

# Date with Health

Monthly Newspaper on Health & Fitness

RNI Reg. No. MAHENG/2017/76690

Vol. : 5 • Issue : 9 • Pages : 8 • Price : ₹ 20/-

June 1 - 30, 2022

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

Saniya Mukri: 9552096084  
@ : @bake\_by\_sm

## 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](mailto: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!!!!

## Madam (Dr) Grace Pinto receives "Her Power - Top Women Achievers of the Nation 22 Award" by The Brand Story Media



Madam (Dr) Grace Pinto, Managing Director, Ryan International Group of Institutions was conferred "Her Power Award" at the Indian Brand and Leadership Conclave 2022 organized by The Brand Story with telecast partner CNBC TV18 Prime HD on 30th

April 2022, New Delhi. The award was given by renowned actor and author Mr. Kabir Bedi and Mr. Vinit Goenka -Author and Spokesperson BJP, Delhi in the presence of Shri. Faggan Singh Kulaste, Hon'ble Minister of State for Rural Development and Steel, Govt of India. The

event was graced by eminent business leaders from across the country.

While speaking about this award, Madam Grace Pinto said, "We are grateful to 'TBS' for recognizing our efforts in the segment of education and social sphere. We thank Lord Jesus Christ for his con-

tinual favour and blessings upon us. As a group, we continue to nurture global leaders and work for the betterment of our society through quality education and social endeavours."

The Brand STORY Awards aim to felicitate India's leading brands and leaders that have carved

a special place for themselves by making a tremendous impact and innovation in their respective sector. 'Her Power' award is conferred to women of substance and impact, thus celebrating their contribution to the business, arts, social causes, and empowering the underprivileged.

**THE VIRUS HASN'T GONE YET**  
BE CAREFUL AND DON'T DISCARD  
YOUR MASK WHEN GOING OUTSIDE



**PLEASE NOTE:** Vol. 5, Issue - 8 (May 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

### KEEP YOUR DATE WITH HEALTH DAILY

Having a good physique doesn't mean one is healthy. A good physique may be appealing but that is for those around you. A person is healthy if he/she feels so, both physically and mentally. Haven't one read about young fitness freaks suffering fatal health issues especially heart attack. Looking back at them one wonders how come a body seemingly so fit suffered such life threatening heart attack (all aren't lucky to sustain and recover).

We always hear one should eat healthy and exercise to remain fit. That's absolutely right, but then just eating and exercising doesn't make one completely fit. If that would be the case none of the rich would have died of stress related ailments like cardiac arrest or a stroke. One has to remain fit more from inside than outside. Many relatively "looking happy" shocking go away too soon.

The crux of the matter is eat healthy exercise regularly and keep your mind free from worries, though the last one is easy to say but is the most difficult of the three.

Human mind constantly occupied with something or the other and hence it's our duty to keep it occupied with positive thoughts and pleasant experiences. A healthy mind is the most important key for a healthy body. So if you haven't picked up training your mind to discard unwanted junk do it now. The space you have at the top has limited space so fill it with good things and positive thoughts.

Have a DATE With Health on a daily basis. Without a good healthy body one cannot enjoy the beauty of life !!!!

### Useful Health Tips

#### Drink lots of Water



Drinking water is advantageous in every way. It assists metabolism and digestion, prevents constipation and the accumulation of waste products (ama) in the body, keeps away diseases and even helps in keeping the skin clear of acne and pimples.

## MENTAL HEALTH IN TEENAGERS PART 1 COMMUNICATION WITH THE FAMILY

In the past 40 years I have interacted with more than 5 lakh teenagers and their families and all my learning experience has confirmed the fact that if you want your teenagers to be the future of this world, then first learn the most important and easy way to access their mind which is effective communication.

My clients consist more of this age group as I have profiled approximately 3.5 lakh teenagers to guide them on the right career path and this has led me to interact with them at a close range. It is because of this area of my work life that I actually went on to learn where it all begins and then wrote a book on parenting as I realised that effective communication begins in the womb and appropriate parenting begins when one himself or herself is a child and teenager.

#### The common issues faced by the parents in every era are as follows:

My teenager

1. Does not listen, we keep saying the same thing, but no response or change
2. Does not talk, we get to know things about them from the friends parents or teachers.
3. Does not obey, only demands things and throws a tantrum if we deny
4. Does not keep the room clean, I have to do it whenever I feel it is a garbage
5. Does not sleep on time, he/she is asleep when we go to work and wakes up at noon
6. Does not eat healthy food and only wants fast food or junk.
7. Does not respect us and answers back in a rude manner.
8. Does not maintain personal hygiene and has to be reminded to change even the undergarments.
9. Does not mix with the family. Sits locked up in the room all the time.
10. Does not talk to us but chats with friends for hours and plays phone games.

The answers to all the above are there in my book Mom Dad U R Wonderful. I am giving the answers here as well.

