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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

World Environment Day Celebration

Only One Earth is the campaign slogan, with the focus on "Living Sustainably in Harmony with Nature".

It calls for collective and transformative action on a global scale to celebrate, protect and restore the Earth.

Ryan Vashi Montessori and Primary Tiny tots sanitized the importance of Environment on World Environment Day.

Value of Trees activity: Montessori tiny tots were explained the importance of trees and how trees are helpful to everyone. The theme 'Save trees for life' was emphasized by the teachers. Tiny tots also made a tree out of pencil shavings and spread the mes-

sage of saving trees. They also planted the flowering saplings and seeds of Mango, Jamun, jackfruit etc.

Tinytots from Ryan Vashi of Montes-

Christian School Vashi celebrated the day with great fervor and passion. They participated in different activities like preparing a simple paper wind turbine to

students described their views in 10-15 lines on topics, "Wild life extinction today" & "Cutting down of forest".

Students of Ryan



sori and Primary had a great learning day. They enjoyed and were delighted throughout the day.

Students from Secondary School of Ryan

promote wind energy power, Essay writing on topics like, "My Visit to Park", "What if there were no trees" and "Danger of overcrowded cities". Gr7

Vashi understood, that they can highlight the importance of World Environment Day through their Essays

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If you want to inculcate good habits, train them young. Good habits also include making kids aware of Green and Clean environment.

This is the right age to teach our children the importance of tree plantation and how it's going to make Mother Earth clean and green.



HRIDAAN TEJAS KHADSE
on World Environment Day 2022
Tata Power Township Kutch, Gujarat

Most Amazing Suraksha Kawach



PLEASE NOTE: Vol. 5, Issue - 9 (June 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

M A S K

With the onset of monsoon and reopening of schools as new session begins, there is a risk of the Corona virus striking again. There is a steady rise in the number of cases in the country for the past few weeks. We seem to be taking the number of cases a bit lightly. The new cases are those who probably thought themselves lucky to dodge the previous waves. Casual approach with a bit of overconfidence caused them to fall victims, many though recovered to describe their ordeal.

A wise person learns from other people's mistake while the fool wants to have a first hand knowledge of everything. Monsoon throws up many challenges each year. Flooding waterlogging damp climate gives rise to many waterborne diseases. This becomes a cause for weakening the immunity. Will then anyone want to expose themselves to Corona virus too? Weak immunity accompanied with other monsoon related issues is a sure shot for one to fall easy prey.

Be wise and stick to the basis hygiene as was the case during Corona times. One has seen the immense benefits of Masks Hand wash and keeping safe distance in public places. Let us extend these habits further, in fact we should actually accept them as normal hygiene norms even for future, with or without Corona scare.

We can and we will totally wipe out covid from our cities and villages with these few simple and easy steps.

WORLD ENVIRONMENT DAY... Contd. from page 1



or speeches. And their voice be visible through their words and impact everyone who reads or listens to their piece. To go ahead and spread the message with great zeal and passion, and strive to become a responsible citizen.

CHALLENGING PHASE OF TRANSITION

Teenage is the most important phase in the life of every individual. Renowned Psychologist and Psychotherapist Sigmund Freud has explained that the goal of this stage is to develop a sense of balance between all the areas of life and therefore this becomes a very crucial stage.

Therefore this stage requires tremendous support and understanding from the parents, siblings and also the teachers. This is the transition phase when the child prepares to go into adulthood and teenagers are also referred to as young Adults.

Most of the parents are confused by the behaviour of the teenagers as they notice a complete change in them, in their attitude, their likes and dislikes and they also witness some strong reactions and emotions surfacing and are unable to handle them. Many parents have expressed that they find their teenagers to become strangers. The common statements expressed by the parents are "He stays in his room all the time." She hardly talks to us." He gets highly irritated if asked to help in the house or do anything." She seems to be happy with her friends, but with us there is a scowl on the face." Sleep has increased a lot."

Let us understand them better so that this stage becomes a beautiful one and creates a stronger bond with the family rather than become the phase of breaking of emotional ties.

We need to be aware that the teenager is going through many changes, which also includes a major change in sexual growth and development. Many teenagers are very conscious of their appearance and may also feel awkward and clumsy at times. To top it all there is peer pressure, increased academic pressure and also new feelings and attraction to the opposite sex. The hormonal changes also create a havoc in some of them and the expectations of being responsible or acting like a young adult may be overwhelming for many.

Here are some valuable tips for the parents, family and teachers.

Respect your teenager and make it a habit to speak in soft and friendly tone. Remain assertive when required, but let them feel you are there for them and not to give advice all the time.

