

# Date *with* Health

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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!!!!



## THE VIRUS HASN'T GONE YET

BE CAREFUL AND DON'T DISCARD YOUR MASK WHEN GOING OUTSIDE



Creative by Filzah Syed (11 years), Navi Mumbai

**PLEASE NOTE:** Vol. 5, Issue - 6 (March 1-31, 2022) 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



## Editorial

### SAVE WATER !!!!

One has started experiencing extreme heat (heatwave sort of condition) in the middle of the month of March. Heatwave isn't uncommon especially in North India, but not in the month of March. Mumbai and its Suburban areas experienced temperature not heard of for more than a decade and people quenched their thirst and tried beating the heat with water and cold beverages. Sugarcane juice and Chaas (buttermilk) was the most healthy and preferred drink.

Why does one experience extreme weather even before the weather climaxes to its peak? The change in weather pattern could be the outcome of climate change, which may not be visible quickly but over a period of time. Is the nature paying back to the people what they have been doing to it for almost a decade and a half.

With rising temperatures there would be more consumption of electricity and water, both of which are not very much in abundance especially during the peak summer season as the consumption increases many folds. Here comes the role of cuts (both power and water). When humans are pressed against scarcity they pretend to take every care to save both. Car wash water is used for plants and other such ways are adopted to preserve as much of water as possible. Even everyone in the family gets conscious of switching off the lights and fans when not required.

Why do we wait for a tight situation to arise to act sensibly? Can't we make saving of power and water a choice rather than an option (when there is no other option left). Electricity saved goes a long way in improving our productivity so is the case with saving water. Don't we witness scenes of far off villages going dry during Summers. People have to walk miles to fill one pot of water (and even that is not clean for domestic use).

The extreme heat before the actual summer season is an indication from Almighty, mend your ways before using power and water scarcely is the only option left.

## MENTAL HEALTH IN CHILDREN



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and You are My Star  
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### Helping Children Overcome their Fears and Phobias

We all have one or many fears in our lives, many fears are learnt and are irrational. It is a wise thing to be careful, but at times many fears are unrealistic and they turn into lifetime phobias if not addressed at the right time.

In the case of children who suffer from fears which are irrational often it results in stunting their growth or their progress.

Fears can paralyze a person and with children they turn into panic attacks.

Let me explain it with a case study.

Samantha is a healthy child of age 9 and very bright in school work and all the other activities, however she freezes every time she sees or hears a plane flying overhead and goes to hide under her bed or in some corner of the house with her hands on her ears. Slowly the fear which was just hiding and closing the ears moved to

the next stage where she started refusing to go to school as she had once or twice experienced the sound of the plane while being on the school ground. She also stopped going to the park and would refuse to go with her parents for any outdoor events or even shopping which she loved.

Her parents were very worried and they approached for counselling. She came to the counselling center also with head phones in her hand and showed me the head-phones with the noise cancellation feature.

After listening to the parents, I sat with Samantha with plenty of crayons and many colorful sheets of paper. I began with sharing my passion for colors and I was aware that She liked to color and paint as well. I asked her what would she like to create today. She began with drawing a house and trees and ducks and ponds. What was missing in the drawing was the sky, no clouds, no birds, no sun, no mountains, no moon, no stars, none whatsoever indication of a sky.

I made a picture too and I added the clouds, birds, a zeppelin and a hot air balloon. She looked at my picture and said, this is lovely. But what if this fall on us? I replied by asking why do you think so. She said well my

grandmother told me a story that if we are too proud and if fly too high, we fall. And when we fall we die, so we must not be too arrogant. I asked her when did her grandmother tell this story, she said, I was very small. Then I asked her, was her fear of planes because of that, she said yes.

I spent time, explaining to her, what her grandmother actually meant and because she was very small, she misunderstood the analogy. What her grandmother meant was to be humble and not to be afraid of flying objects. I asked her what about the birds, they don't fall and die, what about the clouds they are there in the sky, what about the moon etc. She smiled and said, you are right, but I am still afraid. I asked her if I could teach her a technique and she agreed.

I used systematic desensitization where-in I helped her relaxed first with the help of progressive muscular relaxation. Then I asked her to say the word plane, her heart beat increased and I taught her to breathe and relax, then I asked her to visualize the airplane, again asked her to breathe and relax. She learnt very fast. The best part about working with children is they learn fast. Slowly, I asked her to come out of the relaxation and do this

every time she felt anxious with the mention of the plane or saw it on television or heard the sound above her house.

