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E-mail: jsw.fin.mfd@gmail.com

# Date with Health


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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 - 2 (November 1-30, 2021)

Print Edition was not printed due to the pandemic and its related problems, the inconvenience caused is regretted.

You can see the same digitally on our website:

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

- Editor

## CHILDREN OF TODAY ARE LEADERS OF TOMORROW

“The greatest gifts you can give your children are the roots of responsibility and the wings of independence.” This quote of Denis Waitley beautifully tells us about the enormous responsibility the society has towards children. Children are the priceless treasures; precious gifts from God. We are accountable to nurture them as holistic individuals ensuring their physical, emotional, psychological, and spiritual growth. If we take care of them and their education then they will become the responsible leaders of tomorrow. But if our children are weak today, then the future of our society will be weak.

14th November is the birthday of Pandit Jawaharlal Nehru, the first Prime Minister of Independent India who is popularly known as Chacha Nehru amongst children. He was a great leader who was keen about the welfare, education and

development of children in India. Even though he was very senior in stature, he was fond of children and would spend valuable quality time with them. As a

the future.

There were a number of challenges that our children had to face during these challenging times of the Covid-19 pandemic.



tribute to him, his birthday is celebrated as Children's Day in India. Children's Day is an important event not only for children but also for parents and teachers as this day celebrates the spirit of childhood and reminds us that our children need to be loved and cared for. Children are our future; they are the leaders of tomorrow. It is beautifully said that they are the living messages we send to

Apart from the challenges, the pandemic also taught us that roles and responsibility need to be shared. While teachers and parents do their best for the children, children on their part need to put in required efforts to make the best out of the opportunities provided. The situation of lockdown provided children the space to become independent learners, enabling them to explore their abilities for time

management, development and care for their happiness. Dear children, do not be discouraged due to the challenges of the present times, you are precious to your parents and to us. You

management, development and care for their happiness. Dear children, do not be discouraged due to the challenges of the present times, you are precious to your parents and to us. You



petus, parents and teachers should continue to encourage children and motivate them to become resilient, responsible and proactive learners. Children are full of energy and potential; parents, teachers and society can together help them realize it in their lives.

Parents and teachers are urged to nurture children and train them to be honest and responsible citizens of tomorrow. Love them

are kings and queens in the making. Be grateful to God for your parents and teachers and for the gift of life He has given. We wish you a healthy, happy and bright future!

**A VERY  
HAPPY  
CHILDREN'S  
DAY!**

**Dr. A. F. Pinto  
Chairman,  
Ryan International  
Group of Institutions**

**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

### INVEST FOR THE FUTURE GENERATION

Man is probably the most selfish species in the world. He just looks at his comfort and peace even at the cost of harming and destroying nature and his surrounding. In his quest to crowd cities and towns and get his own house, he has recklessly destroyed the landscape. Cleaning up forests for expanding his own residential areas and in the process leaving several wildlife species homeless. Haven't the cities closer to forest areas witnessed attack on kids and elders in parks and outside their homes by wild cats. By destroying their habitat we have invited them to roam in residential areas and make our own fellow beings vulnerable to such attacks.

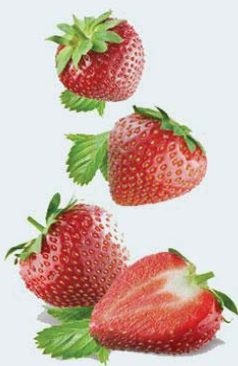
No one is suggesting that human beings shouldn't grow and expand but certainly not at the expense of other living beings. We are solely responsible for the global warming issue and cannot expect the animals to solve it for us. We need to take the initiative of going all out and on a war footing to plant as many saplings as possible. We have harmed the environment and now it's our duty to correct it.

Metropolitan cities should be spared of overcrowding, and this will be possible if new industries and employment opportunities are created in smaller towns and villages. Local people will get job opportunities in their vicinity. The lesser load on big cities means lesser space occupation and in turn no reckless felling of trees and greener surroundings.

Hope this New Year we include sapling plantation in our resolution and adhere to it religiously ..... Don't say at the end of the next year that you were an atheist 😊😊

#### 5 health benefits of eating strawberries

- 1 Help to stimulate the burning of fat.
- 2 Slow down the aging process.
- 3 Good for heart and bone health. Also reduces high blood pressure.
- 4 Help with maintaining healthy skin.
- 5 lower the risk of a stroke and heart disease.



\* Strawberries contain vitamin C, potassium, vitamin K and magnesium

## MENTAL HEALTH IN CHILDREN PART 9 – HEALTHY EATING IN CHILDREN

While reading the title, a thought would come that do children have eating disorders when they are babies, or when they grow like above 6 and then start fussing more about it.

According to DSM eating disorders would include, anorexia nervosa, bulimia, binge eating etc. However I would like to focus more on the modern eating disorders rather than the disorders from the manual and the modern disorders are eating junk food and untimely eating patterns. This topic can also be covered in Obesity in children, however as far as obesity is concerned, food is just one part of it, there are many other attributes to it.

The cases of eating disorders that I have handled are more of children wanting only pizza or a burger for lunch and for dinner. There are many parents who have exposed children to this food, known as junk, meaning garbage from a young age leading to addiction of junk food. Most of the fast food or junk food contains excessive amount of sugar, fats and carbohydrates, less minerals and vitamins. The excessive sugar and fat releases dopamine instantly which gives the pleasure feeling or feeling of satisfaction.