As parents put a WHY across every statement above. Why does it happen? Self-introspect on your way of communication regarding the above. Change your way of talking to them. Teenagers and children do the above when they feel that their parents are doing the following:



**SALMA PRABHU**  
Clinical Psychologist Career  
Counselor and Author of  
Parenting book  
Mom Dad U R Wonderful  
and You are My Star  
salmaprabhu7@gmail.com  
Call 9322851484

- Comparison between siblings or with others by giving their examples
- Constantly asking questions
- Constantly giving instructions and repeated reminders
- Focussing on what they don't do, rather than what they do
- Over protection and worries
- Criticising and Nagging
- Talking more and listening less.

Teenagers have reported to me that they do not talk to their parents as they know that their parents shall give a long lecture and give

stories of their personal sacrifices, they are not going to understand the situation and jump to advices and recommendations. Many parents follow the rule of making their children wear the warm clothes, if they themselves are feeling cold. This is an analogy to make you readers realise that every child and teenager is an individual. Treat them with respect, if you want respect, when you have raised them with all the values, have faith that they shall do the right thing and they have a mind of their own. It is important to raise individuals and not your clones.

As parents the best way to communicate is

- Listen more, talk from the mind and not from your mouth
  - Appreciate their good behaviour and let them decide on what they want to wear or eat.
  - Respect them and their friends
  - Talk with respect regarding their hobbies and their successes.
  - Take advice from them and not think that as parents you know it all.
  - Spend time with them without asking questions and just being together.
  - Eat their food sometime and they shall eat what you make as well. Involve them in creating a weekly menu.
  - Do not decide for them, let them make their own decisions and very important is from the beginning Do not give before they beg and do not give more than what they need.
  - Be a good role model, if you ask them to do Yoga, follow it yourself first.
  - Keep the home environment full of positivity and harmony.
    - Involve them in the decision making while making big decisions and small ones too.
- I am sure if you follow the above you shall find that your teenagers are calmer and happier to be with you.

**NOTE:** Contributors are responsible for the content, views and opinions expressed in their articles/ advertorials. While every care has been taken to avoid errors and omissions. Though we take care for acceptance of advertising copy materials, it is not always possible to verify its contents. Date with Health will not be liable for the consequences arising from contents, nor any loss or damage incurred as a result of transactions with companies, firms, associations or individuals advertising/editorial in its books. All trademarks in the publication belong to the respective owners.



## LUNG HEALTH ALERT



Shalini Mukherji

FITNESS &amp; NUTRITION

mukherji.shalini@gmail.com

Master Functional  
TrainerMuscle Rehab  
PractitionerBlackroll & Barefoot  
Specialist

Mobility Specialist

Nutrition Consultant  
For  
Weight management  
Sports & Clinical  
NutritionWhatsApp  
+918591288168

## Foods that promote Lung Health

- Turmeric
- Apples
- Beets
- Bell Peppers
- Pumpkin
- Tomatoes
- Red Cabbage
- Carrots
- Edamame
- Brazil Nuts
- Green tea / Matcha (Rich in EGCG) inhibits fibrosis and scarring of lungs
- Protein rich diet (lean meats, eggs, lentils, chick peas) Enjoy hot nutritious soups and freshly cooked meals this monsoon season.

Monsoons are round the corner. Change in humidity and temperature during the monsoons can trigger lung infections or aggravate existing lung conditions.

## PRECAUTIONS

- Avoid getting wet in the rain
- Use an air purifier in your home
- Keep a dehumidifier in your bedroom
- Keep the air conditioner at 25/ 26° Celcius
- Drink clean purified water
- Avoid street food
- Avoid smoking/ passive smoking
- Avoid cold and aerated drinks
- Use masks and hand sanitizers in crowded places.



JAYANTHI SUBRAMANIAM  
Navi Mumbai

With malnutrition being a leading risk factor for child death, focus on maternal nutrition during pregnancy needs to be a priority and the health system needs to track every pregnant woman and every new born effectively to substantially reduce child deaths in India. Our preoccupation with COVID-19 should not let these development imperatives slip into the shadows,

It is a stern warning that no child should die of malnutrition and that makes sense during the covid19 care pe-

riod. Even covid19 civic care should be an important aspect due pandemic still prevailing in various colours. The stern warning added to the HC order warns the principal secretary of the health department will be held responsible for lapses on his part. It is indeed a right step in the right direction.

Where does India stand on addressing malnutrition? Have government schemes such as the flagship programme to address malnutrition, POSHAN Abhiyaan, worked? What have been the efforts made during the pandemic, and what more needs to be done to address a problem that not only affects children, but has long-lasting consequences upon the health and wellbeing of the nation?

The Finance Ministry had refused to sanction the Rs. 4,000 crore the programme needs. The refusal comes at a time when the country is facing a malnutrition crisis -- data from the latest National Family Health Survey shows an increase in stunting, in 13 of the 22 States and Union Territories that were covered. As this was 2019 data, experts believe that food insecurity during the pandemic could have worsened, especially with the immense disruption in services such as the mid-day meals, as well as due to economic distress.

Malnutrition, in all its forms, includes undernutrition (wasting, stunting, underweight), inadequate vitamins or minerals, overweight, obesity, and resulting

diet-related noncommunicable diseases. 1.9 billion adults are overweight or obese, while 462 million are underweight. Globally in 2020, 149 million children under 5 were estimated to be stunted (too short for age), 45 million were estimated to be wasted (too thin for height), and 38.9 million were overweight or obese.