She returned after a week and we began to do the drawings again. This time there was a beautiful sky, I also did the drawing and added a plane along with the zeppelin and the hot air balloon. She also drew the sky and the birds now and looked at my drawing, she said she was now not hiding under the bed, but was still a little scared. I told her how brave she was to have added the sky to her drawing and how her parents had reported that she was now ready to go to school as well.

The above case study has been shared to encourage you all to:

1. Quickly identify fears, address them and overcome them.
2. Help children learn techniques to overcome and not suppress or repress fears.
3. Do not make fun of the fear or tell, come on you can do it, but observe and understand and seek the help of a professional, before it gets too severe.
4. Learning Systematic Desensitization helps apply the relaxation approach for all kinds of fears and phobias.

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# SUMMER COOLERS



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Hydration is important for

- Improved brain performance
- Digestive harmony
- Energy
- Decreased joint pain
- Body temperature regulation
- Improved kidney function
- Healthier heart
- Detoxification
- Fewer headaches

SUMMER COOLERS... Should be a part of your healthy summer diet to help you stay hydrated and to replace the minerals that are lost when you sweat.

Cool off with these TRADITIONAL

CHILLERS made from seasonal fruits, herbs and spices and beat the heat on sizzling summer days. Every region in India has it's own version, each of them has a story of it's own, a tale of centuries old culture and cherished memories.

- Aam panna (Maharashtra) (raw mango)
- Nannari Sherbet (Southern India) (Ananthamool)
- Jal Jeera/ Shikanji (Northern India)
- Bel Sherbet (Karnataka) (Wood Apple)
- Neer Mor / Sambharam (South In-



Lassi



Thandai



Chandan Sherbet



Neer Mor

Kokum Sherbet



Bel Sherbet



Panakam



Nongu Sherbet



Aam Panna



Jal Jeera

Gondhoraj Ghol



Ragi Ambali



Nannari Sherbet



Imli ka Amlana



- dia) (Buttermilk)
- Lassi (Punjab) (Yogurt)
- Taal Sherbet / Nongu (Bengal/ Tamilnadu) (Ice Apple)
- Phalsa Sherbet (Type of Blueberry)
- Chandan Sherbet

- (Chandan, kewra extract, Mogra petals)
- Thandai (North India) (Almonds, fennel seeds, saffron)
- Ragi Ambali (Karnataka) (Finger millet)

- Kokum Sherbet (Konkan Coast)
- Gondhoraj Ghol (Bengal)
- Panakam (South India) (Jaggery, cardamom, pepper, ginger)
- Imli Ka Amlana

- (Rajasthan) (Tamarind, rock salt, mint and spices)
- And of course ...
- Coconut water, Fresh fruit juice, Cucumber beet juice etc)
- Stay cool, stay hydrated and "BEAT THE HEAT"

## CLEAN & GREEN ENVIRONMENT



DATE WITH HEALTH reader PARVEEN ASLAM from PUNE sent these beautiful pictures of her well maintained garden

## Celebrate the Essence of Womanhood!

On this International Women's Day, I am reminded of a beautiful quote by Diane Mariechild that says, "A woman is the full circle. Within her is the power to create, nurture and transform." This quote aptly denotes the significant role and potential that a woman has in transforming the society. The international women's day reminds every woman that we need to celebrate the essence of womanhood and move ahead taking upon ourselves the great role of nurturing and developing our society. It is the day not only to celebrate the innumerable women achievers and many unsung women heroes with their enormous contribution to society, but also to encourage and revive women's hope that the future is safe and promising with equal rights, freedom and opportunity in every sphere to lead a dignified life.

There were times when a woman had to face a lot of indifference,

discrimination and inequality in the society. However, it is evident in both emerging and developing nations that women are increasingly taking up leadership roles in every field today. The access to education has given a huge breakthrough to women to bring to the fore their economic potential and corporate stature they possess. We witness a formidable change being brought about through women leadership and engagement.

The theme of the International Women's Day this year, "Gender equality today for a sustainable tomorrow", highlights the urgency for the world to focus on gender equality in order to

build a sustainable future for all. Over the decades efforts have been made but lots remains to be achieved when it comes to women safety, violence and discrimination. There is a need to ensure that every girl in the country gets equitable access to higher education, to research and development, as well as skill training in order to contribute immensely to the overall growth of our country. It is a high time for the nations of the world to come together and re-strengthen their efforts towards women empowerment, their rights and dignity.