We are all aware that too much of junk food can give rise to high risk of Obesity, diabetes, cardiovascular diseases, non-alcoholic fatty liver diseases and some types of cancer. Despite knowing the above, there is a huge rush for burgers and Pizza's and parents do not prevent it right from childhood as parents also enjoy the same often. It is as if the entire family finds pleasure and satisfaction together while having this so called Happy Meal.

The topmost addictive food in the world are Pizza, Chips, Burgers French Fries, Ice creams, Soft drinks, Cake, Cookie, etc. These are priority list when it comes to buying a quick meal.

It is very essential to wean the children off while they are small. I had restricted my son to drink coke or other soft drinks till he was 18. Post that it is not that harmful if had in small quantities, but if the person does not have it for first twenty years, then he or she will never crave it as it is not in the body.

So parents need to take this step to keep

healthy eating patterns in children. If the habit is already there, here is how to wean them off.

The trick is training the tastebuds to find pleasure in different food that also releases dopamine which is the pleasure feeling releasing neurotransmitter.

1. Clear the kitchen first from all the junk food and replace with healthy snacks made at home, but which look attractive and similar.
2. Clear the online ordering apps and make it difficult to order. At the same time keep the substitutes like protein snacks, low carb and less saturated fat snacks and probiotics handy.
3. Food like beans if eaten in good quantity also releases dopamine.
4. Use your creativity to convert a roti into a pizza base and make at home.
5. Invest in gadgets which will make your work easier and the life of the family healthier.
6. Convert fruits into popsicles and refrigerate which will substitute for icecreams.
7. Give ample praise for good food habits and do not forget to remark on the glow of the skin, hair and face due to healthy eating.
8. Use plant based sweeteners and jaggery or honey for your deserts.
9. Add a lot of color to the food with the help of greens and colored cabbages. It is the visual

which helps a lot.

10. Make simple home made chutneys and sauces which will enhance the flavor and make it like the outside food.

I have seen hundreds of families switch over to healthy eating and benefitting. Besides eating healthy it is also essential to eat on time and right time. Eating food together and eating three hours before sleep time is the best habit one can inculcate. I eat my dinner at 6.30 now, 15 years ago I began with eating early habit with my son. We began from 8pm and now we both have reached to 6.30 to 7pm dinner time. The question I always get is don't you get hungry. Actually no I don't, but if ever I do, I eat an apple or drink warm milk with turmeric and honey or eat oats in very small quantity or seeds and nuts. However this happens very rarely.



**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

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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



## HAPPY HEALTHY HOLIDAYS

day, eating fiber rich foods, pacing your meals and doing some movement during the day.

- Snack before parties, do not arrive famished and reach out for high calorie rich foods.
- Avoid “RECREATIONAL EATING” At a party don’t stand next to the food table and



mindlessly munch on starters.

- Avoid alcohol on empty stomach, it

increases your appetite and diminishes your abilities to control what you

- Pay attention to what really matters. Although food is an integral part of the

It’s the holiday season, a joyous time.

Holiday parties with cocktails, sweet treats, family meals.

How to enjoy your favourite food and traditions and still stay healthy?

The key is having a mindful approach towards nutrition.

- Be consistent of your eating habits.
- Do not skip meals in hopes of saving

up calories for the big dinner...

- Enjoy healthy balanced meals from all food groups.
- Have the required portions of healthy foods with small portions of the treats you love.
- Keep your metabolism and energy levels up during the holidays by reducing stress, sleeping for 7 to 8 hours a



eat.

- Stay “HYDRATED” instead of caffeinated.
- Put on your dancing shoes. It is a great fun way to burn off the calories.

holiday, focus on family, friends and doing fun activities with lots of laughter and cheer.

**Wishing everyone Merry Christmas and a Happy New Year**

## EVERY GLASS OF MILK IS NOT THE SAME



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

Research suggests that people over the age of nine should drink three cups of milk every day. That’s because milk and other dairy products are excellent sources of calcium, phosphorus, vitamin A, vitamin D, riboflavin, vitamin B12, protein, potassium, zinc, choline, magnesium, and selenium.

But did you know

that every glass of milk is not the same? Our knowledge about milk is confined only to cow’s milk & buffalo milk. They are good sources of calcium and other vitamins. But we have more choices that are better than these especially if you are allergic to regular milk. In this article I will be discussing about every glass of milk that has a peculiar health benefit and also calorie wise also they are different from each other. I have classified milk into 6 categories and they are as follows:

1. Almond Milk
2. Cashew Milk
3. Coconut Milk
4. Dairy Milk
5. Soy Milk
6. Oat Milk

**Almond Milk:** Nutritive value of one glass (150 ml) of al-

mond milk provides:

- **Calories:** 30-35 cal
- **Fat:** 3 grams
- **Protein:** 1 gram
- **Carbs:** 3.5 grams

With the rise of plant-based diets and dairy sensitivities,

many people look for an alternative to cow’s milk. Almond milk is one of the best plant-based milks because of its rich texture and flavour. Almond milk is an excellent and natural source of vi-

tamin E, which is a fat-soluble antioxidant that helps protect your body from free radical damage.

**Cashew Milk:** Nutritive value of one glass (150 ml) of ca-

shew milk provides:

- **Calories:** 25-50 cal
- **Fat:** 5 grams
- **Protein:** 0-1 gram

Cashew milk is high in B-vitamins. It is also rich in vitamin D and monounsaturated fatty acids. The milk

also contains important minerals like zinc, magnesium, copper, calcium, potassium, and zinc.