When you get a strong response or a rude comment from them, do not over react, but assertively say that will not be accepted. Ensure



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that they know when to sleep and to eat. You do not remind them about it. Tell them you know the best.

It would be very beneficial to listen more and talk less, especially when they are sharing any thoughts or experiences from the school or regarding their friends. Remember you have already given them a lot of advice since they were born.

Give them attention when they need it and not be a helicopter parent hovering all the time. If you are watching TV and they want to

talk. Keep the TV on mute and be there for them. When they are talking, listen intently and speak less and avoid questions.

Be generous with genuine praise whenever you see them helping others or their siblings or helping you. Many a times we take these gestures for granted and end up only criticising rather than praising at the right time.

Teenagers may not be very neat and disciplined, instead of using words which are full of panic or anxiety, ask them if they need help in organising and making things easier to find. Avoid sarcasm and giving examples of others.

Avoid completely the act of bribing by giving them materialistic things for their academic achievements or for them keeping their room in order.

This phase is also very important for them to have their own space. Teenagers need time and space for themselves to deal with the different challenges they are facing while growing up and they often want to be alone in their rooms to practice grooming or how to talk. I remember doing a lot of self-talk in the mirror, which has made me a great orator today. We had the room upstairs and that helped a lot. And my mother was not the interfering kind at all.

All parents have the best of intentions, however they may not be aware of the best approach to convey their feelings and concerns to the teenagers, and in the process the communication gap widens leaving a lot of grudges and unhappiness within the family.

If you find their behaviour to be too much of concern do not hesitate to speak to a professional counsellor.

In my next article I shall focus on how teenagers can go through this transition phase like a breeze.

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IMPORTANCE OF IRON IN DIET

Iron is a mineral in the human body. It is one of the parts of hemoglobin, the substance in red blood cells that helps blood carry oxygen throughout the body. If you do not have enough iron, your body cannot make hemoglobin, and you may get anemia, a health problem that occurs when there is not enough hemoglobin in the blood. When you get anemia, you are said to be “anemic”.

What causes anemia?

A low level of iron is the most common cause of anemia. This is known as iron deficiency anemia, the most common type of anemia. Causes that can reduce the body’s iron levels are:

- Blood loss (caused by ulcers, some cancers, and other health problems)
- In women, during monthly periods
- An iron-poor diet
- An increase in the body’s need for iron (for example, during pregnancy)

Why is iron important?

Iron has an essential role in numerous metabolic pathways in the body, including transport of oxygen in the blood, DNA synthesis, breathing, immune function and energy production.

Symptoms of iron deficiency include tiredness, neurobehavioural disorders like attention deficit hyperactivity disorder and restless leg syndrome (a nervous system disorder that creates an irresistible and sometimes unbearable urge to move the legs), and cognitive impairment in children. Iron deficiency can have a serious impact on health and

productivity.

Iron is essential for the developing brain. Iron deficiency with and without anaemia in infancy can have long term negative impacts on brain function and behaviour, and even when levels are corrected, those effects may not be completely reversed.

Maternal anaemia can result in preterm birth, and along with high blood pressure or diabetes can compromise fetal iron levels in pre-term or term infants.

Breastfeeding provides adequate iron to meet infant needs up to the age of six months. However from seven to 12 months the

requirement for iron increases significantly (up to 11 milligrams per day), and must be provided via solid food in addition to breast milk.

It’s important to understand problems can be caused by both too little as well as too much iron. Hence iron concentrations in the body are carefully regulated and professional advice must be sought before supplementing with iron.

Causes of iron deficiency

There are lots of complex causes of iron deficiency and anaemia, and they should be carefully investigated before being addressed.



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Nutritionist & Founder
of AAKANKSHA:
Desire For Wellness.



Poor dietary intake is an important cause of iron deficiency, particularly when requirements are increased during infancy, menstruation and pregnancy.

Iron is one of a number of essential nutrients we need to get through our diet. Iron deficiency is therefore one of several casualties of poor dietary patterns characterised by excessive intake of highly processed foods and inadequate intake of nutritious whole foods.

What foods are high in iron?

The iron in food comes from two sources: animals and plants. Iron from plants is found in vegetables and in iron-added to foods such as breakfast cereals. Iron from meat is better absorbed by the body than from plants. However, if you do not wish to eat a lot of animal foods, there are other foods listed that you can try. In particular, plant foods that have a lot of iron are: Vegetables: Leafy greens such as broccoli, spinach, kale, turnip greens, and collards, potatoes with the skin, lima beans, green peas, and all other beans (e.g. kidney, black, navy, etc.), and tomato sauce. Fruits: Dried apricots, dried figs, raisins, prunes, and prune juice.