Around 45% of deaths among children under 5 years of age are linked to undernutrition. These mostly occur in low- and middle-income countries. At the same time, in these same countries, rates of childhood obesity and obesity are rising. The developmental, economic, social, and medical impacts of the global burden of malnutrition are serious and lasting, for

individuals and their families, for communities and for countries. Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients. The term malnutrition addresses 3 broad groups of conditions: Undernutrition, which includes wasting (low weight-for-height), stunting (low height-for-age) and underweight (low weight-for-age); micronutrient-related malnutrition, which includes micronutrient deficiencies (a lack of important vitamins and minerals) or micronutrient excess; and overweight, obesity and diet-related noncommunicable diseases (such as heart disease, stroke, diabetes and some cancers).

Every country in

the world is affected by one or more forms of malnutrition. Combating malnutrition in all its forms is one of the greatest global health challenges. Women, infants, children, and adolescents are at particular risk of malnutrition. Optimizing nutrition early in life—including the 1000 days from conception to a child's second birthday—ensures the best possible start in life, with long-term benefits. Poverty amplifies the risk of, and risks from, malnutrition. People who are poor are more likely to be affected by different forms of malnutrition. Also, malnutrition increases health care costs, reduces productivity, and slows economic growth, which can perpetuate a cycle of poverty and ill-health.

## ENSURE NO CHILD DIES OF MALNUTRITION



## GARLIC- A POWERFUL ANTIBIOTIC..!



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

**G**arlic is being used daily in most houses for cooking purposes. But its magical effects on the body are not so well known. The very word “lahsuna” In sanskrit means ‘that which devours diseases of the heart’. It has a very pungent smell because of which many people do not use it at all. However, this pungent smell itself makes garlic an extremely effective medicine as an ANTI BIOTIC.

The whole modern medical system (Allopathy) is dependent on antibiotics, without which the system would virtually collapse. In every infection, major or minor, antibiotics are used to kill the micro-organisms indiscriminately. But unfortunately, these antibiotics do have their side effects. On the other hand, garlic is a natural antibiotic and a powerful one too. It kills the harmful bacteria and also promotes the growth of necessary friendly bacteria. It helps strengthen the immune system and keep us healthy forever. Because of its great antibiotic properties, garlic has been very effective in Europe to fight plague

and cholera. It is now being used increasingly to fight cancer and asthma also. Garlic is also used in cases of poisoning with snake bites or dog bites as it is able to fight even the most deadly poisons. If someone accidentally consumes anything poisonous, he/she should be given plenty of garlic juice to nullify the effects of poison. Considering its tremendous medicinal effects, garlic is being used in Homoeopathy also. The botanical name of garlic is *Allium Sativum*. According to Dr William Boericke, a very famous Homoeopath, it acts directly on the intestinal mucous membranes, increasing peristalsis. It cures colitis. It has vasodilatory properties and is helpful in cases of dyspepsia, catarrhal affections and liver problems. Homoeopaths also use it for respiratory diseases and many female problems.

**WHAT MAKES GARLIC A POWERFUL ANTIBIOTIC..?**

Garlic has been used since biblical times for treating parasitic worms and respiratory and digestive problems. Garlic juice contains a substance called ALLICIN which is even more powerful than Pencillin, cuts off oxygen supply to harmful bacteria, chokes them completely, thereby causing their death very quickly. Besides ALLICIN (which is germicidal), garlic is rich in calcium, phosphorus and potassium. It also contains Iodine,

iron, sulphur, protein, vitamins A, B, C and riboflavin. 30 percent of garlic consists of carbohydrates which give us energy.

The combination of calcium, phosphorus and potassium makes it a wonderful drug for heart diseases. It maintains the elasticity of blood vessels and muscles of heart; acts as a blood purifier and a blood thinner, thereby keeping cardiac arteries free of cholesterol deposits. Garlic is very effective in reducing LDL – the bad Cholesterol, besides, it also builds up HDL the good cholesterol. Thus, it is useful for heart in two



ways. Regular use of garlic reduces the risk of Coronary Artery Disease (CAD) and also of heart attack very significantly by keeping the arteries free of cholesterol deposit and maintaining the elasticity of heart muscles and blood vessels. Therefore it prevents arteriosclerosis and high Blood pressure. Garlic has highly stimulating effect on the digestive system. It stimulates salivary glands of the mouth and the production of gastric juice in the stomach. Garlic also strengthens the small as well as the large intestines

muscular activity. The large intestines contain millions of harmful bacteria which produces decay and bad smell in stool. Garlic kills these harmful bacteria, saving us from acidity and constipation. It has got a dynamic effect on the entire gastro-intestinal tract, from mouth to anus. No wonder, homoeopaths use it very effectively for all digestive disorders. If garlic is crushed and boiled in milk, it will eliminate all types of harmful worms from the gastrointestinal tract. Due to its powerful antibiotic properties, garlic is effectively used in injuries,

wounds and fungal Infections. Application of garlic juice, diluted in warm water, on wounds will stop formation of pus and heal up the wound quickly. During First World War, when the anti-biotic theory was still nascent, garlic juice was used to heal the wounded soldiers. It is also curative of all types of skin diseases such as itching, eczemas, leucoderma, cracked skin anywhere. Just apply garlic juice, diluted with water, on the affected part of the skin (Note: Never apply undiluted garlic juice anywhere, otherwise it may cre-

ate eruptions on the skin)

In Asthma and other respiratory diseases, drinking of half teaspoon of garlic juice in one teaspoon of water, with little salt or taking half teaspoon of garlic juice with one teaspoon of honey is very effective. Garlic has traditionally been used to increase sexual strength or virility. It stimulates both the male as well as female sexual system, increases male erectile strength stops early ejaculation and nightfall, increases production of semen, improves the quality of semen etc.

