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# Date with Health

Monthly Newspaper on Health & Fitness

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**WISHING YOU ALL A VERY  
HAPPY PROSPEROUS PEACEFUL  
AND HEALTHY NEW YEAR** ❤️ ❤️



**MASK AND PHYSICAL DISTANCING AT PUBLIC PLACES  
SHOULD STRICTLY BE FOLLOWED AND  
SO SHOULD THE HAND WASHING AFTER COMING HOME.**

**PLEASE NOTE:** Vol. 5, Issue - 3 (December 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](http://www.datewithhealth.com)

- Editor

## DATE WITH HEALTH'S INITIATIVE FOR A BETTER TOMORROW!!!

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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

### THE YEAR HAS CHANGED BUT NOT THE RULES !!!!

Last year same time everyone was coming to terms with Covid 19 and all the issues connected with it. There was optimism though as pharmaceutical companies around the world were working on war footing towards developing a vaccine. The world got it but then somewhere people became a bit casual in the first half of the year gone by. The casual approach probably was due to the fact that unlock process had begun and secondly people thought once vaccine is developed they are free to discard all precautions which they followed during the pandemic. The result was there for everyone to see as we were devastated by the second wave which had created panic as the casualties increased rapidly by the day.

The world was on its way to full normalisation with people around the world getting fully vaccinated. Travel and usual business had picked up momentum, but then the variants started showing up. First there was the Delta scare and now just as the world is entering into the New Year it's Omicron that has started spreading. Though the latter till now has proven to be less lethal and hospitalisation is not needed in most cases, but then it is a couple of times more contagious than the previous variant.

One need not panic but then the precautions and protocols followed during the pandemic shouldn't be dropped. One has to strictly follow to wear the Mask maintain Physical Distancing in public places even now. Get vaccinated as soon as possible (though being fully vaccinated doesn't mean one discards the Mask or doesn't follow physical distancing).

The good part is that now the world is much better placed to take on the variants with an additional protection of being vaccinated, but the fight against Covid and its variants is far from over. If we guard ourselves well Covid is sure to loose. Let us enter the New Year with each one of us adding "Defeat Covid" resolution in addition to our individual resolutions.

**Wishing all Happy Prosperous Peaceful and Healthy New Year !!!!**

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**DATE WITH HEALTH**

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## MENTAL HEALTH IN CHILDREN PART 10 – HOW TO HELP CHILDREN WHO ARE FACING BULLYING

There must be very few fortunate children who have not experienced some kind of ragging or bullying by their siblings, friends, parents, relatives or cousins in their lives.

When it is light kind on ragging or teasing, it is often acceptable as it considered to be of a help to train the child learn to stand for himself or herself and become a strong personality who can face difficult situations in life especially when they grow up and go for higher studies or have to stay away from their parents. Light ragging or teasing could become a training way to ensure that the child learns to say no, be assertive, not succumb and also learn the diplomatic way of handling difficult situations and people.

However when the teasing goes to the level of severe ragging or bullying and leaves the child traumatized then it is a serious nature crime. As it is harming the personality of the child and many children also go into depression or withdrawal.

Parents must be able to see tell-tell signs of a child who is undergoing bullying and is pressurized into succumbing.

We all have a tendency to turn the emotional pressures into physical one and children who are being bullied, often exhibit frequent headaches or stomachache as a means of escaping from the situation, for example if the bullying is happening at school then they may fall ill frequently, so they do not have to go to school and face the person or persons who are bullying him. They also may become accident prone and hurt themselves which would also keep them away from interacting and increase the isolation.

One should also be aware if there are any physical injury marks or there is a change in eating habits and appetite.

Sleeping patterns, nightmares, loss of interest in school and not wanting to go to school is another sign. Falling grades would also be another sign.

Many children are forced into giving away their things which could include their favorite, toys, watches, jewelry, games etc.

Avoiding friends and social gatherings in family is another symptom of being bullied.

There is a feeling of helplessness and extreme fear and children may go to the extreme steps of running away from home or even mentioning or attempting suicide.

Along with the signs of being bullied, the parents must also know the signs if their own

child is bullying someone else.

Children get into frequent fights which can be physical or verbal in nature, they are also extremely aggressive.

There are many complaints from the schools and the parents of other children.

They don't accept responsibility, are in denial and often blame others for their problems.

They are very much concerned about their image and like to keep that hero image.

They are unable to explain to parents, where did they get the expensive gadgets or things they possess.

