

Date with Health

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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 !!!!



RYAN CHRISTIAN SCHOOL – VASHI

REPORT ON EARTH DAY

Every year on April 22, Earth Day marks the anniversary of the birth of the modern environmental movement in 1970. The theme for this year "Invest in Our Planet,"

Earth Day has been celebrated around the world to call attention to some of our most pressing environmental and social problems, including climate change, biodiversity loss, and dwindling natural resources.

The day started with a beautiful message where students were reminded of 5 actions towards safe earth. Each one of them took a pledge to save Mother Earth by doing simple doable actions. Our continuing effort in our daily life will make this beautiful planet thrive.

To understand - the magnitude of the problem, students of Ryan

Christian School, Vashi celebrated Earth Day on April 22nd, 2022

Teachers made the students understand



different ways to show their commitment to preserve our environment, and how each one of us can do our part. Earth Day has its significance for every individual. it is a day to reflect on the impact

"Look deep into nature, and then you will understand everything better."

- Albert Einstein

on the environment and commit to get involved in environmental causes and work to protect our planet. The different activities were planned to create maximum awareness and impact

Such as to Write a

short poem of Praise, for the Creation of our Planet Earth. Draw a Poster on World Earth Day with a slogan and put it as Whatsapp DP for the day.

To what are the resources found in our planet which requires

to be conserved and are at danger of annihilation.

Students enumerated what will be their contribution to save our Planet as grown-ups, which will bring about a change to con-

lost forests, rebuilding damaged ecosystems, and mitigating climate change. So let's find an open space in our community and plant a tree!

The important thing was that all come to-



serve our Planet.

Few students brought saplings to celebrate Earth Day. Benefits of planting trees were explained to the students, such as cleaning the air and reducing climate change. It will contribute to global reforestation efforts by planting more trees, recovering

together to show their love for our planet and pledge to take better care of it

Special Assembly was conducted in the school auditorium and students took the oath on Earth Day to protect the earth from pollution and abuse.

Over all it was a memorable day.

PLEASE NOTE: Vol. 5, Issue - 7 (April 1-30, 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

- Editor



Editorial

TAKE CARE OF THEM TOO !!!

If the month of April was an indication the month of May seems to have more in store. April witnessed heatwave in various parts of the country where temperatures were couple of degrees higher than what was expected. Decade old records were broken as desperate souls on the streets turned to whatever they could to beat the heat. If April saw temperature rising above normal then the coming months may see more days with heatwave like condition.

We with our careless approach are solely responsible for it and each year we pledge to change it with more plantation and taking care of our surroundings. All of it is forgotten when monsoon arrives and the climate gets cooler.

Well monsoons are a few months away, what we are experiencing will be felt for a couple of more months. As humans we are selfish enough to make all preparations to beat the heat, with water cooler air conditioners cold beverages and juicy fruits. But has anyone taken steps to protect those who may equally be vulnerable to the heatwave, but will not be able to communicate. Birds and animals will equally feel the heat, but they don't have that privilege of opening a tap and quenching their thirst. Do a kind gesture this summer by placing a bowl or an earthen pot with water in your balcony window. Also place a bowl with some grains for them to feed. One can place earthen shallow pots near our homes for animals to quench their thirst.

This summer try out earthen pots for storage of water. It is supposed to be healthier and has many benefits apart from helping our village artisans who are involved in making them. The cool earthen water doesn't harm one's throat and does have many more health benefits.

Do take care of delivery boys the gas cylinder person and anyone coming to your doorstep. They too are out in the sultry heat earning their livelihood. Ask if they need to fill their water bottles which they may be carrying. A kind gesture doesn't take much time or doesn't require money, but goes a long way in making people around us happy and also helps them do their work in a better way.

RAISE EMOTIONALLY BALANCED CHILDREN

This is my last article under the topic of Mental Health of Children.

From next month onwards I shall be writing on Mental Health of Teenagers.

Therefore I thought before concluding this topic, let me once again remind the readers regarding most essential part of raising children and that is focus on their emotional intelligence and raise the emotional quotient, rather than worrying too much about the intelligence quotient.

I have named my son Anmol which means precious and fortunately he has turned out to be so in every way. Let me share with you the areas I focused on while raising him, though it is all in my book Mom Dad U R Wonderful

To help children be happy and at the same time courageous, we need to focus on what and how we are preparing them for the world.