Garlic is very useful in building up a strong muscular body. The calcium and phosphorus contents of garlic builds up strong bones and muscles. It is very useful for growing children in their puberty. It imparts a glow on the face, by stimulating muscular activity and increased blood circulation. In women, it not only removes menstrual irregularities but also strengthens the muscles of the uterus.

Thus, garlic has a highly stimulating effect on the circulatory system, respiratory system, digestive system as well as the excretory system. It builds up a strong body, strengthens the heart muscles and muscles of reproductive organs in both males and females. It is very useful for women in regulating their menstrual activity. It keeps skin

healthy and glowing. It stops decay anywhere in the body and is good for healing wounds and preventing gangrene. It is also effective in muscular/joint pains and gums problems. In fact, GARLIC is the SPICE of LIFE, giving us vigour and keeping us youthful. Garlic can be used in a large range of diseases such as tuberculosis, asthma, cancer, pleurisy, colitis, digestive problems, skin problems, cold and cough, tonsillitis, throat infections, whooping cough, lice, menstrual problems, headache, migraine, ear problem, deafness, hysteria, colic, cholera, worms, urinary problems, fever, malaria, paralysis, heart disease, sterility, rheumatism, jaundice, etc.

To derive maximum benefits, garlic can be taken raw in the form of chutneys or its juice diluted in water or boiled in milk. One of the biggest deterrents in taking garlic is that it produces bad smell in the mouth or in gases. To avoid this problem, eat a little dry coriander leaves after eating garlic.

Garlic is good in all the above mentioned conditions, but not the only solution. Change of diet style and total life style are the only permanent solutions for any problem. Do not forget this by listening to the gimmicks of any herbal stimulants, through which they help to reduce our sufferings.



## GREENS TO BOOST BRAIN HEALTH (BRAIN AWARENESS MONTH SPECIAL)



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

**B**rain health may therefore be defined as the preservation of optimal brain integrity and mental and cognitive function at a given age in the absence of overt brain diseases that affect normal brain function. Lifestyle has a profound impact on your brain health. What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important to

your brain health.

Following are the few ways to the brain active :

1. Exercise regularly.
2. Get plenty of sleep.
3. Eat a balanced diet.
4. Stay mentally active.
5. Remain socially involved.

### IMPORTANCE OF GREEN LEAFY VEGGIES TO BOOST BRAIN HEALTH

Consumption of green leafy vegetables may help to slow decline in cognitive abilities with older age, perhaps due to the neuroprotective actions of lutein, folate,  $\beta$ -carotene, and phyloquinone. The addition of a daily serving of green leafy vegetables to one's diet may be a simple way to contribute to brain health.

Eating spinach is beneficial for your

brain health because it is packed with antioxidants like vitamin A, lutein, and carotene. and structural and functional damage to the brain." Eating green leafy vegetables like spinach will slow



the cognitive decline. Leafy greens such as kale, spinach, collards are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene.

Spinach is a rich source of nitrates, which are naturally occurring chemical compounds that can improve blood flow and lower blood pressure.

Spinach can increase production, ac-

plant compound which can also be found in the eye, where they are responsible for protecting against damage from ultraviolet light.

Consuming foods that contain high concentrations of lutein and zeaxanthin can reduce the risk of developing chronic eye diseases.

Spinach contains high concentrations of iron, which can not only reduce the risk of developing anemia, but also help manage it.

Children, pregnant women, and women who are menstruating are at a higher risk of developing iron-deficiency anemia — so an iron-rich diet is often recommended for people who fall within these categories.

Spinach can be consumed in many different ways. You can cook it, steam it, boil

it, or even pop it in a blender to make a juice or smoothie. But the best benefit we get out of it is when we eat it raw. Here's a spinach smoothie that is delicious and keeps your stomach full. You can replace your dinner with a glass of spinach smoothie.

### SPINACH MANGO SMOOTHIE

#### Ingredients

- Ripe mango – 1
- Spinach – 1 bowl
- Dates – 4 to 5
- Tender coconut water – 150 ml
- Apple – 1 medium

#### Method

Soak spinach in water for 20 minutes to remove any dirt and contamination. Add mango pulp, spinach, coconut water, apple and soft dates in a blender. Blend them together. You can add ice cubes for hot summer. Serve it in glass.



**Sahrish Akhtar**

**A**s summer approaches and the days get longer, the dangers of working outside during hot weather also increases. Knowing how to work safely in hot weather can help prevent heat stress injuries and heat stroke. According to the National Institute for Occupational Safety and Health (NIOSH), heat stroke is the most serious heat-related disorder and occurs when the body can no

longer control its temperature. The body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes and heat stroke can cause death or permanent disability if emergency treatment is not provided. Other heat-related disorders include heat exhaustion, heat cramps and heat rash.