Children are often worried about being branded as weak or a sissy and do not ask for help from the parents, school counsellor or their teachers and this could lead to at times things getting out of hand and humiliating. They also might be afraid of the situation

getting worse if they would complain. They might have a feeling of shame and afraid that the parent would chide about their weakness. The biggest fear is of getting isolated and being thrown out of the peer group. So confirming to the norm and the group is very essential especially in teenage.

Today we must also be aware of cyber bullying besides social bullying, verbal bullying and physical bullying.

To help children who have been bullied one must learn to commu-

nicate in way where the children do not feel intimidated or threatened and feel comfortable to talk to the parents when it happens the very first time. This would help in nipping it in the bud.

It is essential for parents and authorities to take the child's word seriously and immediately acknowledge the consequences of bullying.

A very good way is to seek help of a school professional or a counselor who shall help to build the self-esteem of the child also so he can face and even be strong to say "No". This will also help in identifying the bullies and they too need counselling as those who bully are many a times role modelling or they themselves are a victim of corporal punishment and bullying from their own parents or older siblings.

It is also very essential to teach assertive skills to the children, which not only helps them with good self-esteem, but also have a wholesome personality with a good emotional quotient.



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lismIndian dishes for  
the month of January

- Sakarkand (sweet potato) Rabdi made with whole milk, jaggery, dry fruits.
- Gond ladoos
- Beetroot Thoran
- Carrot halwa
- Carrot Poriyal
- Jaggery Chikki (Sesame, nuts)
- Undhiyu
- Sarson da Saag (Mustard leaves curry)

Know your daily energy requirements and try to include these amazing options in your meals to add variety and taste with the added advantage of getting all the super nutrients from these winter foods.

**WISHING  
ALL MY  
READERS A  
NUTRITIOUS  
NEW YEAR**

January ushers in a new year and it's the perfect chance to get inspired in the kitchen with seasonal ingredients, apt for the weather.

**VEGETABLES**

- Root vegetables like sweet potatoes, turnips, carrots, beet, radish, purple yam, potatoes are rich in fibre, packed with antioxidants, vitamins and minerals and are an amazing source of energy.
- Cruciferous veg-

etables like cauliflower, cabbage, broccoli etc and fresh leafy greens like fenugreek, mustard, kale, spinach are at their best in January.

**CEREAL**

- Bajra (Pearl millet)
- Ragi (Finger millet)
- Lapsi (Broken wheat)

**FRUITS**

- Boost your Vit C levels and add color on your plate with bright oranges,

## CELEBRATE THE JOY OF CHRISTMAS



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

Christmas is the season of great joy which is celebrated all over the world. For children it's the time of fun and excitement. Christmas rings in the atmosphere of peace and festivity in the air. The whole season has its own special feel to it and everyone seems to be happier and kinder. Over the years, Christmas has been commercialized with mere focus on Santa

Claus, Christmas tree, Party and celebrations. However, the significance of Christmas is the celebration of the birth of Jesus Christ. God loved the world so much that He gave His only son Jesus that whoever believes in Him shall have eternal life. Jesus came to take away the Sin of the humanity and make us children of God.

The birth of Jesus is relevant even today. Christmas gives hope, peace, healing and renewed strength. Even during this time of the unprecedented situation due to the outbreak of the pandemic, Christmas has a message of goodwill that with God on our side we can be strength-

ened to overcome every situation. It is our trust in God that will help us carry on with renewed vigor and not



to give up. The birth of Jesus encourages us to look up in hope and optimism. Also, in the present situation, where several countries continue to face

warfare, violence, bombings and terrorism, Jesus has a message to establish peace and seek the welfare

of the human society. His life is a message that we need to be reconciled with one another and uphold unity, love and brotherhood. Let there be true Joy

in our hearts as we exchange gifts and visit friends and relatives.

Mother Teresa has beautifully said, "It is Christmas every time you let God love others through you...yes, it is Christmas every time you smile at your brother and offer him your hand." Truly, Jesus is born every time we share God's love with our fellow brothers and sisters. Just as God gave His son Jesus, "giving" becomes the true source of Christmas Joy and when you share this joy it multiplies manifold. "Give the world the best you have and the best will come back to you." (Madeline Bridge). It is beautifully said, "Christmas isn't Christmas

till it happens in your heart. Somewhere deep inside you where Christmas must really start..." As you celebrate this Christmas, let there be true joy in your heart and share this joy with smiling faces with your friends and people around you. Prayerful wishes to you and to your family at this Christmas and your new year be filled with his love, joy and peace.