Nuts/Seeds: Nuts and seeds such as peanuts,

Vitamin C can enhance non-haem iron absorption thereby counteracting these inhibitory effects. To address this in your diet, you might like to try:

- eating hummus that contains chickpeas and lemon juice
- lemon juice drizzled over Indian dal or lentil soup
- salads containing high vitamin C sources such as red capsicum or tomato as a side dish
- kiwi fruit, strawberries, papaya or a glass of freshly squeezed orange juice with muesli
- a side dish of lightly steamed broccoli, cauliflower and/or brussel sprouts - good sources of vitamin C – which can be boosted with lemon juice (plus extra virgin olive oil, garlic and salt for ultimate flavour and nutrition)
- mixing baby spinach in salads - green leafy vegetables contain iron and vitamin C, a complete package.

Soaking and sprouting legumes, wholegrains and seeds makes the iron more available from these foods.

It is important to note the absorption of non-haem iron varies considerably, and has been shown to be higher in people who have greater iron requirements. This suggests the body adapts to low iron by increasing its absorption.

Vegetarians who follow a balanced diet have been shown to have higher iron intake than that of non-vegetarians and there is little evidence of lower iron status.

Yoga is the subtle science of harmonizing the body, mind and soul.

International Yoga Day is celebrated on June 21st every year to spread awareness about the importance and health benefits of yoga.

Recognizing the importance of Yoga, St. Lawrence High School, Vashi conducted different activities across all the sections (Pre-primary Section,

ST. LAWRENCE HIGH SCHOOL-VASHI INTERNATIONAL YOGA DAY



Primary Section and Secondary Section). The Lawrentians. The students enthusiastically performed all the exercises shown and promised to do it daily. Our Chairman Sir

Dr. A.F. Pinto always emphasizes on good health, compassion and all round progress of the students, which can be easily achieved by Yoga.

Mrs. Saira Kennedy, the Headmistress, addressed that, “Performing Yoga serves myriad benefits including relieving mental stress, enhancing physical & muscular strength, maintaining balance, improving stamina, etc.”

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CREATIVE SPACE



Nikhil Krishnan, Age 8 Years
Reliance School, Koparkhairane

HEADACHES



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

A headache, one of the body's most powerful alarm, is often a sign of physical or psychological overload. Ranging from uncomfortable to downright unbearable pain, they can disrupt your day to day life. There are several types of headaches, each distinguished by location, severity and pattern of occurrence. Nearly everyone has had a tension headache, the most common type, which feels like a band tightening around the forehead. Another type is a migraine, a severe attack of throbbing pain that begins on one side of the head, is accompanied by other symptoms such as nausea, sensitivity to light and sound and lasts anywhere from four hours to three days. Other types include sinus and cluster headaches. Some experience more than one type of headaches at the same time is known as combination headache. In general headaches are more common in women.

Tension headache and migraine are believed to result from a similar underlying mechanism related to serotonin- a neurotransmitter that relays pain message.

An imbalance leads to over stimulation of the trigeminal nerve (relays impulse through the face). These abnormalities cause blood vessels in the area to constrict, adding to the symptoms. However, the particular triggers and underlying factors for each type is different. Headaches can also be a symptom of common illness, such as flu, as well as brain disorder like aneurysm, meningitis or tumor. The sudden onset of an unusual very severe headache may signal a life threatening event such as stroke or bleeding in the brain.

Tension headache- Dull, oppressive pain occurring in the temples. Begins at the back of the head and neck or in the forehead and spreads throughout the head. If these occur less than once a month, they can be triggered by stress, fatigue or anger. Other causes include caffeine withdrawal, holding the head and neck in the same position for extended period, sleeping in an awkward position and lack of sleep. Chronic tension headaches, which occur daily are often caused by depression or other ongoing emotional difficulties.

Migraine- There is a definite pattern for migraine. The pain rages on only one side of the head and often radiates from the eye. The right side of the head may be affected in one attack and in the next it may be the left side. Migraine

attacks are usually preceded by a short period of depression, irritability and loss of appetite. Migraine is also known as sick headache. The main symptoms are pounding pain, nausea and vomiting. The blood vessels on the affected side of the head will be prominent and pulsating. As the headache develops, disturbed digestion becomes a marked feature. Many factors can trigger a migraine, although the mechanism is unclear. Common triggers are physical or emotional stress, tension headaches, bright light, loud noise, allergies, alcohol, caffeine, oral contraceptives, hormonal fluctuations before menstruation, smoking or exposure to tobacco smoke. Food that contains Tyramine an Amino acid, including aged cheese, smoked fish and red wine. Other foods include chocolate, nuts, peanut butter, banana and pickled foods. The duration of the attack varies with each individual. Some may get over the acute symptoms in a matter of hours, others may require a days rest to come to a normal state. Still others, less fortunate, may drag on for two or three even four days.