### Heat Illness: Symptoms and Prevention Heat-Related Disorders

Heat stroke occurs when the body no longer sweats and body temperature reaches dangerous levels. Symptoms of heat

stroke include:

- Dry, hot reddish skin and lack of sweating
- High body temperature
- Strong, rapid pulse
- Chills
- Confusion
- Slurred speech

Heat exhaustion is the body's response to the loss of water and salt, typically through sweating. Symptoms of heat exhaustion include:

- Excessive sweating
- Weakness or fatigue
- Dizziness and/or confusion
- Clammy skin
- Muscle cramps
- Flushed complexion

Heat cramps are painful cramps in the body's muscles due to low salt levels and are typically caused by excessive sweating. Symptoms of heat cramps include:

- Muscle pain usually in the abdomen, arm or legs.
  - Muscle spasms usually in the abdomen, arm or legs.
- Heat Rash is an irritation of the skin caused by excessive sweating. Symptoms of heat rash include:
- Red cluster of pimples or small blisters
  - Usually on neck

and upper chest, groin area, under the breasts, and in elbow creases.

### Ten Hot Weather Safety Tips:

1. **Stay hydrated.** Drink plenty of fluids; drink about 16 ounces before starting and 5 to 7 ounces every 15 or 20 minutes.
2. **Avoid dehydrating liquids.** Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
3. **Wear protective clothing.** Lightweight, light-colored and loose-fitting clothing helps protect against heat.

Change clothing if it gets completely saturated.

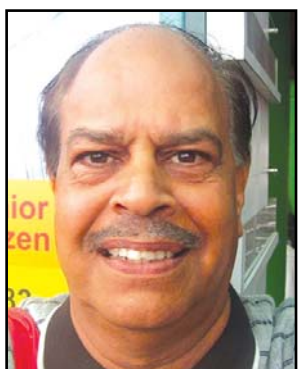
4. **Pace yourself.** Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
5. **Schedule frequent breaks.** Take time for rest periods and water breaks in a shaded or airconditioned area.
6. **Use a damp rag.** Wipe your face or put it around your neck.
7. **Avoid getting sunburn.** Use sunscreen and wear a hat if working outside.

**Contd. to page 6**

## SAFETY TIPS FOR WORKING PEOPLE IN HOT WEATHER



## LONELINESS IS NOT A HEALTH HEALER



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

Healthy living is not a privilege, but a right. Sadly, however in our country, healthy living is more like a right in the pocket of people who are able and willing to pay for it. It is time to provide easy access to superior quality, affordable fitness regimens that will be an integral part of every Indian. It is time to keep pace with present conditions prevailing in the universe.

Chronic loneliness among young Indian urbans is a mental-health issue that is not getting the attention it sorely deserves. Stock images of loneliness often depict the elderly in darkened rooms staring at nothingness, but the reality is starkly different. This is not to say the elderly in India are not lonely; but the phenomenon is worryingly showing up in a large number of young urban Indians who, one would normally assume, are

anything but.

Social-network savvy folks in their 20s and 30s, living in our choking-with-people cities are increasingly feeling friendless, isolated, and depressed. Worse, they are unable to recognise and acknowledge how loneliness has the potential to destroy them and thus do not reach out for help until it is too late. Be self-aware, notice your emotions and feelings and how you respond to adverse situations. If you often feel overburdened and your emotions are interfering in your daily activities, it is time to be concerned.

A growing number of old people live alone while their children work abroad. A Senior Citizen feels insecure and helpless with no one to take care of their daily needs. Loneliness and depression may be unwanted bed fellows of old age people, but along with advancing years come more palpable enemies. Through various programmes, we try to learn and inculcate a sense of self-esteem among senior citizens and encourage them to participate in life and not shy away from it. The harsh reality is that with old age comes the sense of being neglected and

uncared for. Children have their own lives and even the ones who do not desert their parents do not necessarily have the time to be with them.

People in their youth tend to engage in different kinds of behaviour, due to loneliness. Some may over-indulge in social platforms, others may use substances, while there may also be risk-taking behaviours, like say, speeding. Sometimes though, loneliness may result in lifestyle modifications such as joining fitness classes, seeking outdoor adventure to relax and regain confidence. People prefer to stay indoors and interact online on social media. This has made flesh-and-blood interactions seem like a tiresome process and not worth their while.

There are virtually no statistics to go by, but anecdotal and narrative evidence points to a problem that is growing exponentially. Chronic loneliness has reached epidemic proportions in several Western countries. In a country that is already a minefield of mental health concerns, awareness about how loneliness is directly connected to depression, anxiety and suicidal tendencies is

abysmally low. When children grow up in this paradox where they prefer isolation (while subconsciously seeking company), it leads to emotional hindrances.