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## AN OVERVIEW OF SINUSITIS

An inflammatory condition of the Mucous membrane lining the sinuses- the Bone cavity leading from the nose is called sinusitis. During the day, your head is so pumped with pressure that you feel heavy and stuffed. When you try to sleep, it's as if you've sprung a slow leak. All night long, the drip, drip of nasal fluids trickles down your throat and sends you into coughing spasms. Welcome to the nightmare of sinusitis. The sinus cavities around your eyes and nose are infected, producing pressure, pain, gobs of yellow or green mucus. How do you get all of this stuffiness and infection? To understand that, you first have to know what your sinuses do when they work right. The sinuses consist of cavities or chambers contained in the bones situated in the head and face region. The facial, maxillary, ethmoid and sphenoid sinuses are the paranasal sinuses which communicate with the nose. They act like small air quality control centres. They lighten the weight of the skull and give resonance to the voice. It's their job to warm, moisten, purify and generally condition the air you breathe before it hits your lungs. Entering bacteria gets trapped and filtered out by mucous and minute nasal hairs called cilia. This little air flow system may gum up, however, if something impedes the cilia, if a cold clogs the sinus openings, or if an allergen swells the sinus lining. Then air gets trapped, pressure builds, the mucus stagnates, and bacteria breeds. Infection sets in and you have a whooping case of sinusitis. It can be chronic or acute. If you get clogged up too many times, you may wind up with a permanent thickening of

the sinus membranes and chronic stuffy nose.

The most common cause of sinusitis is colds and allergies. Can also result from nasal polyps, bacterial infection, a dental abscess, infected water inhaled while swimming, and injury to the face, decongestant sprays, altitude changes and foreign objects hedged in the nose. A deviated septum can increase the odds of developing sinusitis.

**SYMPTOMS:** Tenderness in the face, aching behind the eyes, nasal congestion and difficulty in breathing through the nose, headache and pressure around the head, eyes and the face. Reduced sense of smell, aching in the upper jaw and teeth, bad breath and ear pain, excessive or constant sneezing, a running nose and in severe cases, fever are other symptoms. The voice is also affected because of the blocked nose.

Before you get to the severity, here's the basic you can do to unstuff your sinuses, reduce pain and pressure and get the air flowing freely -

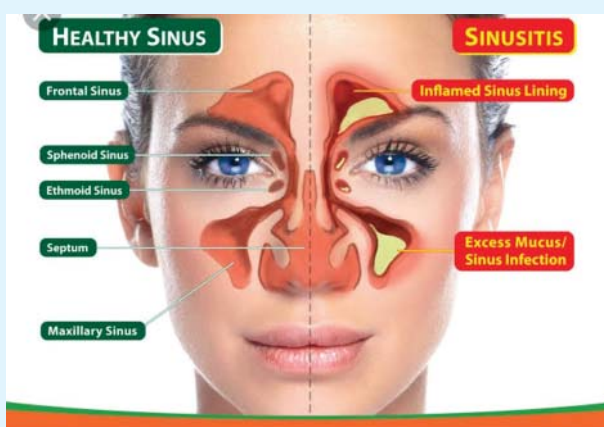
- **Get all steamed up:** Humidity is the key to keeping the cilia working, the mucous flowing and the sinuses drained. Use a vaporizer or lean over a pan full of steaming water with a towel draped over, creating a steam tent. Inhale the vapours as they waft up towards your nostrils.
- **Drink to your hearts content:** Drinking extra liquids throughout the day, thins out the mucous and keeps it flowing. Sipping hot teas with herbs such as fenugreek, fennel, anise



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

or sage may help move mucous even more. At work or on a run, a cup of hot coffee or soup helps.

- **Pleasant physical environment:** Inhaling fresh clean air is the key. Having a humidifier in the bedroom during winters can help prevent respiratory infections by



keeping the nasal passages moist and therefore resistant to germs. It is the best to avoid flying or swimming when congested from a respiratory infection or allergy as changes in air pressure can push mucous up into the sinuses. Chlorinated water also adds up to the trouble. Do not smoke and avoid second hand smoke. Inhaling smoke increases the risk of upper respiratory infections and allergies. Avoid exposure to allergens like dust, pollens etc. To flush out stale nasal secretions, using a commercial saline solution or mixing salt with warm water and a pinch of baking

soda helps. Sniff in the solution from one nostril and gently blow. Repeat with the other side. Blowing one nostril at a time prevents pressure build up in the ears, which can send the bacteria further back into the sinus passages.