Sinus headache- Pain around the sinus cavities above and below the eyes may occur because of a temporary inflammation or infection of the sinuses or as a result of a rapid change in the barometric pressure. Recurrent sinus headaches may be con-

fused with some types of migraines and may have other causes.

Cluster headaches- Cluster headaches in which pain is usually concentrated on one side around the eye, get their name because they tend to strike in clusters of several headaches in a day and always in the same place. It is a piercing, burning pain. The cause is unknown, but they are most common in spring and often triggered by alcohol, even in small amounts. Unlike other headaches, cluster headaches are more common in men.

Regardless of the name you give your headache- tension, migraine or whichever, you are the one in the best position to recognize what habits and factors bring on your headache. And it is upto you to do everything within your control to prevent or treat them. So for a better chance of heading off pain tomorrow, read this today!

Home remedies are often sufficient to relieve mild to moderate headaches- ice packs or hot compresses applied on the affected area, shoulder, head and neck massages, steam inhalation, pain relievers like ibuprofen or paracetamol and adequate rest.

Take two, not ten- For that once or twice a month tension headache, pain killers or any over the counter anti-inflammatory drugs may work well. Certainly a lot of us think so, but

overuse of these drugs will just cause more pain. It's like scratching a rash. The more you scratch, the more it itches.

- **Don't delay-** If you do decide to take a pill for your headache, do it right away- at the beginning of the headache. Otherwise it may not do you much good.
- **Exercise-** Exercise is useful as a preventive measure. You are releasing stress. If your headache isn't too severe, exercise will work to make it better. If you have a slight heaviness or a tension headache, you can probably end it with your exercise. But don't exercise if it's severe, you'll just make your head hurt more, especially if it's a migraine.
- **Don't oversleep-** A lot of people sleep a headache off. It's tempting but avoid sleeping in on weekends. You're likely to wake up with a headache.
- **Sleep straight-** sleeping in an awkward position or even on your stomach can cause the muscle of your neck to contract and trigger a headache. Sleeping on your back helps.
- Stand tall, sit straight, also avoid leaving or pushing your head in one direction for long.
- **Go cold or heat up-** Some people like the feeling of cold against their

forehead or neck and for them it seems to help. But others prefer hot showers or putting heat on their neck.

- **Breathe deeply-** Breathing deeply is a great tension reliever. You're doing it right if your stomach is moving more than your chest.
- **Pretend it's a rose-** Put a pencil between your teeth, but don't bite. You have to relax to do that and it slowly makes you feel better.
- **Wear a headband-** This old business of grandmother tying a tight cloth around her head has some merit to it. It will decrease the blood flow to the scalp and lessen the throbbing and pounding of migraine.
- **Say no de cologne-** Strong perfumes and fragrances can set off a migraine.
- **Seek quietness-** excessive noise is a common trigger for tension headaches.
- **Protect your eyes-** Bright light, be it from the sun, fluorescent lighting, television or mobile phones can lead to squinting, eye strain and headaches. Sunglasses are a good option if you have to stay outdoor in the sun. While working indoors in front of the screen, take some short rest breaks to relax and calm your eyes.

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ELITE DIVISION FOOTBALL LEAGUE 2021-2022 UNDER THE AEGIS OF THE THANE FOOTBALL ASSOCIATION (TFA)



Navi Mumbai Sports Association (NMSA) had organized Elite Division Football League 2021-2022 under the aegis of the Thane Football Association (TFA).

Navi Mumbai Sports Association football team (NMSA FC) participated in the TFA Elite Division Football League

2021-2022. The league commenced on 27th March 2022 and ended on 31st May 2022. In this Elite Division League, NMSA FC was unbeaten and topped the point table by 21 points, and was declared a champion. This league was played as per the rules and regulations of the All-India Football Federation (AIFF).

Navi Mumbai Sports Association was the organizer of this league tournament and all the Super & Elite division matches were played on the international level NMSA football ground. The league was sponsored by Mr. Vijay S. Patil (Tournament Director, Vice President-TFA & Committee Member of NMSA) and Mr.

Antonio Jeronimo Dias (Head Coach NMSA-FC) trained the football team professionally, which resulted in bagging the championship trophy for NMSA.