So to be happy we need to be ourselves very sure that happiness means spending time with the child and not loading them with material gifts and comforts.

Focus on what they need and not what they want.

All children need

1. Safe and secured loving environment.
2. Parents who speak kindly and with encouragement
3. Parents and family members who give them time and answer their questions with patience
4. Encouragement to make decisions and also be equipped to face the consequences.
5. Good play facilities indoor and outdoor.
6. Good and healthy balanced diet.
7. No dependency on screen time for learning purpose or otherwise.
8. Parents who have their own emotional issues sorted out
9. Maintaining good relationship with family, siblings and friends.
10. Encouragement for Social interactions
11. Respecting the friends and their families without judging them.
12. Good communication which is positive, encouraging and also without criticism and comparison.
13. As parents we need to be the role model who do not display double standards.

How to achieve the above

- Set limits and remember that you are the captain of the ship. Your children will feel more confident knowing that you are in control of the helm.
- Offer children a balanced lifestyle full of what they



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need, not just what they want. Don't be afraid to say "no" to your kids if what they want isn't what they need.

- Provide nutritious foods and limit junk food.
- Spend at least an hour a day outdoors doing activities such as: cycling, walking, fishing, bird / insect watching.
- Enjoy a daily family dinner with no phones or technology to distract them.
- Play with family board games or if the children are very young for board games, let yourself be carried away by your interests and allow them to lead the game.

- Involve your children in some housework according to their age (folding clothes, keeping and cleaning toys, hanging clothes, arranging food, setting the table, watering the plants etc.).
- Implement a consistent sleep routine to ensure that your baby sleeps well. I have often mentioned the message to put them to sleep.
- Make and paste colorful schedule in their room.
- Teach responsibility and independence.
- Do not protect them in excess against any frustration or error. Making mistakes will help them develop resilience and learn to overcome life's challenges, have patience and let them do their tasks. Do not do it for them.
- Educate them to wait and delay gratification.
- Provide opportunities for "boredom" as boredom is the moment when creativity awakens. You don't feel responsible for keeping children entertained.
- Do not use technology as a cure for boredom, nor offer it on the first second of inactivity.
- Avoid the use of technology during meals, in cars, in restaurants, in shopping malls. Use these moments as an opportunity to socialize, thus training your brains to work when they are in "boredom" mode.
- Become a regulator or emotional trainer of your children. Help them to recognize and manage their frustrations and anger.
- Educate them to greet, to take turns, to share without remaining without anything, to say thank you and please, to recognize the error and apologize (do not force them), be a model of all those values that you inculcate them.
- Connect emotionally - smiles, hugs, kisses, pillow throw, tickles, reading, dancing, trekking, writing, jumping, playing with them.

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HAPPY HEALTHY HOLIDAYS



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Think “ACTIVE VACATION” it...

Plan your holidays with getaways that combine relaxation with some sort of physical activities.

One of the primary goals behind active vacations is to blend exercise with sight-seeing and general tourism.

The best way to really experience a place is to get involved.

Not just see a mountain but to climb

Not just observe a valley or a place but to bike through it.

Trekking, hiking, biking, walking on the beach, swimming etc or involving outdoor activities will make you feel both invigorated and relaxed and rested.

A few tips to stay healthy on vacation

- Make a point to eat your meals slowly and mindfully. This way you will savor

your food more and eat less, because your gut will have time to signal your brain as you become full.

- Don't forget to dance the night away... an hour



- Consider cutting off eating at 7pm or 8pm and not eating again till 7am or 8am. This 12 hour fast helps pre-

pare your belly for another round of food.

- Hotel buffets are synonymous with hotel stays. The of dancing burns nearly 450 calories.

cornucopia of food displays makes your eyes bigger than your stomach, causing you to eat more. So eat sensibly.

- Go for Zero calorie

fries.

- Request for whole grains/ breads/ pastas/ tortillas or steamed brown rice whenever possible.
- Order dishes that are nutrient rich



beverages like lime water, unsweetened tea/ coffee/ sparkling water/ club soda etc.

- Downsize your portions by ordering kids or junior menu.
- Opt for entrees to be served with grilled vegetables rather than french

and not calorie rich.