**Coconut Milk:** The milk is also a good source of several vitamins and minerals. One glass (150 grams) contains:

- **Calories:** 552
- **Fat:** 57 grams
- **Protein:** 5 grams
- **Carbs:** 13 grams

Coconut milk and cream are sources of healthy fats called medium-chain triglycerides (MCTs). Several studies have found that consuming MCTs promotes weight loss by decreasing appetite and increasing energy. Coconut milk comes from the white flesh of mature brown coconuts, which are the fruit of the coconut tree. The milk has a

thick consistency and a rich, creamy texture.

Coconut milk should not be confused with coconut water, which is found naturally in immature green coconuts. Unlike coconut water, the milk does not occur naturally. Instead, solid coconut flesh is mixed with water to make coconut milk, which is about 50% water. By contrast, coconut water is about 94% water. It contains much less fat and far fewer nutrients than coconut milk. Additionally, it’s an excellent source of protein and contains hundreds of different fatty acids, including conjugated linoleic acid (CLA) and omega-3s.

**Dairy Milk:** 1 cup (150 ml) of cow’s milk

**Contd. to page 5**

Every glass of milk is not the same

<b>Almond Milk</b> 30-35 cal/1g protein	<b>Dairy Milk</b> approx 103 cal/8g protein
<b>Cashew Milk</b> 25-50 cal/0-1g protein	<b>Soy Milk</b> approx 80-90 cal/7-8g protein
<b>Coconut Milk</b> approx 45 cal/0g protein	<b>Oat Milk</b> approx 140-170 cal/2.5-5g protein



## A POSITIVE APPROACH TO ARTHRITIS

Arthritis may be the oldest known ailment to mankind. The name comes from two Greek words, artho- joints and itis- inflammation. It is the inflammation of the joints. Inflammation causes swelling, redness, warmth and pain. It may be caused by trauma or injury or by wear and tear because of ageing. Usually pain, spasm and loss of function are indications of joint inflammation. Symptoms vary widely, ranging from mild aching to extreme deformity. It is one of the most prevalent health problems and causes disability. Arthritis assumes various forms, the most prominent being Osteoarthritis and Rheumatoid arthritis. Other types include gout, ankylosing spondylitis, juvenile arthritis etc. Not all joint pains may be arthritis. However, if pain persists or occur more frequently, then it needs investigations like RA factor, uric acid in the blood etc.

**Osteoarthritis:** Osteoarthritis is a degenerative joint disease which usually occurs in older age group. It is more frequent in women than in men. It results from structural changes in the articular cartilage in the joints, usually those which are weight bearing such as spine and the knees. The chief symptom of osteoarthritis are pain and stiffness in the joints. The aggravates in cold and damp weather and is relieved by warmth. Other symptoms include watery eyes, leg cramps, allergies, arteriosclerosis, impairment in the functioning of gall bladder and liver disturbances. The possible causes include malnutrition, continuous physical stress, obesity, glandular insufficiency, calcium deficiency, shortage of hydrochloric acid, menstrual disorders i.e loss of calcium and iron during excessive bleeding, wrong posture.

**Rheumatoid arthritis:** It is an auto-immune disorder, a condition in which the immune system attacks the

body itself. The areas most often affected are the fingers, wrists, shoulders, knees, hips and neck. It also affects the muscles, tendons and other tissues of the body. Generally, it occurs between the ages of 20 and 40 and women are more prone. It is often called the "Cooked food disease". It usually develops gradually over several months with persistent pain and stiffness in one or more joints. Ultimately, the whole body is affected. Symptoms include anaemia, colitis, constipation, gall bladder disturbances, low bp, deformed hands and feet and sometimes fever. It may be caused by hormonal imbalance, physical and emotional stress, infection, severe fright, shock and injury. Hereditary factors also may be responsible for the onset of the disease. Studies show that rheumatoid arthritis usually occurs more commonly in those who are nervous, tense, emotional, worried and moody.

**Gout:** Gout also manifests with pain and swelling in the joints and many times skin becomes red on the swollen joints. Develops due to faulty metabolism resulting in increased uric acid in the blood, exceeding the normal limit of 3 to 6 mg/100ml. The excess uric acid not excreted by the kidney is accumulated in the joints leading to gout. Although can affect any part of the body, the large joint of the big toe is usually attacked first. Other causes include alcohol, non-veg food, foods rich in protein and carbs, lack of proper exercise, obesity, insufficient water intake, stress and strain.

**Ankylosing spondylitis:** In this type the small joints of the spine are affected first. Pain in lower back and legs is one of the first symptoms. The hips and shoulders may be involved. This affects more men than women between the ages of 20-30. Other joints of the body are simultaneously involved as the disease progresses.



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

### MANAGEMENT OF ARTHRITIS

The earlier arthritis is diagnosed, the better because the disease is progressive and the treatment can help slow or prevent further damage to the joints. There's a lot you can do on your own to help ease the ache.

#### **Lose weight, gain relief:**

To help guard with arthritis, try avoiding anything that puts abnormal stress on weight bearing joints. This includes being overweight. If you are overweight, losing weight will reduce a significant amount of the stress and pain you feel in your spine, knees, hips, ankle and feet.

**Exercise for strength and mobility:** For many years, people with arthritis were advised to avoid exercise to reduce the risk that it would further damage their joints. But now we know, 'moving hurts, but not moving destroys'. Incorrect moving harms, but intelligent moving heals. Exercise can reduce stiffness, increase muscle strength and improve damage by strengthening the joints themselves. A doctor or a physical therapist would recommend an exercise program-the type and amount of exercise will depend on which joints are affected, how stable or swollen they are. Appropriate yoga positions are also useful in strengthening the muscles and joints. Swimming is one of the excellent exercise for arthritis. However, sufferers are advised to scale back their exercise regimen and get more rest during a bout of inflammation.