- **Hydrotherapy:** Contrast hydrotherapy, in which alternating hot and cold compresses are placed over the sinus helps reduce congestion and pain. Start with 3 minutes of hot followed by 30 seconds of cold, repeat three times ending with the cold compress. Applying moist heat over the tender sinus, is an easy way to wash away sinus pain. Apply a warm wash cloth over your eyes and cheekbones and leave it until you feel better.

• **Nutrition:** A healthy diet can reduce the risk of sinusitis by reducing the risk of colds. Chronic sinusitis is sometimes thought to be a complication of food allergies. An elimination diet, in which certain foods are avoided for several days to see if symptoms improve, can help identify foods that may be causing sinusitis. Foods that are rich in antioxidants, such as many kinds of fruits and vegetables help stave off infection. A diet rich in vitamin A is the best insurance against cold and sinus trouble. Vitamin A is the "membrane conditioner" and it helps build healthy mucous membranes in the head and throat. Some sources of vitamin A are whole milk, curd, egg yolk, pumpkin, car-

rot, leafy vegetables, tomato, mango, papaya etc. The antioxidants vitamin C and E may relieve sinus inflammation. These compounds also help prevent infection by boosting immunity. The mineral Zinc reduces the severity of cold. Most people with sinus trouble also suffer from acidity. Their diet should therefore, veer to the alkaline side. Fresh fruit juices and raw vegetable juices like carrot, beet, cucumber, spinach prove useful by all means. Consumption of honey, garlic, onions, black pepper, herbs and spices keep the mucus flowing and help ward off the infection. Avoid consumption of alcohol as it can cause the sinus membranes to swell. Plenty of sleep, adequate rest, fresh air and healthy diet are the essentials to healthy living.

- **Antibiotics and nasal sprays:** If bacteria is the cause of infection, antibiotics are used to eliminate the cause. A prescription steroid based nasal spray to prevent inflammation of the nasal passages and to enable mucous to drain normally can also be helpful.
- Alternate therapies like acupuncture, naturopathy, and Ayurveda can also bring noticeable improvement in chronic sinusitis.

It's important to note that while these home remedies may help relieve your symptoms, they won't help your sinus infection clear up any faster. It is advisable to see a doctor if the symptoms last longer than 10 days. Acute sinusitis is usually resolved on its own. Chronic often takes a long course of treatment.



## TRADITIONAL INDIAN WISDOM

HAND GESTURES/  
MUDRA THERAPY

Mudras act to stimulate different parts of the body involved with breathing and to affect the flow of energy in the body and even one's mood. The specific hand gestures and positions act as "locks" to guide energy flows and reflexes to the brain. Mudra therapy is an age-old effective therapy propounded by ancient sages. Mudra means hand gestures which are made for the betterment of physical body. This therapy is as old as culture given and practiced; it prevents specific physical and mental problems. Mudras can be classified into the five basic categories. The categories are yogic, spiritual, curative, religious, and customary. The Yoga and Ayurveda philosophy believes that the human body is composed of five elements—fire, air, water, space and earth. As long as these elements remain in balance, a person enjoys a healthy, disease free life.

Imbalance of the five elements in the body disrupts the immune system and is the root cause of most diseases. This imbalance can be corrected through Mudras as follows: • To increase an element, the thumb is pressed at the base of the corresponding finger. • To decrease an element, the corresponding finger is folded at the base of thumb and generally the back of the finger is pressed by the thumb. To balance an element, the tip thumb and tip of the corresponding finger are joined together.

A Mudra needs to be held for at least 2 minutes. It takes about 30 seconds to just "trigger" the Mudra, to create the electromagnetic circuit. Then, it needs to be held for at least two minutes, but you can hold it for as long as can, ideally for 45 minutes in a 24 hour period - morning, afternoon and evening.

There are many types of hand mudras that give immense health benefit. In this article I have discussed about one mudra which is considered as the most important one for spiritual upliftment.



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

## GYAN MUDRA

**Bring together:** the FIRE element – tip of the thumb and the AIR element – the tip of the index finger.

Put a little pressure on the joined tips, the elements brought together. The other fingers are kept straight, palms facing up, the hand resting on the folded knees in a relaxed position.

**Duration:** To be practiced for 20-30 minutes every day.

**Principal Benefits:** Spiritual attainments

**Other Benefits:** Improve memory, power of concentration, mental problems.

## GYAAN MUDRA

Positive effect on thoughts Removes laziness



gize nervous system. Prevents headache, sleep loss, tension, anxiety, depression and fear.

