing the opportunity of eating pakoras with a hot cup of Chai is very important. Methi pakoras are irresistible, and there isn't any limit to eating them.

So now you know what winter food in India to keep you warm and fuzzy. Don't miss out on the opportunity to eat as many winter dishes you can so that you don't have to wait until the next season.

KEEP YOUR CHILD AWAY FROM...

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medication and by controlling the body temperature with complete rest can bring about a change in health condition within a couple of days.

Your child should

be fever- and symptom-free before he/she goes back to school or daycare. Check with your doctor if you aren't sure whether she's still contagious. Ask her school or day-

care about their policy on when a child can return after illness. Hand-foot-and-mouth disease is not the same as foot-and-mouth disease, which comes from a different virus and only affects animals.

LAST YEAR WE ALL MISSED GOING OUT DURING WINTER VACATION DUE TO COVID RESTRICTIONS. THIS YEAR THINGS ARE MUCH BETTER, SO WHAT WOULD BE YOUR FAVOURITE PLACE TO GO THIS VACATION. ALSO MENTION WHY IT'S YOUR FAVOURITE.

Send your opinion in not more than 50 words to datewithhealth@gmail.com

on or before 15th November, alongwith your Name Age and Occupation.

Don't forget to send in your profile picture too.

सहचरी
Celebrating Womanhood

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Today Menstrual Hygiene Awareness Camp by Sahochori at Bara Dighi Tea Garden, Tilabari Division, Office Line Colony. Happy to spread the message among our social underprivileged and economically challenged sisters.

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