Tackling the issue requires a complex, multi-pronged approach, the resources for which the country obviously lacks. A good place to start though would be to normalise conversations around the condition and not dismiss concerns as throwing an attitude or being dramatic. Anxiety, tension, brokenness, conditional love, death, dejection, Emptiness, insignificance, guilt, hopelessness, illness, falsehood and a sense of shame on failure or due to shameless acts by colleagues creates suicidal tendencies and Depression is a strong mood involving sadness, loneliness, discouragement, despair or hopelessness that lasts for weeks, months or even for a longer period creates the guilty feelings.

Over 18 million people suffer from depression every year. Many never seek

treatment yet most cases of depression are treatable with effective therapies and medication. When we think of a depressed child, we often envision a morose child, who is consistently sad. However, sadness may not be the symptom that defines a depressed child. A study of researchers at the Columbia University in New York city reported that bad parenting may put their children at high risk for anxiety and depression. Anxiety and Depression is the root cause for most of the suicides in India.

Talk to your family or a trusted friend first. If you find that difficult, approach a qualified psychologist. There's no shame in talking because it is essential for the professional to determine if you are only lonely or you have underlying symptoms of anxiety or depression that often go unnoticed. In this spectrum, office work falls somewhere in the middle but allotting useful time for the morning workout keeps one fit and fettle. We all propagate the

importance of fitness and walking regularly is a good one. Try to avoid using your car for going a short distance. Join with a core group and do a world of good to adapt to fitter activities and achieve fitness goals in the most beneficial way.

Teenagers are not able to tackle pressure situations. The worrying youngsters ought to have played a game of cricket or chess then they can bear the loss and manage things. Teenagers are often moody and uncommunicative. This is a normal part of adolescence. Diverting attention is the need of the hour during the Corona pandemic. Not eating enough and too much sleep is not a good sign. Losing friendship and being highly critical about self are major reasons for stress. Not going to work and thus losing interests and thereby losing much needed concentration are all root causes. It is time to have better health measures, proper health check ups and a balanced diet can bring a peaceful living.

**Subscribe Now!**  
Monthly Newspaper

**DATE WITH HEALTH**

Please contact: **9987309006**

### SAFETY TIPS FOR WORKING PEOPLE...

Contd. from page 5

8. **Be alert to signs of heat-related illness.** Know what to look for and check on other workers that might be at high risk.
9. **Avoid direct sun.** Find shade or block out the sun if possible.

### 10. Eat smaller meals.

Eat fruits high in fiber and natural juice. Avoid high protein foods.

**Stay fit Stay healthy and happy.**



**Cotton Suits and Phulkari Kurties and Stoles**

Contact : **99308 13821 (Navi Mumbai)**



## ACUPUNCTURE FOR PLANTAR FASCIITIS

**R**elieve heel pain and prevent plantar fascia inflammation

Plantar fasciitis is an inflammatory condition of the plantar fascia which is a thick, fibrous ligament that runs along the bottom of the foot and connects the heel to the front of the foot.

Someone with plantar fasciitis will experience intense pain at the bottom of their heel; in some cases, pain can radiate up the leg causing discomfort in the ankle and calf.

Discover how acupuncture for plantar fasciitis can be an effective modality to relieve heel pain and prevent plantar fascia inflammation.

### The cause of plantar fasciitis

Plantar fasciitis is caused by straining the plantar fascia ligament which can happen by overstretching this area (the sole of your foot) during exercise and exercising on hard surfaces or with tight calf muscles. Wearing poorly cushioned shoes or sneakers, excessive running or walking, standing up for too long and carrying excess weight are also contributing factors for plantar fasciitis.

When there is too much pressure on your feet, the ligament can become weak, damaged or torn causing inflammation, pain and stiffness. It can make standing or walking difficult and painful. The pain is usually a sharp, stabbing pain in the heel or sole of the foot.

### Benefits of acupuncture for plantar fasciitis

Acupuncture has shown to be an effective treatment for plantar fasciitis as it improves plantar heel pain and inflammation through several pathways. It works by inserting the acupuncture needles into specific points to stimulate the nerve endings in the foot to promote the release of neurotransmitters and hormones that regulate pain and inflammation in the body.

Acupuncture can significantly reduce pain levels for people with plantar fasciitis over four to eight weeks of acupuncture treatment.

Acupuncture triggers the release of a substance called adenosine which has the ability to promote blood flow to the heel and sole of the foot, and also provide a strong pain-relieving and anti-inflammatory effect.

Acupuncture helps with tissue healing by stimulating the release of fibroblasts; these are the cells found in connective tissue that secrete collagen proteins to maintain tissue health and healing.

During an acupuncture session, the body releases its own opioids which are natural pain killers. Acupuncture has a remarkable effect on the area of the brain that is responsible for pain perception and how the body responds to pain; in particular, it raises the individual's pain threshold.