DETAILED BENEFITS OF  
GYAN MUDRA

- Gyan Mudra helps relax the body and increases focus the mind which is a basic requirement of meditation.
- It also helps relieve stress and transcend worldly afflictions.
- It stimulates the root chakra, easing tension and depression.
- It relates to expansion and knowledge.
- It is calming and brings the practitioner spiritual openness and ease in meditation.
- In Ayurveda, it is known to boost the air element, thus stimulating the brain, empowering the mind, nervous system and pituitary gland.
- It helps enhance concentration and prevent insomnia and other sleep disorders.
- **Note:** Gyan mudra symbolizes the union of Self with the universe, the unification of practitioner's soul (represented by index finger) and the supreme Soul (represented by thumb).

To be continued...

## WHAT IS YOUR NEW YEAR (2022) RESOLUTION



Learn something new each day. Set the resolution to learn something new every day in order to have a better understanding of the world and how it works. Fortunately, the internet makes it incredibly easy to learn new things. Watch a TED Talk every morning. Watch a Crash course video on YouTube. Read books and articles to expand your awareness.

**Huzaifa Saalim Mukri, College student, Khopoli Raigad**

I'll try to keep myself away from idiot box .. mainly from these hate discussions (Hindu Muslim / India Pakistan, Mandir / Masjid kinda). Enough is enough, we Indians are nice people but infusion of these drama oriented fights are harmful for us as well for the NEXT GENERATION too.

**Ayub Khan, Shahjahanpur (UP)**



Maintain good health and stay happy with self and others.

**Rajagopal Anilraja, Civil Engineer,  
Old Panvel, Maharashtra**

## My Resolutions for Year 2022

For the first time in a while, New year seems to me celebrating worth whole. I know things are not all settled & firm. But a new hope kindled in me, unwavering & strong. If anything, I learnt in year 2021, it's not to take for granted life any more. Every moment counts, living with family & friends. We never know when the breath, ends.

My Resolution 2022 revolves more around Health. Not just diet & a regime for fitness but it's more about my mental health. As a working woman, it becomes very taxing at times to deal with stress, both physical & mental level. Often, I end up exhausted & drained. A kind of scarcity in terms of time, resources often cloud my mind. So, I have thought of practicing a new thing that I learnt couple of days ago.

Often, we focus more on what we HAVEN'T instead of what we HAVE. It's said that what we think is often what we attract. So, my focus will be more on what I HAVE, appreciate them & be thankful for it. Everyday I will jot down at least five things in a day that I am grateful for.

Appreciate life, life will reward you.

And let's not just drift away from proper diet or fitness routine. Let's set our sights on transforming our mental health, troubleshooting our sleep pattern or renovating our living spaces (goodbye, messy closet!).

Happy New Year to all !!!

**Tina Acharya, Author & Overseas Education Counselor, Navi Mumbai**



Date *with* Health

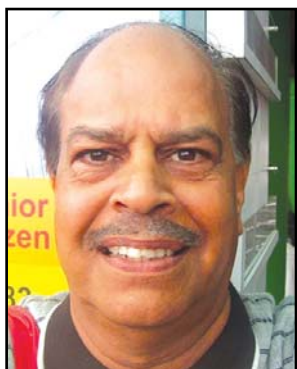
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## STAY STRESS FREE - A STRESS BUSTER



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

**P**assion is that emotion which gives you the strength to survive the tribulations of life and continue to aim for the ultimate goal you have set for yourself. A life without passion is a life wasted. Passion need not necessarily be big, but it can be something as complicated as wanting to land on the moon to something as simple as reading.

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

Health is wealth and the Government has every right to have a concern over its people's health. The recent drive and the initiative taken by the State Government is a right step in the right direction. The initiative taken by the government is a right step in the right direction. As we have over 60% people below 35 years of age, it is the utmost duty of the Government to have a health check on people in this Metro who are always on the lookout for fast food. The need for a fitness schedule forms part of the healthy workout.

Already awareness has been created through documentaries and other announcements for regular exercise to make sure that people improve their health status through social media. Even newspapers should also bring out the importance of falling in line with the fitness schedule in a planned manner. Health is wealth is really true. Stressful jobs take the life of human beings or else cause obesity, sugar problem, blood pressure and chain of other ailments even for young profession-

als. It is time to think about routine exercise instead of just putting blame on stressful work alone. If there is a will there's a way also. It is time for retrospection.

Anxiety, tension, brokenness, conditional love, death, dejection, emptiness, insignificance, guilt, hopelessness, illness, falsehood and a sense of shame on failure or due to shameless act by colleagues creates suicidal tendency. 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 the most of the suicides in India.

In this spectrum, office work falls somewhere in the middle but allotting 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.