#### **Don't race your pace:**

People with arthritis need to

learn how to pace themselves and not try to do everything they can possibly do on the days when they are feeling good. All that does is makes you tired and sore the next day. Try to do a little each day.

**Bodywork:** This encompasses therapies that use hands on methods and movement awareness to help relax and improve the structure and functioning of the joints. Hydrotherapy, mud packs, Electrotherapy, Chiropractic, Massage etc are all bodywork therapies to reduce arthritis symptoms. Massaging with warm sesame, mustard or coconut oil mixed with camphor helps relieving pain and stiffness of the joints to a great extent.

**Nutrition:** There are several dietary strategies that can help to prevent arthritis or minimize its symptoms. The diet of people suffering from arthritis should be alkaline in nature and include fruits and vegetables for protection and proteins and carbs for energy. Should include adequate amount of vitamins, calcium, phosphorus and iron. Vegetables like cabbage, carrot, celery, cucumber, lettuce, onion, radish, tomato and watercress may be used for raw salads. Green juice extracted from any leafy vegetables mixed with carrot, celery and red beet juice is specifically helpful for arthritis. The alkaline action of raw juices dissolves the accumulation of deposits around the joints and in other tissues. Fruits like apples, lemons, oranges, banana, pears, various berries, apricots, plums and melons can be consumed. Fresh pineapple is also valuable as the enzyme in fresh pineapple juice, bromelain, reduces inflammation in osteoarthritis and rheumatoid arthritis. Coconut water is also beneficial as it contains essential vitamins and minerals. According to alternate therapy, raw potato juice is considered useful in this

case. Foods that are harmful should be excluded from the diet. These include aerated drinks of any kind, preserved meats, food stuffs made of refined flour or added preservatives, candy, sugar, excess salty or spicy etc. Smoking and consuming alcohol should also be restricted. Seeds like flaxseeds, fenu-greek seeds and black onion seeds should be included in the diet. Ginger, garlic etc that contain anti inflammatory properties should be consumed. Vitamin A and D play an important role in warding off infections and thus preventing the disease. Orange, papaya, carrots, milk, all green leafy vegetables, tomatoes, raw banana are rich sources of vitamin A. Vitamin D is chiefly obtained from exposing the skin to sunlight. Sunlight is an important factor in the prevention of arthritis. Other vitamins like B complex and E may be lead to flexibility and strength.

Constipation should be avoided as it poisons the system and adds to the irritation and inflammation of the joints. The body should be kept warm at all times. Joints should not be bandaged tightly as this limits movements and interferes with the free circulation of the blood. There should be plenty of ventilation. Rest is very important for those suffering from arthritis; they should not over do their work, exercise or recreational activities. Should try meditating and avoiding excessive stress.

There is no cure for arthritis, but pain and disability can be significantly relieved with a holistic approach including pharmaceuticals, exercise, mind-body techniques and proper nutrition. The Arthritis Foundation (AF) states that some supplements may relieve pain, stiffness, and other symptoms of arthritis. It also suggests using supplements alongside arthritis drugs, not as a substitute. Medications are the only scientifically proven treatment to slow joint damage.



## Eye Check Up Camp - Service to Uniformed Personnel

The Rotary Club Of Satellite City Navi Mumbai has been regularly contributing towards community services keeping in line the objectives of Rotary International, an organisation more than 117 years old. RCSC recently conducted a Medical and Eye check-up camp in association with Drishti Eye Clinic and World Optics, Vashi for NMMC Fire Brigade, Nerul. During the three hour camp, nearly 45 beneficiaries were screened who were primarily the Fire Brigade personnel and their relatives from Fire Brigade colony.

In the Medical camp, six diabetes, eight hypertension and five obesity cases were diagnosed. Further, one patient with left eye Amblyopia, ten patients with dry eyes, one patient with early Nasal Pterygium and some cases with refractive errors were diagnosed. The medical doctors present during the camp, Rotarian Dr. Tushar Muni and Rotarian Dr. Jitendra Khandge advised appropriate investigations. During

the camp the personnel and family members were counselled for other medio-behavioural subjects.

Rotarian Rajesh Rokade, an Architecture Professor supported the team to seamlessly organise the



events. Rotarians Purshottam Kumar, an Investment Advisor and Ashesh Jain, an Steel Industry Professional visited the camp.

Dr. Muni and Dr. Khandge jointly shared that, 'RCSC has planned similar medical events and non-medical events like 'Disaster Response and Management' activities with other fire stations in Navi Mumbai as a 'Service to Uniformed Personnel'.

### EVERY GLASS OF MILK...

Contd. from page 3

contain

- **Calories:** 146
  - **Protein:** 8 grams
  - **Fat:** 8 grams
- Buffalo Milk**
- **Calories:** 237 cal
  - **Protein:** 9 grams
  - **Fat:** 17 grams
  - **Carbs:** 12 grams

Cow's milk is a good source of protein and calcium, as well as nutrients including vitamin B12 and iodine. It also contains magnesium, which is important for bone development and muscle function, and whey

and casein, which have been found to play a role in lowering blood pressure.

Buffalo milk provides high amounts of calcium, a mineral needed for bone development. It's also a source of casein-derived peptides that may promote bone health and reduce your risk of osteoporosis, a disease characterized by bone weakening and increased risk of fractures. Buffalo milk is a rich source of calcium.