NMSA FC player Mast. Karthik Nair has been nominated as the top goal scorer in this league with 17 goals. The NMSA FC team also received

guidance from Mr. Vijay S. Patil (Vice President-TFA) and Dr. Dilip K Rane (Vice President-NMSA). As the NMSA FC are the champions, they have qualified for I-League Second Division Qualifying Round.

This league was fully co-operated & supported by Mr. Vijay S Patil and Dr. Dilip K. Rane.

The fruitful results achieved by NMSA FC were backed by the on-field efforts of Head Coach Antonio Jeronimo Dias, Assistant Coach Lonappan Thomas, Team Manager-Sharad Chaudhari, Physio Dr. Prasad Kukikian. The players were awarded with a gift from Mr. Vijay S. Patil (Tournament director).

HEADACHES...

Contd. from page 4

- **Don't chew gum-** The repetitive chewing motion can tighten muscles in the face and bring on a tension headache.
- **Don't smoke and drive-** You shouldn't smoke, period. But if you do, smoking in the car with windows down in heavy traffic gives you a double dip of carbon monoxide. This gas appears to adversely affect brain blood flow.
- **Don't be a cone head-** You probably can remember more than one occasion when you ate a big bite of ice cream and seconds later felt an intense rush of pain to your head. Eat the ice cream slowly, so that your palate will cool gradually instead of receiving a shock of cold.
- **Go with the flow-** We see headaches in individuals that are more stressed in life- trying to make a living, supporting a family, and many more reasons. But it is important to not overdo. Decreasing your expectations both of yourself and others, won't hurt either.
- **Have a sense of humour-** If you take life too seriously, you can see who those people are- walking around with their faces all scrunched up and probably wondering why they have another headache.
- **Relax with imagery-** Imagine the muscle fibres in your head and neck

to be all scrunched up. Then begin to smoothen them out in your mind. This relaxation technique helps relieve pain and stress.

- **Go easy on salt-** High salt intake can trigger migraines in some people. With hypertensive people, salt raises their bp causing a headache.
- **Eat on time-** Skipping or delaying meals can cause headaches two ways. A missed meal can cause muscle tension, and when blood sugar drops from lack of food, the vessels in the brain tighten. When you eat again, they expand leading to headache.
- **Know your danger food-** Watch what you eat. Some people may be allergic

to certain food stuffs that can eventually lead to disturbed digestion and headache. Avoid previously mentioned foods that contain Tyramine. Both not eating on time and overeating should be avoided. The entire vitamin B complex range is beneficial in cases of headaches, especially niacin. Food stuff containing niacin are banana, nuts, seeds, legumes, brown rice, fish, meat. Stay hydrated but avoid drinking larger quantities of cold water in one go when you come home from the sun.

- **Use essential oils-** They have many therapeutic benefits and are most often used topically, though some can be ingested. Pepper-

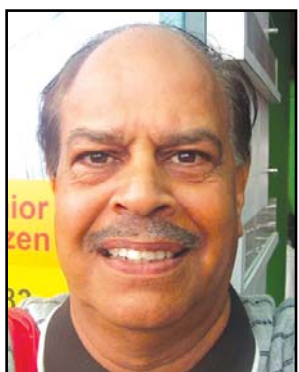
mint and lavender essential oils are especially helpful when you have a headache. Applying peppermint essential oil to the temples has been shown to reduce the symptoms of tension headaches. Meanwhile, lavender oil is highly effective at reducing migraine pain and associated symptoms when applied to the forehead and inhaled.

- **Sip some ginger tea-** Ginger root contains many beneficial compounds, including antioxidants and anti-inflammatory substances. What's more, ginger helps reduce nausea and vomiting, common symptoms associated with severe headaches.

• **Take up yoga-** Practicing yoga is an excellent way to relieve stress, increase flexibility, decrease pain and improve your overall quality of life. Taking up yoga may even help reduce the intensity and frequency of your headaches.

Many people are negatively impacted by frequent headaches, making it important to find natural and effective treatment options. Yoga, supplements, essential oils and dietary modifications are all natural, safe and effective ways to reduce headache symptoms. While traditional methods like medications are often necessary, there are many natural and effective ways to prevent and treat headaches if you're looking for a more holistic approach.