While some may argue that healthy living is possible even without hitting a gym, we need to dwell on the practicality of such arguments. Unlike the US, we do not have special cycling lanes; our offices are not equipped with lockers and shower-rooms that we can freshen up after walking or cycling our way to work. Also, the Indian weather does not permit exercise all year around—the summers are bad, rainy season has its own woes,

and the winter is practically nonexistent. Such scenarios don't leave much scope for exercise. This is where a gym can make a difference and it is time to provide a conducive environment for fitness.

Stress is known to lead to insomnia, headache, irritable bowel syndrome, breathing issues, ulcers, high blood pressure, obesity, suppression of the immune system, diabetes, heart ailments, depression, panic attacks and pain in the body. An excess of stress, also known as the distress syndrome, can prove to be very harmful for one's mental, emotional and physical health. In the current fast-paced world, many times, we start perceiving the excessive workload, driving in traffic, family concerns, daily deadlines of emails, and so on as stress. The unconscious algorithms are running for all of us. The key is to be aware and then to be able to change the state. We should pause and breathe; be aware of the present moment instead of constantly chasing 'the next' in order to reduce stress in our lives.

Especially post the pandemic, the number of stressors is off the chart, work pressure, financial and economic uncertainty, relationship issues, peer pressure, spike in health issues, sleep disorders, fears, irritability, need for validation on social media, social withdrawal, et al. The increasing stress amongst the employees is not only bad for morale but also for the overall productivity and profitability of the business. Here are some quick ways to help break the patterns around stress for your employees: Ask your team to acknowledge the situation that induces stress and set a time to plan for it or process it before responding impulsively.

I strongly believe that every individual has the right to healthy living. Healthy living is not a privilege, but a right. Sadly, however, in our country, healthy living is more like a right in the pocket of people who are able and willing to pay for it. It is time to provide easy access to superior quality, affordable fitness regime that will be an integral part of every Indian.

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## CREATIVE SPACE



Hemant S., Christ Academy, Koparkhairane







**JAYANTHI SUBRAMANIAM**  
Navi Mumbai

**O**ftentimes during winter, we fall out of the fitness mentality and into the warm comforts of autumnal bliss. Sitting in front of the fire, we forget to move, and the idea of body awareness, movement and breath falls out the window. Instead of playing sports, we begin to watch them.

This fall, what can we do differently? How can we break our habits and increase our mindfulness, and mind-body relationship with itself and our environment?

Below are several ways to keep fitness at the forefront of your mind and body this fall with mindful meditation, exercise for the brain, body and breath.

Each morning, wake up 10 to 15 minutes earlier and spend a little extra time with yourself, focus on your breathing, how the breath enters the body, how it makes you feel as you breathe, and how it exits the body. Pay attention to what happens to the rest of the body as you continue to breathe and continue to do the exercises, playing with the lengths of the inhales and exhales. Make it an enjoyable experience, so that it is an opportunity to learn more about your breath, your body and yourself. There is al-

ways an opportunity to expand our mental, physical and emotional selves. And this is one of them.

Meditation is exercise for our brains. The central nervous system, which is run by the brain, controls our body and how it functions, making it a crucial element of our fitness regimes.

Taking care of our brain is taking care of our body. A study led by Harvard researchers at Massachusetts General Hospital, found that meditating for only eight weeks actually changed the brain's gray matter. Gray matter is associated with processing information as well as providing nutrients and energy to its neurons. This is why it is said that meditation has shown to improve memory, empathy, sense of self and stress relief.

When school is in session, mental acuteness is just as important for the parent as it is for the child. Meditation is proven to sharpen the mind's focus, lower stress levels and help manage anxiety for the student and teacher, and ultimately for the parents. Meditation is key to prepare and react to your children's energies. When sitting in the car line to pick up the children from school, arrive 20 minutes early to prepare mentally for the sprightly youth to jump into cars with inquisitive and ever-so exuberant minds and bundles of energy bouncing off the walls and in the car seats. Meditation lowers our

stress, raises our endorphins and prepares us for anything that will ensue.

For those that require more of a structured schedule to hold us accountable, one can begin a yoga practice. It is a great mental and physical exercise that improves balance. Yoga, meaning union of the breath with the body, brings self-awareness, acceptance and peace with our body-mind relationship, and with our body and mind relationship with its surrounding environment. One can begin to practice at home or in a studio with others. The beauty of yoga and life is that the choice is ours. Yoga provides us the freedom to practice it anywhere: outside, inside, by ourselves or with others. And, it all begins with the breath. Yoga begins with the relationship of the breath and body.