Being a woman is a special calling with a God given purpose



**Dr. Grace Pinto**  
Managing Director  
Ryan International Group of Institutions

and potential to nurture and transform society. We have the power to change the world through the special traits and gifts of empathy, leadership, resilience, intuition, courage, persistence, multi-tasking and tremendous networking abilities that God has blessed us with.

All that we need to do is to have the courage to break the glass ceiling and follow our dreams. Oprah Winfrey has wonderfully said, "The great courageous act that we must all do, is to have the courage to step out of our history and past so that we can live our dreams." I urge every woman to have faith in yourself, embrace your own individuality, believe in your own God-given abilities and accept your unique skills and talents and to use them optimally and fearlessly to contribute to the world around you. You are born to Win...Think Big...Dream Big...Achieve Big.

**Wishing you all a very Happy Women's Day!**

## ON THE OCCASION OF WORLD HEALTH DAY SHIFTING FOCUS FROM ILLNESS TO WELLNESS THROUGH DANCE MOVEMENT THERAPY



**Ms. Veena Iyer**  
(Dance Movement  
Therapist)

April 7th is World Health Day, declared by World Health Organization. This year's theme is "Universal Health Coverage", where in the intention is to create awareness that Health is a Human Right.

There is globally a paradigm shift with reference to Health. Health is referred to as absence of illness or diseases or disabilities. However disability is illness is a myth, as many with disabilities are not sick. Wellness is a condition of being in good physical and mental health.

What is Health? Health, according to the World Health Organization, is "a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity" This description brings us to understand Health as a holistic wellbeing. Dance Movement therapy, follows the principle of Sampoor-natha, a Holistic wellness. Mental health and Physical health are so closely linked, problems in one area can impact the other. DMT, (Dance Movement Therapy) a healing art is also based on the fact that body and mind are interconnected and has to

be integrated for holistic healing.

Wellness is an ongoing conscious effort and healing is also a voluntary effort and is a journey and not a destination. "Sampoor-nata" Model followed by us, empowers the clients and shift the gaze from "illness" to "Wellness". Therefore it will be of great help to many groups be it Housewives/Home makers Corporate Sector both Management and Employees, School Children in general and specifically to children with special needs and differently abled and also people dealing with mental health issues. Dance movement therapy can be a powerful tool for stress management and thus prevention technique for physical and mental health problems. Suppressed emotions has to be let off by working on it continuously and consistently like how we dust vigorously an old bedding or rug to dust off accumulated dust. Each one of us go through trauma at some time or other, only the degree and severeness is different.

A practitioner/facilitator is a Motivator. There is no teaching here as the movements are spontaneous and genuine of the participants which express what they feel. The movements have to be personally and culturally relevant and intrinsic. Responses matters more than contribution, because this refers to empowerment,

increased confidence and self esteem, increase movement vocabulary. Together the group creates an authentic dance, which is therapeutic.

In each group the goal is to make participants become aware of themselves, and voluntarily work towards healing self. The therapy is a parallel one especially in case of trafficking survivors, Mental Health sectors, who may be having medical and counseling treatment simultaneously.

Incorporating sensory integration is to improve alertness through Dance Movement Therapy and sessions are designed to address both sensory integration issues and body-based psychotherapy concerns. In this article we discuss the benefits of Sensory integration and how it helps in a journey towards wellness.

Sensory integration is about how our brain receives and processes sensory information so that we can do the things we need to do in our everyday life. There is a theory of sensory integration and a therapeutic approach based on the theory. Like how we are introduced to Touch, Vision (sight), Hearing, Smell, Taste, the main five and also about balance and how we manage climbing stairs etc. which are known as Vestibular and Proprioception. Simply put the sensory integration is all about how our body moves. Sensory integration

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Sahrish Akhtar

**R**ooh Afza probably you heard the name but did not check it yet. Well, before checking you should know the health benefits of Rooh Afza. As long as you live you need to eat but by merely eating can you survive? Probably not, because besides eating you need to drink and water is the only natural source of drinks. Apart from the water various kind of fruit juice are also popular as a drink. People use to drink lots of drinks harmful and beneficial. Alcoholic drinks and natural drinks whatever you cannot but drink besides eating.