- Beware of table munchies
 - Have desserts but share it
- Enjoy your vacations. Being relaxed and happy releases Serotonin (Happy hormones) which will aid in weight loss.



Sahrish Akhtar

Heatstroke is a condition caused by your body overheating, usually as a result of prolonged exposure to or physical exertion in high temperatures. This most serious form of heat injury, heatstroke, can occur if your body temperature rises to 104 F (40 C) or higher. The condition is most common in the summer months. Heatstroke requires emergency treatment. Untreated heatstroke can quickly damage your

brain, heart, kidneys and muscles. The damage worsens the longer treatment is delayed, increasing your risk of serious complications or death.

SYMPTOMS

Heatstroke signs and symptoms include:

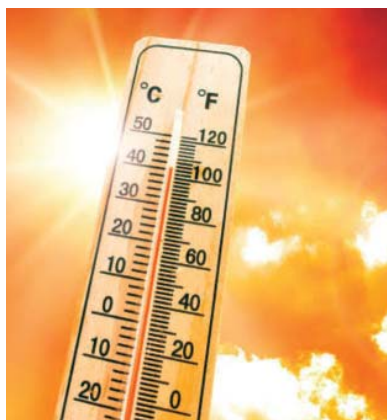
- High body temperature. A core body temperature of 104 F (40 C) or higher, obtained with a rectal thermometer, is the main sign of heatstroke.
- Altered mental state or behavior. Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke.

HEAT STROKE

- Alteration in sweating. In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel dry or slightly moist.
- Nausea and vomiting. You may feel sick to your stomach or vomit.
- Flushed skin. Your skin may turn red as your body temperature increases.
- Rapid breathing. Your breathing may

become rapid and shallow.

- Racing heart rate. Your pulse may sig-



- Headache. Your head may throb.
- Try these cooling strategies:

- Fan air over the patient while wetting their skin with water from a sponge or garden hose.
- Apply ice packs to the patient's armpits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.
- Immerse the patient in a shower or tub of cool water.
- If the person is young and healthy and suffered heatstroke while exercising vigorously -- what's known as exertional heatstroke -- you can use an ice

bath to help cool the body.

- Do not use ice for older patients, young children, patients with chronic illness, or anyone whose heatstroke occurred without vigorous exercise. Doing so can be dangerous.

What Are Risk Factors for Heat Stroke?

Heatstroke is most likely to affect older people who live in apartments or homes that don't have air conditioning or good airflow. Other high-risk groups include people of any age who don't drink enough water,

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WALKING FOR HEALTH...



Dr Maheen Memon
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A walk has always been a non controversial means of maintaining good health, recommended by all the systems working for the betterment of humanity. Walking is one of the most effective ways to stay fit. A good brisk walk will give your heart and lungs a terrific workout, enabling oxygen to get to all your body's cells and boosting the efficiency of your circulation. Brisk walking can burn approximately 100 calories a mile, helping to keep your weight in check. Walking is low impact, so there is little stress on your joints. It is also good for your emotional health, walking as a regular habit triggers the production of the feel good hormone, endorphins, which in turn create feelings of well being and relieve anxiety and stress.

Walking 10,000 steps to good health may be harder than it looks. Simply padding around from place to place during the day, is better than nothing, isn't enough to achieve the minimum target for physical activity, researchers say. The best scientific evidence has stated that a daily

30mins brisk walk is important for health, not whether the step count reaches 10,000. The average person probably does 5,500 to 7,500 steps in ordinary living, but does it sporadically.

Walking briskly will be different for each individual. Start every walk slowly. Gradually increase your pace stop . After about 5 minutes start to walk a little faster, so that you feel slightly warmer, breathe a little faster and your heart is beating a little faster. One way to know whether you walking briskly is to take a Talk test. You should still be able to talk whilst walking. If you can't carry on a conversation, then you're going too fast.

-Getting the habit- Research shows that it takes 21 days to form a habit, so first three weeks are to help you do just that.

WEEK 1- Aim to accumulate 30 mins walking three days a week to get used to it. The easiest way is to take three walks of ten mins each.

WEEK 2&3- Now that you have established a routine, increase the length of time you walk to 15 mins and aim to do two walks four days a week.

-Upping the ante- The next three weeks are devoted to increasing the distance you walk, the speed at which you walk so you are able to cope with longer, more arduous trips.

WEEK 4- Stick to two walks of 15 mins but increase the num-

ber of days to five days a week.