We clear our minds on the mat and nothing else matters nor does it have to even exist. Only the here and now matter with our body and breath. This form of medita-

tion is a beautiful practice synchronized with movements, certain "asanas" or poses that have specific benefits, depending on what we need during that moment. Yoga is a mental, physical and even for some, spiritual exercise that provides balance for our habitual imbalances, whether that imbalance is in our bodies or minds.

The beauty of yoga is that there are different kinds for different people. The type of yoga that is most fitting at that moment is the type that works for the individual. There is no right or wrong answer. That is what is right now. We are blessed with this technological age where knowledge is literally overflowing at our fingertips. With the touch of a button, all our questions can be answered. However, with such over-saturation and access to knowledge, we can often get overwhelmed and weighed down with all these external stimuli being thrown at us. Which type of yoga is most fitting for us, for me, for you?

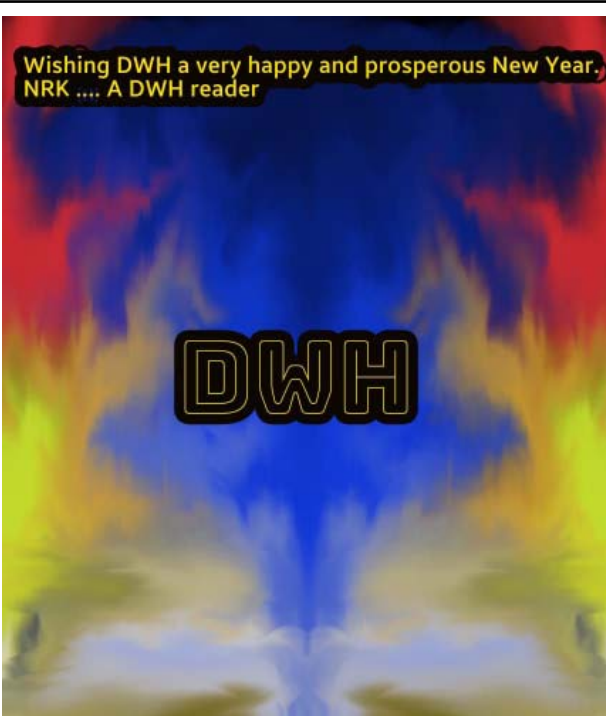
There is meditative, spiritual, physical, hot, Bikram, Iyengar, Kundalini, power, restorative and many, many more. Thus, we stop searching and going within. We go back to the breath. Let's keep it simple to keep us moving forward. Keeping it simple is essential moving forward. "One breath at a time" is an inviting and achievable place to start; it is a great motto to adapt so that we can reach our goals and keep moving, keep living and keep breathing. With the breath we remember that, although it appears simple, the benefits greatly outweigh its simplicity. Remember that breathing keeps us happy, lowers our stress, focuses our mind, and energizes our body. It is an empowering notion. So much can come from so little.

So this fall, sitting

in front of the fire, we can gaze into the golden embers, get lost in their glow and begin to focus solely on our breath and body. As we cherish the relationship with our mind, body and breath, everything else fades away and out of existence.

We can ignite life in our bodies, blood cells and brains by a single breath. The only constant in life, that everpresent ebb and flow of air, we can begin to improve our relationship with ourselves and those that are around us by beginning a journey of mindful meditation. Exercising our brains and bodies, we fall in love with mindful meditation, our mind, our bodies and ultimately ourselves. Thus, this fall we begin our fitness journey and the rest of our lives with one breath at a time.

## BEWARE, WATCHFUL AND KEEP FIT



Wishing DWH a very happy and prosperous New Year.  
NRK .... A DWH reader

### "PLANTATION INITIATIVE"

The true meaning of life is to plant trees !!

**BURHAN RAFIQ MUKRI**  
Khopoli, Raigad, Maharashtra



Sapling Name: GUAVA SEEDS



## TCM & OBESITY

Not only does obesity affect one's appearance, more importantly, it increases the risk of developing certain conditions such as diabetes, hyperlipidaemia, hypertension, arteriosclerosis (heart disease), fatty liver, infertility etc. Losing weight should not be done solely for vanity purposes, but for health and the prevention of diseases.

From TCM's perspective, excess fats

are mostly due to 'dampness' and 'phlegm' in the body. Our spleen is in charge of the transportation and transformation of food and our bodily fluids. Over time, due to inactivity and excessive in-

take of sweet, fried and greasy food, the spleen becomes less efficient in the movement and transport of fluids and food. Hence, 'dampness' and 'phlegm' accumulates and turn into fatty tissues.