Health and medicinal benefits of Rooh Afza are immense. Here I am going to mention Some major medicinal benefits of Rooh Afza for you. Rooh Afza, the title is so perfect for this juice as it really contains a

## ROOHAFZA (SUMMER DRINK)

cooling effect which can boost your stress very soon.

### What is Rooh Afza?

Basically, Rooh Afza is summer drink popular in middle-east. The reason lies behind its popularity is its ingredients which have a very energetic and fresh effect in hot summer.

The term Rooh means soul and Afza means 'something nourishing', so what does the Rooh Afza means jointly, yes you are right — "Nourishes the soul".

Magnificent formula, Redolence, cooling effect, enduring flavor and with the other properties of Rooh Afza not only a satisfying drink but also has a standard image on the market because to advertise it there no need any star but it holds its popularity among the mass for its quality.

This Syrup is globally well known for its natural refreshing cooling effect and with it lots of appetizing recipes can be made and it extends the taste of these recipes. Fla-

vor Sharbat, cold deserts, Milk recipes, are the mentionable things which made Rooh Afza well known all over the world.

For the herbal and Aromatic flavor with the natural squeeze quality it is used to prepare various kinds of delicious recipes like Falooda, Kheer, Firni, mix fruit, lassi, pudding, kulfi, and milkshakes.



### Health Benefits of Rooh Afza

**1) Reduce Dehydration:** Rooh Afza fights strongly against Dehydration with its crucial elements potassium, Magnesium, Sulphur, Sodium, and calcium. Besides Dehydration it also effectively works to reduce warmth tiredness,

stress, sweltering. This chilling drink helps to keep the water level balanced in the body.

**2) Haemoglobin improvement:** Hemoglobin content is a very important for blood and Rooh Afza is a proved drink which improves the Hemoglobin content in blood.

**3) Helps in vomiting and Diarrhea:** Rooh Afza is very effective in Vomiting

and Diarrhea as it is working effectively in dehydration and Diarrhea cause dehydration.

**4) Helps in fever:** Fever is the extended temperature of the body and Rooh Afza is very helpful in decreasing body heat and works in fever effectively.

**5) Beneficial for indigestion:** In the treatment of indigestion, Stomach ache, kidney numbness Rooh Afza is chosen as an effective drink.

**6) Regain your lost weight:** Lost weight can be regained but for this exercise and proper food taking is needed. If you want to gain back your lost weight Rooh Afza is been suggested for you. You can try it as it promotes the Nitrogen stability in the body.

**7) Refreshing and cooling effects of Rooh Afza:** In a hot summer day, you may feel the most important benefits of Rooh Afza which is its Refreshing and cooling effect. After long day journey or work, a glass of Rooh Afza will bring you a relaxing mood very soon.

**8) Improves cardiovascular health:** Drinking Rooh Afza can have some really good benefits for the heart which include a smooth supply of blood, regulated heart rate, and more cardiac efficiency. People with

heart health issues or anyone at risk of such issues should include Rooh Afza in their diet.

Nowadays we really don't care what we are consuming or eating or drinking. But we should not do that.

### Recipe With Rooh Afza & Sabja Seeds

#### What You Need to Make Drink with Rooh Afza & Sabja Seeds

- Take 4 glass of cold water
- Mix 1 or 2 tbsp Sabja seeds
- Pour Rooh Afza and sugar according to your taste.
- Shake well the mixer.

#### How To Prepare Sabja Sharbat Drink with Rooh Afza

- At first, soak the Sabja seeds in jar of water for 1 hour
- Put these seeds into the water you have left
- And lastly, pour Rooh Afza into the bled
- For frozen refreshment add some ice cube if you want
- Stay healthy
- Stay happy &
- Stay hydrated



## DID YOU KNOW:

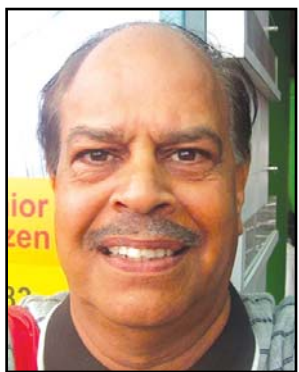
Kiwifruit is not only rich in vitamin C, it is packed with potassium, polyphenols, and vitamin E. Kiwifruit also contains flavonoids which have antioxidant properties to help keep immunity strong.