SAFER CITIES THROUGH PHYSICAL PLANNING AND ENVIRONMENT DESIGN



C.K. SUBRAMANIAM
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Our planet earth is a unique planet. Its uniqueness lies in the fact that it is the only planet to support life. A balanced environment on earth is what makes the survival of species possible. Modern man has made great developments in the fields of science and technology. Today, he is all ready to settle a living community on Mars. So when even the planets of our solar system have not been able to escape the grasp of man's advancing technology, can the environment on our own planet remain untouched? No. All the scientific advancement made by man has come at the cost of the degradation of our environment. The main cause for degradation of the environment is pollution. Today, industries are part of a country's economy. As a result factories have been set up everywhere around the globe. The toxic substances released by these factories pollute the air and contaminate the water. The polluted air is responsible for a number of hazardous diseases in humans and animals. Running of transport vehicles raises dust and causes noise as well. Chemical factories release harmful gas particles and fatal lead components, in small amounts.

Let us follow the following Acts to keep our environment in the

best way possible :-

A. The Wild life (protection) Act 1972

B. The Forest (Conservation) Act 1980

C. The Water (prevention and control of pollution) Act 1974

D. The Water (prevention and control of Pollution) cess Act 1977

It is said that trees are the pillars of life on earth. To purify air and help to maintain the ecological balance on earth.

Forests are our wealth and means to our progress and prosperity. Man has been mercilessly for wood, fodder and other domestic or industrial purposes. Deforestation also leads to pollution. Our growing population caused trees to be cut down to make space for cultivation and for constructing houses or for establishing industries for finding job opportunities. As a result our forests disappeared and the atmosphere which was quite clean and clear has now become land for agriculture, river valley projects, roadways, railways and other Industries. Cutting of trees leads to soil erosion which results in the formation of infertile wastelands on earth. Not only deforestation, a number of other illegal deeds of human beings have disturbed the ecological balance of our environment, including poaching. Illegal poaching of animals, despite being banned by the Government, is still being practised on a large scale. Animals such as Tigers, deer, elephants, stags etc are hunted and made to die cruelly to fulfil the whims and fancy of the rich. Cosmetics, leather bags, shoes, purses, soaps, detergents, perfumes all

made of animal products. Even the wild life conservation Acts did not bother the bureaucrats. While the Government is playing its role, people will share an equal responsibility in protecting our environment. Unless we learn to regulate ourselves, we should soon be living in deserts with no plants, no animals, no rain and ultimately, there will be no life on earth.

Man is God's most beautiful creation but now he is acting ugly by cutting down the friends of our environment trees. These trees maintain a balance in the ecosystem. Without trees, there would be no control over soil erosion, floods, pollution etc. The trees also maintain a balance between oxygen and carbon dioxide gases in the air. Besides these productive functions, trees have innumerable productive functions. They provide man with timber, fuel, pulp, gum, resin, rubber, fruits, nuts etc. So, the trees are really very-very important. In a tropical country like India 1/3rd of the land is under forest. However, the satellite reports show that out of the given percentage only 20% is forests. The forests have been destroyed and forest land has been used for cultivation and constructions of buildings. As the future inhabitants of this earth, it is only our children who are going to suffer and it is only we who can make the earth a better living place for tomorrow. All we as children can do is to maintain the growth of trees and report the damages caused to the trees.

To fulfil greed and selfish desire, we have disturbed the ecologi-

cal balance. Our body is made up of five elements: fire, water, earth, air and ether. These very elements constitute the universe. Unless we take due care and protect the environment, we will be threatening our own health. The process of cleanliness begins from within. The purity of the soul is reflected in the face, and purity of thought should be translated to purity of action. Ask what you can do before telling others what to do. The environment around one self should be kept clean, starting from one's own person. Do not abuse the environment around you. It should be protected with great determination and perseverance. This responsibility rests with each and every one of us.

When you litter your surroundings, the wind will blow the same back to you. Stagnant water is the breeding ground for mosquitoes to keep your surroundings dry. If we are conscientious enough, the task of keeping the environment clean can be accomplished. Each one of us should plant at least one tree, considering it to be our duty. We can expect perfection from nature only if we protect it in turn. We should change our preferences from chemical products in favour of natural products. This would be the simplest way to make a beginning. If we protect trees, nature will do the rest. If we have a pollution free environment, we will lead lives of peace and happiness. Where there is a will, physical constraints are of no consequence. God's precious gift of nature is being destroyed by the complacency of

our race.

All of us desire to live in a conducive environment. "Cleanliness brings happiness" says a proverb. If we keep our minds happy, our thoughts will be pure. Purity of thoughts will result in purity of speech. This in turn will result in the formation of clean habits. Clean habits will further good conduct. Good conduct is what ultimately matters. Just as nature adapts itself according to the varying seasons, man must also learn to live in unison with nature. God had blessed us with benevolent Mother Nature: magnificent mountain peaks peeping out from behind the clouds, adorned by rivulets, waterfalls and evergreen forests, the scent of the gentle breeze and soothing climate. Everyone around the world has been uniformly blessed by God when it comes to the partake of such wonders. Let every family pledge to plant at least one tree thereby strengthening the foundation of our motherland.