WEEK 5- Step up your walking habit by increasing duration to 45 mins in 5 days a week. You can still break up into 15 mins each if that suits you or experiment with doing one longer walk of say 30 mins and a shorter one of 15.

WEEK 6- Time to increase the effort a bit by adding some more speed and endurance to it. Continue with five 45 mins walk a week but either try to walk further each time Or take a different route including a few ups and inclines.

WEEK 6 ONWARDS- Congratulations! You are now good at your walk.



Aim to increase an hour each day. Remember you can still break it up into smaller durations, if it is hard to find the time. Note that if you find any week difficult, repeat the programme for that week and stay with it until you are able to progress comfortably to the next.

Brisk walking even has the same benefits as jogging. When you are walking to stay fit, your form, pace and breathing is especially important. Mastering a good walking technique takes some time. But with practice, it will become second nature and

maintain your pace comfortably.

Good form will help you walk faster and longer, increasing your fitness level more quickly. You will tire less easily, use more of your core muscles and improve the overall efficiency of your workout.

- Strike with your heel first- Your heels should hit the ground first, roll your foot through to the toe, with no unnatural pushing from one foot to other. Take shorter rather than longer steps. More frequent shorter steps will give you a better workout and be easier on your joints.

- Swing your arms- Bend your arms at the elbow at a 90° angle and swing them towards the center of your body. Swinging your arms properly will give you a better aerobic workout, burn more calories and engage more muscles throughout your torso.

- Stretch your spine- To maintain good posture, stretch your spine tall. Your head should be resting comfortably in line with the spine. Do not tilt your head back or tuck your chin.

- Contract your stomach- With your spine tall, contract your stomach muscles slightly and lift them upwards to support your lower back. This will help in maintaining the posture and also avoid straining your back.

- Pace and breathing- Your pace, ie how fast you walk will affect your breathing. It should be enough to increase your breathing rate but not too much to make you gasp for air. Use a talk test to know if your pace is good enough. Now that you have the technique, you are ready to pick up the pace. A good speed varies depending on your fitness level, your posture and even your walking location.

- Speed up, slow down- A good way to increase your pace and endurance is to pick up speed for short spells in between your steady pace. This is often referred to as interval training. After you have been walking comfortably for about a few minutes, increase your speed for a minute or two, then return to your steady pace. Working your way up to a brief but high intensity walk can keep your walking routine challenging and help you improve your

fitness.

If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions world wide. It can reduce the risk of many diseases, from heart attack and stroke to diabetes and thyroids. These may sound like claims but are backed by major researches. Walking helps keep your weight in check. Combined with healthy eating, physical activity is the key to any plan for long lasting weight control. Keeping your weight within healthy limits can lower the risk of type 2 diabetes, heart diseases, cancer, sleep apnoea, osteoarthritis etc. It strengthens the heart so it can pump more blood with less effort and with less pressure on the arteries, thus helping with maintaining optimum blood pressure. Staying fit is as effective as the medications in keeping the blood pressure stable. It helps reduce the bad cholesterol in the blood which can cause plaque build up along the arterial walls- a major cause of heart attack. The advantages go on and on. Many other studies indicate a daily brisk walk can also prevent depression, colon cancer, constipation, osteoporosis. It can lengthen lifespan, lowering the stress levels. Relieve arthritis and back pains, strengthen muscles, bones and joints. Improving sleep, elevates the overall mood and sense of well being.

ROLE OF RAJYOGA MEDITATION ON PSYCHOLOGICAL WELL BEING (MENTAL HEALTH AWARENESS MONTH SPECIAL)

Mental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. In order to maintain a strong and sound mental health one can practice meditation.

WHAT IS MEDITATION?

The word 'Meditation' means 'to think'. As we all know, man's mind is, ordinary, occupied with hundreds of thoughts of the world. Meditation gives us mental relaxation as well as physical relaxation and constant peace and improves the quality of being. We ask one who has not felt pressed, at times, by the turmoil of events or the inanity of physical and natural environment, to seek inner calm and peace and fresh resources of vitality, within himself? Meditation is the sure way to experience new zeal, powerful energy and real and lasting peace and to have in it a fountain of bliss.

WHAT IS RAJYOGA MEDITATION?