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## MANY VARIETIES OF HUMOUR



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

Humour plays a typical role in the lifestyle of people, who really wish to have a joyful life. When seniors cross sixty years of age they prefer to go through a fun filled life. After all life is short and it is for enjoyment. Many humour clubs are thriving all over the world only because it is entertainment, entertainment and entertainment. Laughing club coming under yoga is also part of such exercise.

While you are stuck at home during the lockdown you tend to cut jokes to relieve tension. As even in times of darkness, one should not forget to laugh. So, sit back, enjoy the lockdown period releasing the stress in a most sensible way. Clearly friends, life is bottled up. The genie has condensed to a

thick layer of smoke and entered the bottle. The lid is screwed tightly and life is in a bind. Children are slowly thronging the lane. Temple bells ring more. Vehicles are plying as usual on the road. Laughter Yoga is like an aerobic exercise (cardio workout) which brings more oxygen to the body and brain which makes one feel healthy and energetic. Laughter Yoga strengthens the immune system.

As a regular morning walker I feel the pulse of the people going around me as they wish me on the way. I first go through a park cum playground and as I enter an adjacent park, I feel the newly laid walking track suits my style of walking. I never exert too much but at the same time try to walk briskly so as to sweat it out at the end of my morning routine. This has become a way of life. But at times you get much more energy and enthusiasm to walk like a military man and it attracts others as well. In the sunny morning as I was walking stiff with my right and left legs going in a system-

atic way as I passed through my friends sitting at the Centre of the Park they did make a note of it.

One of my friends noticed and started shouting left - right, left-right and I kept up the spirit and walked according to his command. But I could not continue to do so for a longer duration and my friend did not stop his command. To overcome this act of military parade in a public park, I did turn and salute my friend while continuing to walk in the same style. Noticing my undue respect for him, he stopped his command of saying left-right and thereby I escaped being subjected to more upright steps till the end of the walking track. My other friends fell into laughter and appreciated my spontaneous way of making my presence felt without hurting them in any way.

Working in a nationalised bank and that too working in North Indian states as administrative manager is a real thrill, fun and frolic. Banks used to appoint post graduates in English Literature those days. One of

my lady officers was asking me about the transfer of one of our officers. As she casually asked me when you were releasing that officer. Spontaneously, I replied to her saying that the officer is not in jail and so I am not going to release him. Realising her mistake she enquired "When you are relieving?"

Working in North Indian branches without knowing the language was a difficult task. Once I issued a Demand Draft at a record time and the customer would like to thank me profusely. As a newcomer to Ghaziabad UP and that too from the Hindi hatred place Chennai I could not respond to his "Thanewad". I asked him what in English he replied "Shukriya" As I was blinking he said "Thanking You" and left the place. Likewise, my Malayalee friend was trying to get "Chicken" from the market. He put it in a peculiar way to make the shopkeeper understand, by asking Andhaka (Egg) Maa tho. We come across such different uses of the language and that creates laughter.

Humour has, in fact, been accorded the status of one of the nine Navarasas (nine emotional responses), which can be inspired in audiences, by performers, in 'Natya Sastra', or the science of dance, in ancient Sanskrit drama. And veteran artists have perfected the art of 'self-deprecation', which substantially increases the rapport between the performance and the audience. Philosophers belonging to the school of 'Stoicism' recommended it as a response to insults, as joining the critics removes the sting from the intended insult.

In traditional British - English culture it is considered an element of modesty, and a virtue that demonstrates self-confidence. Belittling oneself is to be polite by putting someone else first. No doubt, personal taste plays an important role in the manner in which a sense of humour manifests itself in a person, and depends on a number of variables, including geographical location, culture, level and intelligence, for example some people, espe-

cially children, prefer the 'slapstick' variety of humour, while others like it presented in a restrained and understated fashion.

Humor has many beneficial effects, including the ability to defuse tension in a situation by taking away the awkward, or uneasy, feeling between and amongst persons and facilitates smooth interaction. It is for these reasons that, throughout history, comedy has been used as a form of entertainment, all over the world, from the Courts of Kings to street shows in villages. A sense of humour has also been known to be an important element of the chemistry that attracts young men and women to each other. Newspapers and periodical magazines, invariably provide a special place for humorous cartoons and snippets. In between important events taking place on stage, such jokes, chutkule and sahayari is given importance to keep the audience in good humour. Thus, many varieties of humour make our life most enchantable in a busy life.