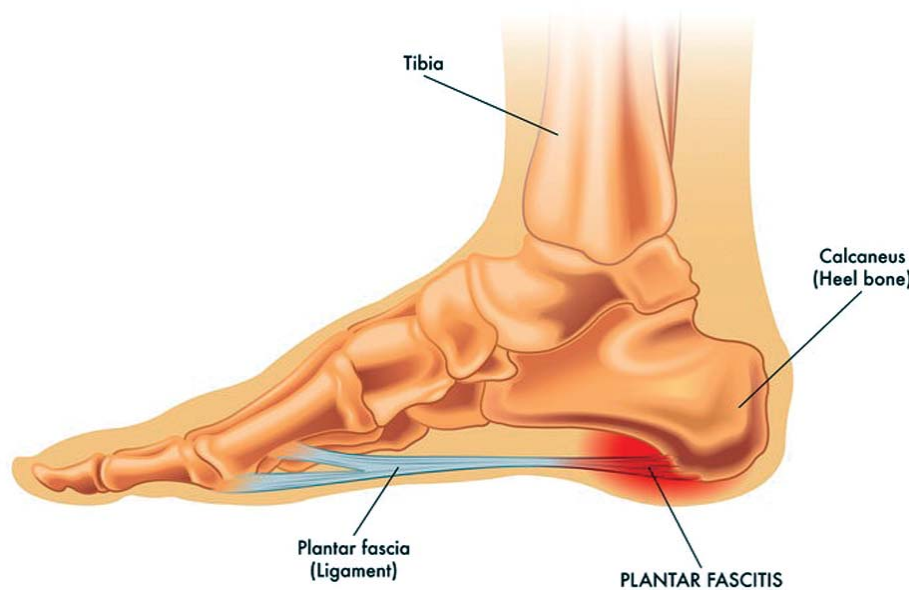


**Dr. SHABNAM ALI**  
M.D. Acupuncture  
(Colombo), M.I.A.Ac.S,  
C.S.G.M(Homeopathy)  
Mobile: 9892696700  
Consulting acupuncturist  
in Lohana Medical Centre,  
Koperkhairane.

### Acupuncture treatment for plantar fasciitis

In many cases, trigger points in the lower leg and bottom of the foot are the real reasons for heel and plantar fasciitis pain. A trigger point is a hyperirritable band of muscle that causes a specific pain referral pattern. These are often near where a muscle and nerve meet, causing referred pain, spasms and irritation.

The main trigger points for addressing plantar fasciitis are the gastrocnemius, soleus and quadratus plantae. These muscles are part of the calf and foot muscles which are respon-



sible for flexing the foot at the ankle joint and flexing the leg at the knee joint.

The pain referral patterns of the gastrocnemius and soleus also cause Achilles' pain, so in some instances, people may have both Achilles pain and plantar fasciitis pain caused by these areas.

Placing acupuncture needles in the above-mentioned trigger points helps reduce pain by physically releasing the muscle tightness and interrupting pain signals to the brain which results in less pain and more range of motion in the foot, ankle, and lower leg.

Combining physical therapy with acupuncture for plantar fasciitis

Combining acupuncture and dry needling with physical therapy (PT) is an effective way to reduce the pain and inflammation associated with plantar fasciitis. Acupuncture helps to relax associated foot and leg muscles and release trigger points to reduce plantar fasciitis pain, promote circulation, relieve muscle tightness, and improve range of motion. This enables patients to respond better to physical therapy

techniques and exercises because the areas being worked on are more pliable, have better range of motion, and are in less pain.

As patients work through their physical therapy sessions, the plantar fasciitis pain may get activated during certain exercises or manual techniques as the affected areas regain function and strength. Sticking to acupuncture and PT during the first few weeks is especially important so that these painful and tight areas can be released with acupuncture and then strengthened and rehabbed with PT.

### How to prevent plantar fasciitis

- Invest in good quality sneakers for exercise and make sure they are shock absorbing (with cushioned rubber or foam midsoles) and offer good ankle support.
- Don't wear high heels as they elevate your heel which can put a compressive force on the heel and cause pain.
- Going barefoot on hard surfaces is not advisable, especially if you have high arches or flat arches as it may increase heel pain.

- Avoid high-impact exercises such as running, jumping or fitness classes where there are lots of jolting movements. Instead, opt for low-impact exercises like cycling, yoga or swimming.

- Regular foot and leg stretches are very beneficial and help loosen muscles and reduce heel pain.

- Lose excess weight as carrying too many pounds contributes to plantar fasciitis as there is more strain on your leg and foot muscles and ligaments.

### Heal plantar fasciitis naturally

Plantar fasciitis is a painful and uncomfortable condition that affects the ligaments in the heel of the foot. It is normally brought on by overextending your calves and heels during exercise; however, poorly cushioned sneakers, being overweight and tight calf muscles also play a role. Plantar fasciitis can heal naturally by using acupuncture to reduce inflammation and pain, and also by making changes to your footwear and exercise routine.