A TCM treatment does not deal only with the excess fats. It also treats the underlying condition of the body that might have led to the weight gain. It brings harmony and restores balance; and once one's overall wellness is taken care of, the spleen and metabolism will then be



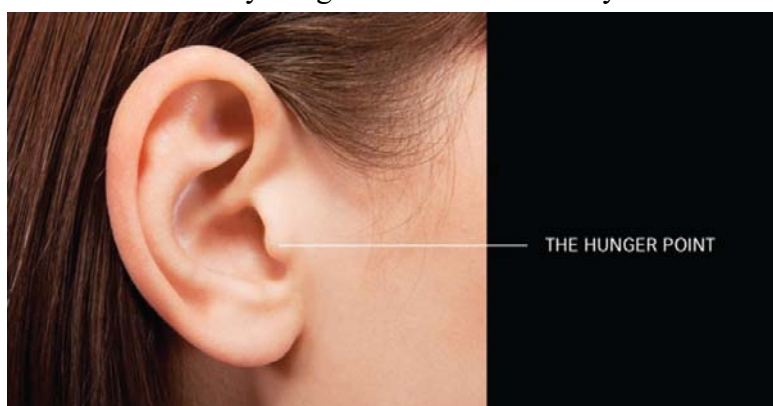
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able to process fluids and food efficiently. Losing weight will then no longer be an issue as long as the correct food are consumed in suitable portions.

Maintaining a healthy weight re-

acupuncture to aid in the circulation of 'Qi'.

- **Drink tea:** After a heavy or high-fat meal, Pu-erh tea can help dissolve fatty acids. Alternatively, you can make your own



quires life-long effort and commitment. Self-motivation and patience are crucial to kick-start and sustain weight loss.

### Tips:

- **Move 'Qi' frequently:** The flow of 'Qi' can become stagnant or blocked due to 'dampness' and 'phlegm'. It is necessary to move one's 'Qi' to clear stagnation and help in the metabolic process. It is advisable for an individual to exercise 3 to 5 times a week, in conjunction with

tea with Chinese Hawthorn, Cassia Seeds and Lotus Leaf!

- **Acupressure:** In addition to acupuncture, we can also use acupressure on the ears to suppress appetite and facilitate body metabolism on a daily basis.

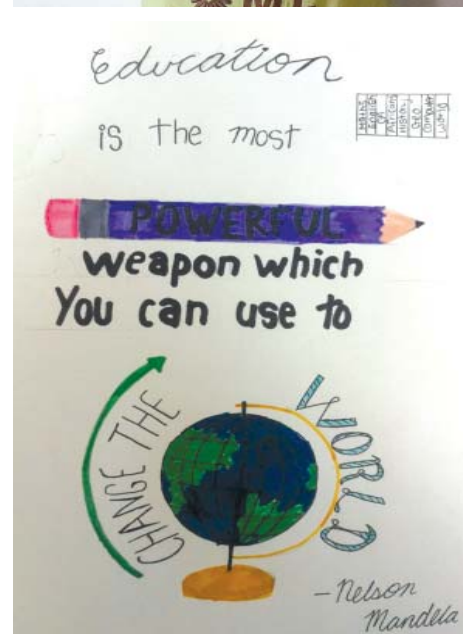
AVAILABLE ONLY IN KHOPOLI	
Half Kg Price	
Chocolate Cake	₹ 250/-
Pineapple Cake	₹ 250/-
Strawberry Cake	₹ 250/-
Blueberry Cake	₹ 250/-
Black Currant Cake	₹ 250/-
Black Forest Cake	₹ 250/-
Rasmalai Cake	₹ 350/-
Choco Oreo Cake	₹ 300/-
1 Kg Doll Cake	₹ 600/-
Engagement Cake	
Cheese Cake	₹ 500/-
Chocolate Truffle Cake	₹ 350/-

Saniya Mukri: 9552096084  
@bake\_by\_sm

## RYAN CHRISTIAN SCHOOL – VASHI INTERNATIONAL MOUNTAIN DAY CELEBRATION

#UNICEFDay is celebrated every year on the 11th of December all across the world. #UNICEF

card to a scenic mountain place, by making a bucket list of the mountain peaks etc., with great zeal and enthusiasm.



stands for National International Children's Emergency Fund. This day is observed to promote and spread the primary motto that the organization holds, which is working to better children worldwide.

Students of Ryan Christian School Vashi from Montessori I to Gr. VIII participated in the activities like Drawing and colouring the picture of Mountain, Making Poster