Buffalo milk is also loaded with other minerals such as copper, manganese, phosphorous and zinc which further helps strengthen bones. Buffalo milk has more calcium than cow milk.

**Soy Milk:** 1 cup (150 ml) of soy milk contains :

- **Calories:** 90 cal
- **Protein:** 7 grams
- **Fat:** 1 gram
- **Carbs:** 6 grams

Soy milk is a well-known dairy milk replacement, but it's not just a substitute ingredient. Soy milk can

**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.**



I travel rarely, however I would like to explore many places in India first. Leh & Ladakh, for its natural beautiful and secondly to meet intelligent person named Sonam Wangchuk (I suppose he is a scientist). He has done many projects for the community in reasonable cost.

**Sukhwinder Sanjay, Homemaker, Navi Mumbai**

My favorite destination is that place in a thick jungle on hill side. I am very much excited to live in a small cosy house where I can live in peace of mind with any one to accompany me. Need only basic facilities to cater my daily needs of life. Name of place is not necessary.

**Chetan Sharma, Media professional, New Delhi.**



We have spent two days at Della Adventure Park in Lonavala (Raigad district Maharashtra). The two days vacation was amazing. It is a family adventure park. There are so many activities and adventure like Flying Fox, Swoop Swing, Rope Challenge, Mountain Climbing, Paint Ball, Shooting and Archery etc. We had a wonderful time there.

**Nabil Hanif Mukri, Student, Khopoli (Raigad) Maharashtra**

My favourite destination is African safari. We have been going to African countries for past 24 years. We almost every year during summer vacation we are there. Covid has spoilt all our plans. I was eagerly waiting when the rules got relaxed a bit. Many people might be thinking what is there in safari just few animals and come back. But my views are different whenever I visit every time I got to see new and different things. Last time means in the year 2019 we saw flamingo, almost more than half the lake had only PINK color. Then we saw Red Elephant whose tusk are so big that it reaches the ground. It's so beautiful to see them roaming lavishly as they want and wherever they want. We even saw Migration, it's a beautiful and out of the box experience seeing animals passing from the Mara river. We held our breath as the lake is full of Crocodiles. It's a case where the strong and lucky ones cross. I strongly feel everyone should atleast visit once in their life time.

**Anita Tamse, Kopar Khairne**



### WHAT IS YOUR NEW YEAR (2022) RESOLUTION

Send your opinion in not more than 50 words to [datewithhealth@gmail.com](mailto:datewithhealth@gmail.com) on or before 15th December, alongwith your Name Age and Occupation.

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

be a worthwhile addition to your diet on its own. This healthy, flavorful beverage first came about as a waste product on the way to making tofu. Today, soy milk can be found around the country as a lactose-free dairy substitute with health benefits that are all its own. The vitamins, minerals, and antioxidants in soy milk can provide important health benefits. For example, the forms of vitamin B found in soy milk are important for helping your

body maintain your nerve cells and DNA. They can also help you avoid certain forms of anaemia, which can prevent tiredness and fatigue.

**Oat Milk:** 1 cup (150 ml) of oat milk contains :

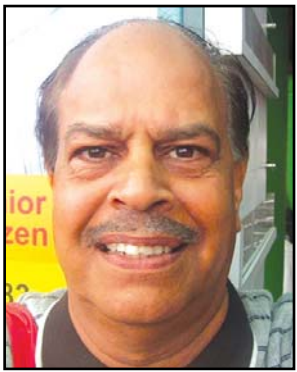
- **Calories:** 170 cal
- **Protein:** 5 grams
- **Fat:** 5 gram
- **Carbs:** 16 grams

Compared to other types of milk, oat milk generally has more calories, carbs, and fiber than almond, soy, or cow's milk while providing less protein

than soy and dairy varieties. Particularly, oat milk is a good choice for people with allergies or intolerances. It's naturally free of lactose, nuts, soy, and gluten if made from certified gluten-free oats. Not to mention, it's delicious and may benefit bone and heart health. Oat milk is unique in that it's free of many of the allergens found in other types of milk. Plus, it contains beta-glucans — a soluble fiber that may offer heart health benefits.



## HEALTH IS WEALTH - TAKE PROPER TEETH CARE



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

### HOW HEALTHY ARE YOUR TEETH?

Several middle-aged and elderly people have reported health improvement after they got dentures fitted. Increasingly, records in dental clinics are proving a theory that dental surgeons have suspected for some time as oral health is closely connected to general

health. Even after a post open heart surgery and replacement of a valve, the doctors go through the dental care and pay high importance to the vital aspect.

Take diabetes and tooth decay, an established connection. Among the hundreds of written discussions on the subject, it is observed that the higher your blood sugar level, the higher your risk of tooth decay. Larger supplies of sugars and starches in the diabetic interact with mouth bacteria to form plaque. Acids in the plaque cause cavities. Diabetes reduces the ability to fight bacteria, slows healing, and the plaque goes on a rampage. You get gin-

givitis and periodontitis, which means your teeth loosen and fall.

Diabetic patients are more likely to develop periodontal disease, which, in turn, can increase blood sugar and diabetic complications. Preventing and treating periodontists can help improve blood sugar control. It is quite imperative to inform a dental surgeon if you have BP, diabetes or have had valve replacement. Smoking increases the risk of complications from diabetes and gum disease. If you have bad breath, check for chronic sinusitis, gum problems, digestive tract acidity, indigestion.