### ON THE OCCASION OF WORLD... Contd. from page 4

therapy attempts to treat sensory processing disorder which is common in children with autism. Children with sensory processing disorder experience problems with their sense of touch, smell, hearing, taste and sight.

This integration is taken care of in a DMT session or a series of sessions to bring

about self awareness, body awareness, focus, motor activity enhancements, memory improvements, and social evolution resulting in a positive transformation, by way of specifically designed activities. That is how the therapy steers the participants towards holistic wellness.

### CREATIVE SPACE



**Nikhil Krishnan, Age 8 Years**  
Reliance School, Koparkhairane



**Hemant S. (Std. 11),**  
Christ Academy, Koparkhairane



JAYANTHI SUBRAMANIAM  
Navi Mumbai

It is time for going somewhat green in our food habits as we find ample supply of vegetables to the APMC Vashi and there is steep fall in wholesale prices of vegetables. It is time to make use of the drop in vegetable prices and make sure that it is time to store non perishable items and go for more green vegetables for our daily food. It is time to preserve winter vegetables and buy them from the retail market also and preserve some of the fruits and vegetables as juice or pickles for use later on. It is time to go for Soup, salad and green meal to conserve energy for the summer season.

Summers are generally associated with heat, humidity and loss of appetite. People tend to drink more water and they eat light food which is easily digestible. The best way to beat the heat is to take cold water baths. If you

## WELLNESS SECRETS DURING HOT SUMMER SEASON

pour cold water into your head, the heat in the body comes down drastically. Instead of using the air-conditioner to reduce room heat it is better to have a cold water bath.

Watermelon is a good remedy to reduce heat. Seasonal foods such as sweet lime, guavas, melons and cucumbers help offset excess body salt. Along with food we can take Sprouts, salads, curd rice, whole grain sandwiches with watery fruits which provide all the Vitamin C and the B-complex vitamins that are required to build resistance against colds and fever that are very common during summer season. Avoid mangoes during summer as the body becomes very hot and boils appear in the body. Orange/Mosambi juice is also a good alternative.

Tender coconut is preferred mostly. Instead of taking ice and ice cream, juices, water based items are good for your health. skin rashes and irritations and headaches can be avoided by opting for Summer friendly food. While driving and going for an outing it is bet-

ter to have a bottle of water with you. The tiring heat requires more consumption of water. One requires at least 8 glasses of water during ordinary days. During summer you can increase to 12 to 15 glasses of water. Lime juice with salt and little sugar is preferred for dehydration. Instead of going for bottled drinks you can take barley water as well. Health is wealth and one has to keep fit even during hot and humid summer seasons as well. Green vegetables help us to maintain equilibrium during the summer season.

Mumbai summers really irritate you as the humid conditions are not good for your health. People would like to stay indoors as the outside heat is unbearable. However, people staying back home also face the hot conditions as there are power cuts in some of the areas on a regular basis. It is better to fit an inverter in your flat to overcome power shortage during summer season. Curd is great as it is cooling, and contains proteins in the predigested form. It does have B-complex vitamins and

contains bio-available calcium, Phosphorus and magnesium and is beneficial during the hot season to withstand heat. Summers are generally associated with heat, humidity and loss of appetite.

People tend to drink more water and they eat light food which is easily digestible. The best way to beat the heat is to keep you cool all the time. Watermelon will provide you with the water required for your body during this time of the year. Seasonal foods such as sweet lime, guavas, melons and cucumbers help offset excess body salt. Along with food we can take sprouts, salads, curd rice, whole grain sandwiches with watery fruits which provide all the Vitamin C and the B-complex vitamins that are required to build resistance power against colds and fever that are very common during summer season.

Avoid mangoes during summer as the body becomes very hot and boils appear in the body. Drink a glass of milk if you happen to taste mangoes and boils appear in the body during the summer season.

Skin rashes, irritations and headaches can be avoided by opting for summer friendly food. While driving and when you go for an outing it is better to keep the car's A/C on for sometime before starting your journey. The tiring heat requires more consumption of water. If you follow all these basic rules during the summer season then you can make sure that life is like other days and no impact of summer here as such.