In Raj-Yoga meditation, one withdraws one's mind from all the worldly thoughts, including the thoughts of one's own body, and one collects ones, consciousness, at least for sometime, and

thinks of the shining and peaceful self as a point of divine and conscient light and, then, focuses one's attention on god as supreme soul, who also is a point of conscient light and is the ocean of peace. The inhibition of worldly thoughts and the recollection or recapitulation of thoughts of the luminous self is attained by directing the flow of thoughts towards god i.e. the supreme soul in his supreme adobe or Paramdham which is the world of divine light. In this sense, this meditation is withdrawal or reversal of one's consciousness, from the body and its world to the soul and its silent world, or from the dark lanes of negative thoughts on the bright path of contemplation on god.

BENEFITS OF RAJYOGA MEDITATION

The teachings of Raja Yoga are extremely beneficial for developing positive attitude. In various situations one thinks; "I am just an actor in the world drama. I must try to play the role given to me in the best possible manner. I should not become anxious, depressed or worry about the activities of others because they are also playing their roles in the huge world dram. I remain detached and peaceful because I am just an observer of various scenes of the drama. I even observe my

own activities. More so because my original nature is peaceful. I am a peaceful soul. I am a child of the ocean of peace—the Supreme Being."

Understanding of the spiritual knowledge helps one to do positive thinking and transform his attitudes towards the stressful situation.



Hence meditation and spiritual knowledge help one to maintain stability of mind in the adverse circumstances. He accepts criticism and tries to correct himself. He will not be influenced by anger, Hopelessness, Attachment, Fear etc. He remains away from the unhealthy habits which provide only a temporary pleasure and makes ones mind weak. Thus spirituality based positive thinking helps one to attain the highest level of emotional equilibrium.

Listed below are just a few of the benefits sports professionals, celebrities and people all over the



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

world are endorsing after practicing meditation in health and fitness programmes. •

1. Enhances energy
2. Strength, vigor and fitness
3. Helps keep blood pressure normal
4. Amazing stress buster.
5. Creates a state of
6. Increases concentration and strengthens the mind.
7. Helps reduce heart disease
8. Helps with weight loss
9. Builds self confidence
10. Reduces anxiety attacks as it lowers the levels of blood lactate
11. Increases serotonin which influences moods and behaviour. (Low levels of serotonin are associated with depression, headaches, obesity and insomnia.)
12. Helps weight loss
13. Helps cure addic-

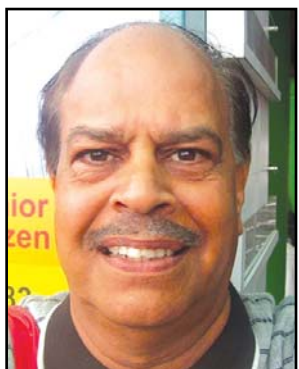
Physiological Benefits of Meditation:

1. Meditation decreases the metabolic rate and lowers the heart rate, thus indicating a state of deep rest and regeneration.
2. Meditation reduces stress which is indicated by lower levels of stress-hormones such as cortisol.
3. Meditation reduces high blood pressure. •
4. Meditation has been found to help asthma patients, making breathing easier for them.
5. Meditation seems to slow down the aging process of the brain and thicken the grey matter of the brain, thus increasing the brain.
6. Medical scientists would be keen to know the psychophysiological explanation about the benefits of Raja Yoga in promoting positive state of one's mind.
7. Enkephalin and Endorphins (Endogenous Morphine) are secreted due to yogic life style which helps in detaching oneself from the various kinds of pains. They produced harmonious Alpha or Theta waves not only while meditating but even when various mental and intellectual works was done.

Psychological Benefits of Meditation:

- On the psychological level, studies have shown the following benefits of meditation:
1. A normal person's mind is extremely susceptible to the changing environments. A mentally healthy person retains the stability of mind under adverse circumstances. One's mind having been liberated from wasteful habits such as smoking, taking alcoholic drinks or intoxicating drugs, spending time and money on unwanted things, etc. and one's concentration and efficiency having increased and relations and capacity of adjustment, tolerance and endurance having improved, one's social, economic and over all development now takes place.
 2. There is the resulting change in one's belief system, value system, one's purpose, attitude and behaviour. • Meditation increases the coherence of brain wave patterns in the brain, which suggests it improves creativity and learning and changes the way the brain works.
 3. Meditation helps to decrease anxiety, depression, irritability and moodiness. • Meditation improves memory.
 4. Meditation increases the subjective feeling of happiness and contentment. • Meditation increases emotional stability.