Oral health has be-

come as important as the health of any other part of the body. In fact, recent research has shown how oral health mirrors the condition of the body as a whole. Poor oral health is an indication of other health problems in the body, while good oral health is a reflection of good health. There are also indications in new studies how poor oral health results in preterm low birth weight babies, according to various research made. Though the exact connection is yet to be established, it is now generally believed that good oral health is good for expecting mothers and the child.

Formation of tartar and plaque alongside

the teeth and gum lines causes gum diseases. Plaque causes infections that damage both the gums and the bone underneath. Regular brushing and keeping oral hygiene is the only way to keep such infections, called gingivitis, away. However, if infected, it needs to be treated by a dentist as per his guidance. Mouthwash can provide you an instant solution but it is up to the person concerned to have hygiene of your teeth in a proper way and that gives the much needed confidence and an appealing appearance.

Preventive health practises like brushing teeth twice daily and regular check-ups

and cleaning, eating a well-balanced diet and giving up smoking are some of the healthy practises to maintain oral hygiene. There is also a right way to brush the teeth that gives a long life for the teeth to last longer.

ThinkMouth, Think Health' is the theme of this year's World Oral Health Day, which is a slogan for prevention and control of oral diseases for the next three years. And it is time to have the best teeth care, which will give you an additional advantage to eat and taste even at the age of 80. Take care of your teeth and use a proper toothbrush and toothpaste to remain extra fresh and extra confident.



**Sahrish Akhtar**

### 1. Dry, itchy skin

Dry skin and the itching it causes are very common during winter.

- **Using creams instead of lotions.** Thicker creams protect you better. Use them generously, as often as needed.

- **Protecting your face** when out in the snow. Apply a layer of petroleum jelly or Aquaphor® ointment, even under winter gear, to reduce risks of windburn and frostbite.

- **Seeking help for persistent itching.** If moisturizers don't temper the itching. To minimize dry skin all year, avoid

long, hot showers, and use warm, tepid water instead. Apply body lotion within three to five minutes to seal in moisture.

### 2. Arthritis pain

Winter tends to bring on more arthritic pains. Cold and wet weather, along with changes in barometric pressure, are the most frequent culprits. To minimize the impact of cold weather on joints, dress warmly and in layers. When going outdoors, wear mittens, socks and a hat.

Staying active throughout winter is good for the joints. Try cold-weather-friendly activities like walking indoors, swimming and aerobics classes.

### 3. Depression

For some people, winter's grayness, lack of sun and short days wear on the psyche.

"It's the time of year people with seasonal affective disorder (SAD) In SAD, depression surfaces in late fall or early winter, fading by spring or early summer. Also, the reduced physical and social activity in winter can dampen anyone's spirit. We can all benefit from finding ways to keep our bodies moving and to liven up our social calendars.

### 4. Colds and viruses

Fever, chills, head congestion, postnasal drip and cough — and sometimes nausea, vomiting or diarrhea. "Respiratory and flu-like illnesses are the most common acute illnesses we see," he says. "The overwhelming majority are viral and do not require antibiotics." When should you visit the doctor? Only if you've been sick for

more than 10 days OR you can't function well due to persistent shortness of breath, high fever, etc. Your doctor will likely recommend rest, fluids, a bland diet and medications for specific symptoms. Get proper rest, eat a healthy diet, wash your hands often, reduce stress, and exercise.

### 5. Weight gain

Putting on weight between Thanksgiving and New Year's prompts many people to start working out again. Check with your doctor before you begin, advises exercise. "For specific advice on the right routine, speak to an exercise professional," she says. "No two people are alike, so all exercise and workout routines should be customized." A customized workout will factor in your:

- Health history

- Cardiovascular endurance and strength

- Personal goals
- Times/days available for exercise
- Access to exercise equipment
- Favoured forms of exercise and what you've done

Age should not determine which exercise is safe or effective for you — you should exercise to your ability. Generally 150 minutes of moderate-intensity cardiovascular exercise are recommended per week. "As long as you exercise for 10 continuous minutes — even walking — it's cardio." Add resistance training at least two days a week (not back-to-back), and stretch daily, or as needed.

### 6. Frostbite

You don't have to be a mountain climber — the very young, the

elderly and the chronically ill are susceptible to frostbite, too.

The colder it is, the quicker frostbite can develop. In frostbite, water in the skin's soft tissues (typically the fingers, nose, toes and face) starts to freeze. "As damage continues, you can ultimately lose fingers, toes and extremities." Anyone with symptoms — including pain and skin discoloration — should get inside quickly, then head to the emergency room.

It's best to stay indoors in very cold weather. If you venture out, cover your hands, ears and face, and keep clothing dry.

Adopting these healthy habits should help you minimize winter's hazards, and thrive — not merely survive — in the cold months.

## Winter Health Hazards and How to Beat Them

## DEVASTATING IMPACT OF COVID ON BUSINESS AND INDUSTRIAL SECTOR IN KASHMIR



**MUSAIB BIN NISAR**  
**Managing Director**  
**Himaliyan Peaks**  
**Wood Industries**  
**(Kashmir)**  
**smusaib567**  
**@gmail.com**

With access to global data and news on one tap of your finger, we have all come across the fact there was and still is a deadly virus going around in the world, preying on our health, wellness as well as our pockets and we all know that the current situation is worrisome due to the Covid-19 pandemic. We have witnessed how it's brought the biggest countries in the world to their feet. The countries which had the best health care and patient care system were helpless and devastated and after many failed attempts we are now somehow gathering our courage and trying our best to get over the destruction it caused, first one top superpower country to other and then the other countries.