## CREATIVE SPACE



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



## BOOK REVIEW: AN ODYSSEY THROUGH THE DARK

### ABOUT THE AUTHOR

**D**r Mohd Rehan Raza completed his MBBS from Shri Rama Chandra University, Chennai. He joined the Indian Civil Services in 2012 as a DANICS officer. He has held various posts in Delhi and Andaman and Nicobar Islands administration, including SDM, Shahdara, Delhi; SDM, Campbell Bay; Director of Sports and Youth Affairs A&NI; AC(Tribal Welfare Department) A&NI; ADM, South Andaman district and SDM, Sarwaswati Vihar, North-West, Delhi. Dr Raza is the recipient of the '1st Hakeem Abdul Hameed Award for Excellence' awarded by the Hamdard Alumni Association in 2012, 'Vashist Chikitsa Ratna award' by Delhi Medical Association in 2019, and 'Youth Icon Award' by Aadhya Foundation in 2020. Dr Raza was awarded as the 'Best Returning Officer' for outstanding contribution for the conduct of Delhi Legislative Assembly Election 2020 by CEO Delhi. Dr Raza has also had the opportunity to be invited as a resource person at the Directorate of Training, UTCS, Delhi. Dr Raza has authored *The Great Nicobar Island: India's Southern Fortune*, published by Bloomsbury in November 2019. It is a comprehensive guide about the beautiful Nicobar Islands. This book is a unique compilation and highlights the geostrategic and geo-economics significance of Great Nicobar Island and provides an incisive description of its picturesque tourism sites. The author is presently posted as Additional District Magistrate, District Shahdara, Delhi, Government of NCT of Delhi.

### AUTHOR'S NOTE

The pandemic that began in the year 2020 turned the world around in an unprecedented way causing huge economic and social disruption and devastating millions of people. This story was conceived while I was engaged in Covid relief work as Sub Divisional Magistrate. At this crucial time, I was at the forefront of disaster management and had the onerous task of managing the pandemic situation and ensuring compliance of Covid protocols. When tales of pain and suffering were making headlines in the news-

papers, I was witnessing them first hand being at the epicentre, ensuring necessary and timely help to people. The heart rending chronicles of human suffering that I bore testimony to were also anecdote with stories of grit, determination and courage that are the essence of human beings. The *Odyssey Through the Dark* was conceived during this time when I was sinking in the sea of human emotions while discharging my duty diligently.

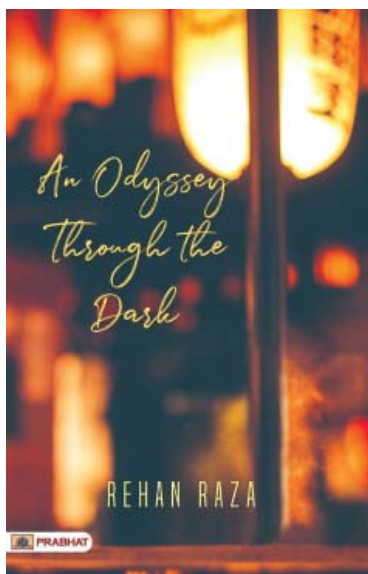
It is a romantic love story interwoven around the incidents which happened in Delhi during the pandemic times. It is the narrative of a young man who with his grit, determination, selflessness and intelligence to transform challenges into opportunities. The story reflects how hard work and commitment can bring difference to an individual's life. It is also about human relationships and how they respond to the challenging circumstances. The story is written as an exemplum of how one must conduct oneself through the ups and downs of life. The story captures a few real-life incidents which happened around that time. The inspiration for the characters and incidents in the story, therefore, came from the people and their real-life struggle that they went through in those difficult and trying times.

This book glorifies the virtues of friendship, sacrifice, love, affection courage, conviction, and conscientiousness that human beings are capable of.

### BLURB / ABOUT THE BOOK

A flourishing career, a passionate love affair and a lasting friendship come in the way of an unforgiving disaster. What ensues is a desperate attempt to hold onto the pieces that are falling apart.

The pandemic not just ravaged



the lives of millions of people but also bolstered the feelings of love, friendship and brotherhood in its wake. When the world was collapsing under COVID-19, a group of youngsters were busy salvaging humanity. While the Delhiites were adrift on the second wave, the heroic efforts of Rahul, a small-town boy, and Aditi, a gorgeous, affluent and qualified doctor with a benevolent heart, together with the support of the district administration's office proved that not all heroes wear capes. But are these heroes ready to pay the price for providing succour to others? Will they be magnanimous enough to let go of their own dreams, aspirations

and even their life as they devote their time and resources to provide relief to strangers? Will their love tide over the unforgiving disaster that has gripped the world?

### SYNOPSIS OF THE BOOK

The novel coronavirus may have wreaked havoc across the world,

but for Rahul, this unprecedented time becomes the foundation stone for a new world and relationships. Rahul's resilience, entrepreneurial skills and optimism gives him unprecedented success. An altruistic person, devoted to the cause of humanity, he emerges as an entrepreneur with a vision while the world around him is collapsing. The unwavering support and sharp intellect of Dr Aditi helps him overcome challenging situations. She is his rock in these difficult times. Their relationship survives despite setbacks. It is also about Arun, Rahul's endearing friend, without whom Rahul wouldn't have found a firm footing in a big city like Delhi which he eventually conquers and also won everyone's hearts in the process. This book also narrates the crucial role of administration during the pandemic. It highlights the selfless service rendered by lakhs of frontline warriors who demonstrated acts of valour in times of need. A vaccination drive is launched to prevent the spread of coronavirus. But the deadly virus returns, creating much panic amongst the whole country. The health infrastructure crumbles under the pressure of this sudden tsunami of COVID numbers. This book is about finding a meaning in life, gathering strength to overcome the darkest and the most difficult times and being optimistic in every situation.



Let our effort be a little contribution to the bigger goal of full freedom of womanhood