YOGA HAS A SPECIAL ROLE TO PLAY IN HEALTH MATTERS



C.K. SUBRAMANIAM
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Navi Mumbai

Body and Mind Should Bond Together

We can say that we are living in a kaliyug as we witness untoward incidents taking place in every strata of the society. Young-

sters must feel their responsibilities and dedicate their spare time in a useful way. Further they should be able to appease God and take His guidance for their wellbeing rather than following a wrong path. But it is generally found that the Teenagers are crossing the limits and in a lust for love even rape their colleagues or in a fit of anger go to the extent of murdering or just throw acid to deface their sweetheart on vengeance. Just like in USA students are going to the extent of stab-



bing their friends for ransom or for old enmity or just to establish their supremacy in an authoritative manner. As a parent one should develop their children with good mind, a stable body language and the will to help friends. For this to happen, parents must make an effort to guide the young to have faith in God and

the Social values from young age. Children on their part should not fall in the trap of bad elements and thereby losing their identity instead of developing healthy relationship to overcome the evil mind present to put up exemplary behaviour. To balance life from all this obstacles Yoga can provide a meaningful

life and make sure of resilience in their student life full of pressure. Body and mind should bond together to lead a successful life and become a responsible citizen of India.

The atmosphere is hot and humid and the people likely to get all types of ailments during this season. To add to that the hectic and stress filled life make you vulnerable to get life threatening ones such as diabetes, hypertension, obesity and sleep disorders. It is time to drink more water during this season.

An early morning walk will give you fresh breeze and a new lease of life to undertake the tensions of that particular day. Half an hour of brisk walking followed by 15 minutes of yoga keep you fit all the time and give you the energy needed to undergo work pressure and the travel pressure for the day. 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

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HEAT STROKE...

Contd. from page 3

have chronic diseases, or who drink excessive amounts of alcohol.

Heat stroke is strongly related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A relative humidity of 60% or more hampers sweat evaporation, which hinders your body's ability to cool itself.

The risk of heat-related illness dramatically increases when the heat index climbs to 90 degrees or more. So it's important -- especially during heat waves -- to pay attention to the reported heat index, and also to exposure to full sunshine can increase the reported heat index by 15 degrees. If you live in an urban area, you may be especially prone to develop heat stroke during a prolonged heat wave, particularly if there are stagnant atmospheric conditions and poor air quality. In what is

known as the "heat island effect," asphalt and concrete store heat during the day and only gradually release it at night, resulting in higher night time temperatures.

Other risk factors associated with heat-related illness include:

Age. Infants and children up to age 4, and adults over age 65, are particularly vulnerable because they adjust to heat more slowly than other people.

Health conditions. These include heart, lung, or kidney disease, obesity or underweight, high blood pressure, diabetes, mental illness, sickle cell trait, alcoholism, sunburn, and any conditions that cause fever.

How Can Heat Stroke Be Prevented:

When the heat index is high, it's best to stay in an air-conditioned environment. If you must go outdoors, you can prevent heat stroke by taking these steps:

Heatstroke is pre-

dictable and preventable. Take these steps to prevent heatstroke during hot weather:

- **Wear loose fitting, lightweight clothing.** Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.
- **Protect against sunburn.** Sunburn affects your body's ability to cool itself, so protect yourself outdoors with a wide-brimmed hat and sunglasses and use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or sweating.
- **Drink plenty of fluids.** Staying hydrated will help your body sweat and maintain a normal body temperature.
- **Take extra precautions with certain medications.** Be on the lookout for heat-related problems if you take medica-

tions that can affect your body's ability to stay hydrated and dissipate heat.

- **Never leave anyone in a parked car.** This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees F (more than 11 C) in 10 minutes. It's not safe to leave a person in a parked car in warm or hot weather, even if the windows are cracked or the car is in shade. When your car is parked, keep it locked to prevent a child from getting inside.
- **Take it easy during the hottest parts of the day.** If you can't avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.
- **Get acclimated.** Limit time spent

working or exercising in heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness. It can take several weeks for your body to adjust to hot weather.