Healthy environment is the most essential prerequisite of human life. But today, man is an enemy of his environment and is quite close to suffocating himself. Environmental degradation. If detrimental to the existence of living species. All the components of environment (viz) air, water, soil etc., are sadly affected by the pollutants. This has caused pollution of the whole environment. Pollution occurs when environmental changes create health hazards, safety of welfare or when they are harmful to domestic, industrial, agricultural, recreational or other legitimate uses

of environmental components of livestock, wildlife, fish, aquatic life and other biological species. Pollution or the environment is directly or indirectly affecting adversely human wealth and well being. Pollution thus impairs living organisms and in case appropriate steps are not taken to control environmental degradation, life will become miserable. In fact, pollution has become a great menace of life. All the countries, whether developing or developed, suffer from environmental crises. The environment today is under severe threat from the pressure generated by the growth of human and animal population poverty and the misuse/unplanned use of natural resources.

During the last century, this problem has become so acute that people belonging to all walks of life (ie) scientists, academics, poets, lovers of wild life etc., have been called to discuss man's responsibility in this connection. No doubt, some fragmentary legislative and administrative steps have been taken to meet this challenge but the size and seriousness of the problem have been increasing day by day at a higher pace. This problem is so acute that the hope of humanity will be able to meet this challenge, seems to recede. In fact, the impact of pollution is so alarming that according to World Health Organisation's estimates, as much as 90% of the world's diseases are traceable to water pollution. Jaundice, typhoid, cholera and other gastroenteritis diseases are attributed to water pollution.

To be continued...

ACUPUNCTURE FOR ADDICTION AND SUBSTANCE ABUSE

Research on acupuncture is still in its infancy. Using acupuncture for addiction began in the early 1970s in China when a physician observed that acupuncture provided a reduction in withdrawal symptoms for people who abused opiates. Acupuncturists found that inserting and manipulating meridian points could possibly help reduce cortisol and balance dopamine levels to decrease withdrawal symptoms and cravings that come from drug and alcohol detox.

NADA or AcuDetox is a specific acupuncture



protocol developed to ease alcohol and drug detox symptoms. Developed 40 years ago by the National Acupuncture Detoxification Association, research suggests AcuDetox is an effective addiction treatment as a relapse prevention tool and a complement to traditional approaches like cognitive behavioural therapy. It's been shown to:

- Ease drug and alcohol withdrawal symptoms.
 - Increase chances of completing addiction treatment programs.
 - Increase chances of staying sober after addiction treatment.
 - Improve quality of life
 - Increase energy.
- Holistic addiction recovery centers often



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use AcuDetox during drug and alcohol detox and throughout treatment. Acupuncture for addiction works on the central nervous system to reduce the severity of common alcohol and drug withdrawal symptoms like:

- Cravings
- Insomnia
- Muscle aches and cramps
- Anxiety
- Depression
- Digestive issues

Acupuncture for addiction can evoke a better sense of calm and well-being. The less substance abuse withdrawal symptoms you're experiencing, the better you're able to focus on treatment and getting better. Less withdrawal symptoms may also prevent relapse. People who try to withdraw from drugs and alcohol on their own without the help of professionals are likely to relapse because they want to stop the physical or psychological withdrawal symptoms that can come with it.

WHAT IS AN ACUPUNCTURE FOR ADDICTION SESSION LIKE?

AcuDetox draws on auricular acupuncture protocols targeted to addictions, trauma, and mental health disorders. The actual acupuncture session and experience is much like a regular acupuncture session. An acupuncturist inserts very small, sterile needles into your skin and then you sit still and quietly for at least 20-30 minutes.

NADA acupuncture targets five areas on the

ear believed to be associated with substance abuse. This type of acupuncture is commonly performed in a group and sessions last from 30-45 minutes. Participants report feeling energized after AcuDetox, but also calm and relaxed.

Acupuncture for Co-Occurring Disorders.

Mental health disorders sometimes co-occur with drug and alcohol addiction. People with anxiety, depression, and other conditions may abuse drugs and alcohol to cope with symptoms of mental health disorders. Effective substance



abuse treatment must address drug and alcohol abuse as well as underlying issues like mental health disorders.

Acupuncture can be a complement to traditional mental health disorder treatment. Some research shows acupuncture as a promising depression treatment when combined with antidepressants and therapy. It can help increase quality of life and social-emotional health. Studies also suggest acupuncture can be an effective anxiety treatment.