It has its effect on everything, but for us, people of the industrial sector, it has gotten things even worse, we are crumbling within and no one is even noticing that because right now our priorities lie somewhere where there is more vulnerability. Our health has been our main concern for a long time now, but we cannot be blinded to the fact that our finan-

cial matters are getting worse every passing day. As a third world country we have suffered a lot already because of this pandemic and for quite some time even now we don't have the apt measures to deal with the devastation and destruction it has caused our industrial sector, especially to the businesses which had just started to bloom like those early morning glory flowers. We are no aliens to the situation in Kashmir for past few decades, it's always been on and off and then suddenly we were put in a lockdown because of this pandemic which worsened our business environment even more.

Huge superpower countries and their business sector suffered unmeasurable losses, whilst here in India we have already been suffering from a while due to various reasons and everything going on over here has already made the industrialists and young entrepreneurs over here suffer losses which are beyond redemption, and due to this recent, many budding units went bankrupt. Businesses that were invested in by people in hopes to make their dreams become a reality are now forlorn dreams. Many of the young entrepreneurs who were thinking of starting up their ideas and make their lives better have completely dropped the idea of entrepreneurship. The current situation is not only worrisome in terms of health issues but also in terms of business losses here in Kashmir. We have already gone through a lot of timely losses due

to uncertainties and unfortunate lockdowns, shut downs, and now due to the covid-19 pandemic we had to shut down our units for our very own safety as well as the safety of our employees which put the last nail in coffin and ruined everything we had worked for. It decreased our development by almost 10-15 years and the efforts that were made to make our private industrial sector and business units grow and developed were all in vain, but this is high time to talk about the situation of industrialists as well as the small business owners.

This pandemic has affected every single business person ranging from the street vendor to the big shark industrialists of the country. Though this is a disaster nature put us through, it's an endlessly fearsome thing for young entrepreneurs like me and the ones I know who are struggling with payments of bank loans, debts to various people and companies and it's threatening the spirit of entrepreneurship here. It's not a hidden fact that not many people here in India would go after businesses and leave the notion of getting government jobs. Everyone knows that our parents as well as most of our youth due to the prevailing circumstances over here is conditioned to think in a way where govt jobs feel like the most secure option. Yet this notion was shifting its way and changing for better, but first the situations arising here broke the spirit of entrepreneurship among the youth

and now this Covid-19 seemed to be on a mission to get it completely erased from the mind and hearts of our youth, which is what is more worrying than the fact that the disease kills. With growing pressure from the banks and other creditors have made it difficult for the debtor to survive their businesses. Covid-19 is not only dangerous to one's body but also to the will and spirit of youth to do something better and change lives. It is deadly to creativity as well as to the faith in oneself to become a life changing entrepreneur.

In terms of business and industrial development, it's always been hard for the small businesses to survive when there were big sharks hunting them down and get them to merge and give up their ideas, it has taken us a decade to get to a point where our youth is finally starting to develop a notion of entrepreneurship as a way of being successful and happy in life. But with the given condition, our ideology is going backwards to the era where our youth would look for safe options than have a will and take risk to do something big. This pandemic has proven to be deadlier than many of the deadliest diseases we have ever come across. Being locked up in house gave us enough time to think and then go in a process of overthinking things and make the conclusions that aren't very healthy for a risk taking young mind to turn an idea into a big business opportunity, for me in person corona virus is more than a disease. It is an enemy

that is compelling me to re-think my place and my source of income. It is making me have second guesses about why in the world did I even think of choosing to do a business whilst I knew the worst case scenario over here in Kashmir.

With growing rates and increase in the prices of raw material and all the other items that are used by industrialists and consumed by the consumer it almost seems like we would never be able to cope up with the market demands and supply. I am sure many of the young entrepreneurs like me are going through the same situations and thinking the same. It's like we are regretting the choice we made about our careers and now we think of ourselves as helpless people who took a risk to change their lives whereas nature opposed them. Such are the times where young minds like me go into the deep overthinking process and end up being hopeless and lose their will to do something different, something big, and something better, and these are exactly the times where we should come forward address the issue and encourage the youth that you are not alone, that we are going through the same things. We are suffering same losses and we are being targeted in terms of health, economy, finance and what not by this Covid-19 pandemic. So, it's a high time that we keep our spirits higher than ever, and keep our will stronger than ever, and keep going, keep supporting each other through this

calamity.

In these testing times I would like to address my youth through this piece of writing, I would like to let them know that their spirit and will of changing lives is far stronger and mightier than the disease that was out there killing people, killing dreams and killing the opportunities to make our and other young people's lives better than what they are and change the situations with new innovative ideas. I would like to point out that our faith and our will matters and that is what will get us through these testing times if only we hold on tight to the rope of hope and will. We may be suffering unmeasurable losses which might put us in debt for a long time we may think that we might never recover these losses and never be able to grow our businesses as we had dreamt for them but I am hoping that these big sharks and the companies we deal with, will make better policies for us to get out of this financial disaster that came, This threat that we are facing, in terms of health and wellness as well as in terms of finances, we can only overcome it if we help each other out through it. Be each other's cornerstones and get this industrial sector blossom back to its glory. Let our budding businesses have an environment where they could bloom beautifully into amazingly successful industries and let us restore our dreams and the will to turn those dreams into a reality just as we had been planning and dreaming about it for all this time.