- **Be cautious if you're at increased risk.** If you take medications or have a condition that increases your risk of heat-related problems, avoid the heat and act quickly if you notice symptoms of overheating. If you participate in a strenuous sporting event or activity in hot weather, make sure there are medical services available in case of a heat emergency.

Some drinks and foods can also act as oral-rehydrating formulas, including:

- ✓ gruel (cooked cereal and water)
- ✓ rice water
- ✓ green coconut water
- ✓ fresh fruit juices, ideally orange, pear,

or peach.

- ✓ carrot soup
- ✓ banana puree mixed with water

Conclusion: Immediately effective cooling interventions are the only causal treatment for heat stroke. Time once lost cannot be made up. Prevention (acclimatization, reduced exposure, etc.) and terminating the heat stress in good time (e.g., stopping work) are better than any cure. Intense and rapid heat production takes place in the working muscles, such that at a high intensity of activity core body temperatures of over 39 °C can be reached within 20 minutes. Whether at work, in leisure pursuits, or during sporting activity, physical exertion can lead to overheating of the organism (heat stress) and to heat illness; higher environmental temperatures further increase the risk. Heat cramps can be treated with fluids and rest. A person should also seek shade or an air-conditioned building as soon as possible.



JAYANTHI SUBRAMANIAM
Navi Mumbai

Eat to live' can be translated as the biological need of every living organism to obtain food in order to survive. Physiologically, our body needs food so that we have sufficient sources of energy and nutrients. If we are living to eat, then what's the difference between a human being and an animal. Animals live just to eat, sleep and reproduce. But a human life is a much bigger possibility. It's a greatest gift to explore the potential of being human which goes beyond physicality. So, to remain alive we need to eat but it should never become the core of our existence. We exist here to explore the phenomena

of human life.

Life is too short and we shouldn't just think about our comforts. Many people say that success, money and power, are not beyond health. You should sleep more, eat more and enjoy life. It's ok if you don't want to do something big in your life. You just have to keep proper care of your health but you shouldn't be obsessed with that and try to do something big in life.

Nutritionists now distinguish between "metabolic eating" and "hedonic eating," that is, between eating what your body requires versus eating for fun. I love the term "hedonic eating." It so well describes going through a bag of chips while watching TV. When I put on a few pounds I tell myself to cut out hedonic eating and the weight comes off. I am not fascinated about food. When nature strikes in my tummy

EATING TO LIVE AND LIVING TO EAT

(hunger), I go for food. Otherwise, I do not think about food. Other fascinating things keep me busy. I eat to live. That is the entire truth.

It's the same three words: 'To', 'Live' and 'Eat' but the order and perception of those words creates vastly different meanings to



people. Those who "Live to Eat" view food as something more in their life than just fuel. It can mean comfort, family, friends, happiness, lifestyle or stress release. When food takes on greater meaning than its nutrients we start running into troubles. Those who

'live to eat' may find making healthy, positive eating changes very challenging. To them, it's more than just food. It's about what food means to them. When it comes to making positive eating changes, fear of change can significantly impact those who "Live

to Eat", especially in two cases:

The key is striking the balance that allows us to enjoy food when we want while being mindful of and listening to our natural hunger signals. We should choose nourishing, healthy foods whenever we can because we

know there will be special occasions when we will choose not to and instead will indulge and enjoy it. It is not about restriction...it's about balance. What Eating to Live really means.

What I'm trying to say here is that Eating to Live does not mean you have to eat or not eat any particular food. It means that your food should be meant to an end not your ultimate goal and concern. I have seen how food can negatively affect the lives of people. Too much of anything can be bad, moderation is important in all aspects of life. It is okay to enjoy food when you are eating, but eating to live a happy healthy life is very important for not just your health, but for the health of those around you.

Your food should be your friend that supports your journey whatever that journey is. Your food should

support your happiness and wellbeing, not steal from it. Your food should make your life more enjoyable and less stressful, not the other way around. Food should give you energy to achieve your goals, to help you become the best you can, it shouldn't steal your energy and focus. Food should be natural and nurturing like sleep: you want to sleep and get rest – you go and sleep, have a nap, you want to eat and give your body nourishment – you should go and eat the food that is nourishing for your body and soul, easy to get and prepare without stressing out about it. And as I said, that has nothing to do with any particular food, food group, macro or micro nutrient, calories, fats and proteins in it. It has to do with you. There is a perfect diet for everyone out there, one that will make you Eat to Live, not Live to Eat.