Dual diagnosis treatment that includes acupuncture can help with the stress, anxiety, and depression that are often associated with alcohol and drug addiction.

SIMPLE WAYS TO STAY FIT AND HEALTHY



SANA NISAR MUKRI
 Khopoli, Raigad
 Maharashtra

There are a lot of great reasons to exercise. And there are a multitude of things you can do that count as physical activity, including walking,

dance, hiking, rock climbing, and more.

Sometimes exercise can feel like a bit of a chore, something you have to do for health reasons. But occasionally exercise can transform your life, whether it helps pull you out of an emotional pit, overcome stress, learn something about yourself, or help you appreciate your body.

Health is the one of the greatest blessings to have been given to human beings by God.

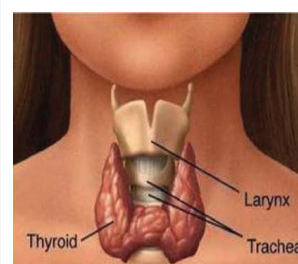
TAKE CARE OF
 5 BEFORE 5

Youth before Old age
Health before *Sickness*
 WEALTH before *poverty*
Free time before PREOCCUPATION
Life before *Death*

Fitness is about not being able to see feeling accomplished and free, feeling good your body. It is about for now and later. It's making myself better, more powerful. Islam teaches its very best you can and

followers many etiquettes of eating and living a healthy life. The Prophet (pbuh) made a point of developing remarkably clean and healthy eating habits among his followers.

- Eat in moderation
- Eat slowly
- Participate in sports
- Sleep and Prayer
- Share food
- Mental health
- Drink water slowly
- Fasting
- Foster a strong community



DRINK THIS JUICE TO LOSE WEIGHT, SAVE YOUR THYROID & FIGHT INFLAMMATION



COUCH POTATO

Attention Parents...is that what we are teaching our future generations?

We have become overprotective parents, micromanaging our child's every move.

We are not allowing our toddlers to fall and get up. We are not creating this blue print in their

BlackBox=BRAIN, which will prevent injuries later in life.

We will not be around them forever to protect them.

Free them of your constant influence.

Allow them to deal with their surroundings, let them learn to adapt, let them grow...



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personality disorder, eating disorders, lack of confidence.

Introspect and think, what values we are inculcating in them.

Every single day is a stress and challenge to do better.

Migraines, Insomnia is on the increase in teenagers.

We need to let the kids develop core fundamental skills of movement, creativity, confidence, happiness and relaxation.

Happy = Energy = Positivity = Creative Mind



www.shalinimukherji.com



physically, psychologically, emotionally.

In our zeal to be good parents, we are making our children completely dependent upon us for all their decisions.

There is no freedom of enjoyment, play-time or just not doing anything...

Every minute of their life is accounted for.

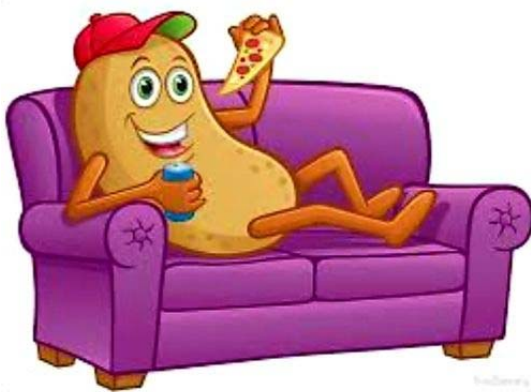
School > Tuition >

Coaching for activities/sports / drawing/ piano/ singing etc

It's all about the PRESSURE TO PERFORM

We have nipped their childhood in the bud, so how do we expect them to blossom.

This is leading to frustration, depression,



We need our future generation to be happy and healthy and fit.

Addressing all parents to have the courage to LET GO

The incidence of Type 2 Diabetes, Obesity, Hypothyroidism, Hypertension, IBS, and see your children BLOOM, and be a step behind them to protect them and guide.



RYAN CHRISTIAN SCHOOL – VASHI WORLD BICYCLE DAY



“No comparison of the simple pleasure of a bike ride.”
-John F. Kennedy
A bicycle is a sustainable, affordable, and eco-friendly means of transport that

keeps us fit! Honoring bicycling as a way to bring a sustainable form of traveling that can also ensure your physical well-being, bicycling can make us physically fit and get the fresh air we need!

Teacher explained the students What is Bicycle through short video song. Tinytots from Montessori and Primary also coloured the picture Cycle. Students had a great fun time.

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शक्ति
Celebrating Womanhood

"An effort made for the happiness of others lifts us above ourselves."