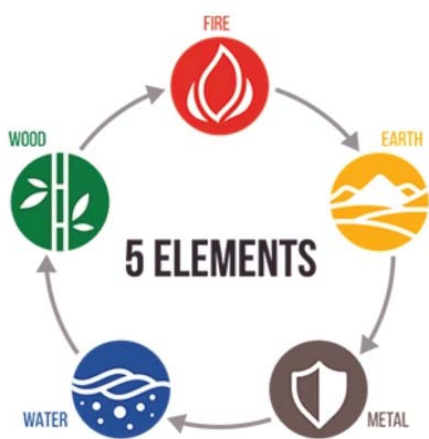


# WHAT ARE THE FIVE ELEMENTS?



**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.**

The 5 Elements are continually evolving and changing within you, and some elements become stronger and more dominant at different stages in life. The five elements help explain physiology and pathology within the body. Each element has unique characteristics and are associated with season, weather, colour, personality type, and symptoms/disease states.



**WOOD:** If you are a “Wood Personality,” you may be someone who is athletic, energetic, and adventurous. The body type of a wood personality is generally well-muscled. Wood personalities tend to be anxious and angry. Wood personalities may suffer from orthopaedic issues, TMJ, migraines, or Attention Deficit Disorder.

- **Organs:** Liver & Gallbladder
- **Season:** Spring
- **Weather:** Wind
- **Direction:** East
- **Emotion:** Anger
- **Colour:** Blue / Green
- **Taste:** Sour
- **Sound:** Shouting
- **Sense Organ:** Eye
- **Sensation:** Vision
- **Body Tissue:**

tendons, sinews  
**FIRE:** A “fire personality” consists of someone who is passionate, creative, and

authoritative. Their body structure may be round in the middle with a pointy top. Fire personalities tend to be impulsive and irritable. Fire personalities may suffer from insomnia, high blood pressure, chest pains, or headaches.

- **Organs:** Heart, Small Intestine
- **Season:** Summer
- **Weather:** Heat
- **Direction:** South
- **Emotion:** Joy
- **Colour:** Red
- **Taste:** Bitter, Burned
- **Sound:** Laughing
- **Sense Organ:** Tongue
- **Sensation:** Taste
- **Body Tissue:** Vessels

**EARTH:** An “earth personality” is someone who is nurturing, generous, and care giving. Their body structure may be round and fleshy. Earth personalities tend to be worrisome and pensive. Earth personali-

Elements	WOOD	FIRE	EARTH	METAL	WATER
<b>Colours</b>	Green	Red	Yellow	White	Black
<b>Characters</b>	Pioneer Competitive Likes Challenges	Wizard Lives in the moment Loves intimacy	Peacemaker Community Loyalty	Alchemist Organization Analyse	Philosopher Truth Knowledge
<b>Seasons</b>	Spring	Summer	Late Summer	Autumn	Winter
<b>Organs</b>	Liver Gallbladder	Heart Small Intestine	Spleen Stomach	Lung Large Intestine	Kidney Urinary Bladder
<b>Tissues</b>	Tendon	Blood vessels	Muscle	Skin	Bone
<b>Sensory organs</b>	Eyes	Tongue	Mouth	Nose	Ear
<b>Emotions</b>	Anger 😡	Joy 😊	Worry 😟	Grief 😞	Fear 😨
<b>Tastes</b>	Sour	Bitter	Sweet	Pungent	Salty

ties may suffer from abdominal issues or hormonal problems.

- **Organ:** Spleen, Stomach
- **Season:** Late Summer/Harvest
- **Weather:** Damp
- **Direction:** Centre
- **Emotion:** Worry
- **Colour:** Yellow
- **Taste:** Sweet
- **Sound:** Singing
- **Sense Organ:** Mouth, Lips
- **Sensation:** Touch
- **Body Tissue:** Muscles, Flesh

**METAL:** A “metal personality” is someone who is meticulous, honest, and responsible. Their body structure may be somewhat angular and tall. Metal personalities tend to be melancholy. Metal personalities may suffer from constipation, lung & skin issues, or allergies.

- **Organ:** Lung, Large Intestine
  - **Season:** Autumn
  - **Weather:** Dry
  - **Direction:** West
  - **Emotion:** Grief
  - **Colour:** White
  - **Taste:** Spicy
  - **Sound:** Weeping
  - **Sense Organ:** Nose
  - **Sensation:** Smell
  - **Body Tissue:** Skin
- WATER:** Water

personalities are old souls. They are wise, reflective, and private. Their body structure may be puffy and round. Water personalities tend to be indecisive, fearful, and paranoid. Water personalities may suffer from back pain, knee pain, and kidney & bladder infections.

- **Organ:** Kidney, Bladder
- **Season:** Winter
- **Weather:** Cold
- **Direction:** North

- **Emotion:** Fear
  - **Colour:** Black, Dark Blue
  - **Taste:** Salty
  - **Sound:** Groaning
  - **Sense Organ:** Ear
  - **Sensation:** Hearing, Balance
  - **Body Tissue:** Bone, marrow (CNS)
- CONNECTION BETWEEN 5 ELEMENTS**

The Elements are all connected. Wood feeds Fire, Fire makes Earth, Earth creates Metal, Metal holds Wa-

ter, and Water nourishes Wood. Wood roots Earth, Earth dams Water, Water extinguishes Fire, Fire melts Metal, and Metal cuts Wood. Each element both controls and is controlled by another element. The system is connected, moving, and constantly in a process of balance. One element may manifest heavier within us than others. This is where we are strongest, yet most vulnerable.

  
 Celebrating Womanhood



KINDNESS IS NOT AN ACT  
 IT IS A LIFESTYLE