YOGA HAS A SPECIAL ROLE...

Contd. from page 6

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—the panting is attributed to stress, those few extra pounds are characterized as a 'sign of the wealthy'. So, it is time to work hard on your regular exercises and have control over eating. Avoid junk food and consume lot of intake of milk to keep fit all the time and avoid unnecessary stress to fall victims of the four life threatening diseases. It is time to fight fit as life is precious and it is the survival of the fittest.

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The results of these studies have been mixed and inconclusive, with cancer studies suggesting none to unclear effectiveness, and others suggesting yoga may reduce risk factors and aid in a patients psychological healing process. Yoga has special importance in controlling high blood pressure and regular practice of yoga is very beneficial. Light relaxing exercises are also beneficial in case of this problem.

Deep breathing and Kumbhak should be avoided and postures like Sukhasana, Vajrasana should be used for practicing breathing exercises. Practice Shavasana in case of weariness. Chandrabhedhi pranayam is beneficial in reducing high blood pressure and other old age problems. Katichakrasana, Tadasana, Bhujangasana, Shalabhasana, Dhanurasana, Pavan muktasana and Shavasana are very beneficial in case of normal blood pressure level. Body purification processes and Jalneti are very beneficial. Regular practice of yoga nidra is helpful in controlling the increased blood pressure

levels. Regular practice of meditation reduces the risk of high blood pressure.

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 which not only prevents you from falling sick, but also helps to heal a variety of illnesses like hypertension, heart disease, diabetes, depression, arthritis, allergies, asthma, bronchitis, backache, fibromyalgia, migraine headaches, menstrual disorders, cancer and many others. Yoga is

having a special role to play in health matters and if we practice the

art of yoga on a regular basis we can feel fit and fettle all the time.

CREATIVE SPACE

MESMERIZING MONUMENT- KUTUB MINAR



Nikhil Krishnan, Age 8 Years
Reliance School, Koparkhairane

RHYTHM OF BODY AND MELODY OF MIND AS A HEALING PROCESS IN DANCE MOVEMENT THERAPY (DMT)

Although the origin of Dance Movement Therapy is the west, Pioneers in India have worked to suit to Indian context. If we look at our rich culture, we do have wonderful folk movements, Variety of classical forms. Though Dance Movement Therapy does not stick to structured movements, many movements or poses has been adapted from these as movements are therapeutic.

In India, with its diverse cultures, there has always been celebration with Rhythmic movements and the villagers or tribal were uninitiated into dance. Whether it is Birth, Marriage, for that matter even in death we have rituals of movements. So in a way Dance Movement Therapy existed without the label of being called as "DMT". The practices were very therapeutic, like movements in trance for mental illness.

However there has to be a lot of unlearning. Dance per se is considered as performing arts. To bring in an awareness that in DMT there is no scope for structured dance and dance is not taught. The Therapist is simply a facilitator, who brings out the movement of the participants, a non verbal expression as per his or her own Rhythm. This expression

is initiated by the mind extending its Melody to the Body. Most important Rhythm of our body are

- Heart beat
- Pulse

Some daily routines are also movements.

What is Illness? a disease or period of



Ms. Veena Iyer
(Dance Movement Therapist)

sickness affecting the body or mind. and is always an outer expression and translation of a disorder and a disharmony in the inner being.

Harmony is a beautiful balance between mind and body. Every Dance has movement but every movement is not necessarily Dance

Some of the benefits of DMT sessions for various groups are :

- better coordination, agility and flexibility
- improved balance and spatial awareness
- increased physical confidence
- improved mental functioning
- improved general and psychological wellbeing
- greater self-confidence and self-esteem
- better social skills.

Melody of the Mind is the command of mind to the body is the way for mind to communicate with the body. When there is harmonious relation between the two there is happiness and peace.

What is Integration? : When body carries out actions as per command of the mind, there is no strain or stress. When this does not happen, it is time to realize that there is disharmony between the two.

By Dance Movement Therapy activities, this harmony is achieved and this happens because of the integration of Body and Mind, which is the basis of DMT .

Rhythm and melody are a beautiful blend. When these are in harmony, it results in holistic healing. Let us bring in this Integrated harmony through Dance Movement Therapy.



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