Summer season has set in and several cities are sweltering in the heat wave during the month of March. Rich people can enjoy the comfort of the Air Conditioner in their homes and in their car while traveling whereas the middle-class and lower middle class go for frequent baths to beat the heat and take watermelon and fruit juices to beat the heat. Fortunately, Mumbai is having sufficient water supply. So far we have not felt the shortage of Power and Water. It is better to take precautions while traveling out in the hot sun. By keeping the windows open we can get fresh air instead of keeping it closed all

the time. Cold water bath before going to sleep will give you a sigh of relief from the hot and humid atmosphere. Air coolers in this part of the country will not provide much solace from the sweltering heat.

Summer is very much enervating and people die of Sun Stroke during the hot summer season. This time round the year the mercury is touching 40 degree centigrade and people in Mumbai face heat waves. People would like to stay indoors as the outside heat is unbearable. The best way to beat the heat is to take cold water baths. If you pour cold water on your head, the heat in the body comes down drastically. Instead of using the air-conditioner to reduce room heat it is better to have a cold water bath. During summer you can increase to 12 to 15 glasses of water. Lime juice with salt and little sugar is preferred for dehydration. Instead of going for bottled drinks you can prefer barley water as well. Health is wealth and one has to keep fit even during hot and humid summer seasons as well.

## HEALTH BENEFITS OF WATERMELON

On a hot summer day, the very thought of consuming makes one feel refreshing. Everyone is aware about this juicy (90% water content) fruit which is probably the most consumed in the way of slices or pieces sprinkled with pepper

and salt. Many prefer a glass of watermelon with crushed ice to beat the heat. When consuming it we probably don't think much about the benefits, but then this fruit does possess a good number of



benefits too.

A few of them are

mentioned here:

- 1) High in nutrients that are helpful to the body
- 2) Assists in staying hydrated
- 3) It is said to contain anti-cancer qualities
- 4) It is good for heart and helps keep it healthy

- 5) Reduces oxidative stress
- 6) Helps to avoid macular degeneration
- 7) Beneficial for the skin

So do enjoy this wonderful fruit in the summer season to beat the heat and stay healthy too 😊😊

## Everest Cycling Culture participates in Navi Mumbai Cyclothon 2022



Navi Mumbai Municipal Corporation had organised a Cyclothon on 05th March 2022 under “Majhi Vasundhara Abhiyan” campaign; to spread the message of rejecting Fuel Vehi-

cles and accept Human Powered Bicycles for shorter distance. Municipal Commissioner Mr. Abhijeet Bangar welcomed citizens who joined to ride with him from Sanpada to NMMC HQ.



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Various eco-friendly initiatives are being implemented and the Cyclothon is a part of it, said Additional Commissioner and Nodal Officer of Majhi Vasundhara Abhiyan, Smt. Sujata Dhole. She thanked the cyclists for participating in this event and took the collective oath of my Vasundhara Abhi-

yan. Mr. AbdulRab Kazi, the Cycling Ambassador of Navi Mumbai and Founder & Admin of “Everest Cycling Culture”, the biggest Cycling Group in Navi Mumbai; equally pro-

the Cyclothon and enjoyed riding with other fellow participants. He also praised Navi Mumbai Police and Navi Mumbai Traffic Police for their fabulous arrangements to manage the traffic.

moted the Cyclothon. Around 97 riders from Everest Cycling Culture participated in

when cycling outdoors; and to follow all Safety and Traffic Rules.

## NATIONAL SCIENCE DAY (St Lawrence High School Vashi)

National Science Day is celebrated as one of the prominent science festivals in India every year with great enthusiasm on February 28 to commemorate the discovery of Raman Effect by the Indian physicist, Dr. Chandrasekhar Venkata Raman ( C .V Raman) on the same day in the year 1928.

and creativity observed the National Science Day with full zeal and vigour. The students across all the sections ( Pre-primary, Primary and Secondary) actively took part in many activities and competition to spread the awareness about the science and technology.

A special assembly was held to



It was this discovery that got Sir C.V. Raman a Nobel Prize in Physics in 1930.

The theme of the National Science Day 2022 is, “integrated approach in science and technology for a sustainable future”.

St. Lawrence High School, Vashi too celebrated this DAY with great honour, the Young minds of SLHS, VASHI, with their innovative ideas

mark this occasion. The assembly began with the significance of “National Science Day” followed by brief introduction of few famous Indian Scientist and their contribution.

The Headmistress, Mrs. Saira Kennedy added, “Science is the systematic classification of experience”, so we give the best opportunity to our young minds to experiment and experience SCIENCE.

**जश्री**  
Celebrating Womanhood

**CREATE A BETTER TOMORROW**