

# Date with Health

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

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We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue. So plant a sapling today as your contribution for a better tomorrow!!!!



RYAN CHRISTIAN SCHOOL – VASHI

## INTERACTIVE SESSION ON - The CAP (Children Are Precious) Project - The Right Living

Date of Interaction – 13th JULY 2022

TIME – 8: 40 AM TO 9:30 AM

Venue – SCHOOL

Corporation supported by: - Founder President Dr. Jaykar Ellis Heart Foundation & Apollo Hospitals,

home and their physical activities and also their overall growth has had an immense setback due and hence

CAP (Children Are Precious) Project - The Right Living took a Social Initiative by the Navi Mumbai Mu-

CAP (Children Are Precious) Project - The Right Living, conducted 'The Right Living' Program for

education on Physical, Mental, Social well-being, the right diet, tiffin audits and various ways of handling



AUDITORIUM

Interactive Session – Students from Gr. V to Gr. VIII

Social Initiative was taken by the Navi Mumbai Municipal

Navi Mumbai

It's been over two years and finally the students are going back to schools. Due to the Covid Pandemic, they had to stay at

it's understood that we have to Re-educate, Re-assure and Rehabilitate the students through a holistic approach and which is why they planned The

nicipal Corporation, supported by Heart Foundation & Apollo Hospitals, Navi Mumbai.

So, under it's The

the school children from standards 5 to 8 for the academic year 2022-2023. Through educational videos, children were given

Medical Emergencies. They were also given a health booklet.

Overall the session was very productive for the students.

## Most Amazing Suraksha Kawach



**PLEASE NOTE:** Vol. 5, Issue - 10 (July 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**

## THE BEST OF MAN-MADE CANNOT MATCH THE ORIGINAL

**H**ave you ever thought how wonderful and amazing your body is? If you haven't do take out a small bit from your "busy" time and think about this marvellous wonder that God has blessed you with. This original piece can be replaced but mind you it will never come close to the one that the Creator has made.

Take out time to realise what amazing gift you possess in the form of a healthy and fit body. Give it the time it requires to keep it healthy, don't take any organ of your body for granted. Once any part starts working below its normal or totally stops working will you realise it's importance. Exercise daily to keep yourself and the parts of the body in good health. Hands, legs, eyes, spine, heart, brain etc every organ requires to be kept in healthy condition. One does not just pay attention to arms and limbs but even eyes and brain require exercise and nourishment. Do take out time to exercise regularly your eyes and brain.

Try to sit in isolation for atleast fifteen to twenty minutes in a relaxed frame of mind. Do easy exercises of eyes neck and shoulder to improve the blood circulation to the head and eyes. Robots are good but then they are mostly made to do works which can be dangerous and hazardous for humans. With the increase in the areas where robots are used, soon humans may be replaced by them. Human body parts that have become useless may also be replaced by robotic parts, but then finally they too will be controlled and commanded by a human. Whatever part the machine can replace in a human body none can replace the mind and emotional part of a human being.

Take care of yourself and live a happy and healthy life !!!!

## TEENAGERS AND ADDICTIONS

**T**his is one of the most important topics of all in this series of articles on Mental health of Teenagers as almost every day I come across teenagers themselves asking me for help or their parents.

At the moment I am in another part of the world and I see no difference in the rise of addiction as anywhere else in the world.

Let us understand what causes addictions.

If we begin by mentioning about the teenage brain, then research says it is very prone to risk taking behaviour.

Secondly it begins with the need for attention

Third there is a high need for belonging or confirming to a group or succumbing to peer pressure.

Next could be role models in the family.

Also many teenagers and adults get into addictions as an escape mechanism from reality. Their inner core is not strong to face stress, anxieties and the day to day challenges of life or situations at home.

Addictions can be many. Screen addictions are as dangerous as drug/sex or alcohol addictions.

Shopping addictions are also equally damaging as addictions to eating sweets or junk food.

So one needs to be alert and understand immediately if the teenager reaches the level of addiction.

Let us understand the characteristics of an addict for that.

1. There is no control and cannot stop doing it.
2. May harm self or others to get what they want
3. May be emotionally blunt
4. Would have high level of anxiety
5. Denies that there is an addiction
6. Would be impulsive.

### How to help a teenager who wants to get sober

1. Let them take responsibility.

Often parents help their children by hiding their addictions



**SALMA PRABHU**  
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Parenting book  
Mom Dad U R Wonderful  
and You are My Star  
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Keeping secrets about your teenager's behavior from others

Making excuses for your teenager's behavior (with family members, friends, employers, teachers, and legal authorities)

Bailing your addicted teenager out of trouble (paying their fines and debts, hiring lawyers, etc for their mistakes)

Giving money that is undeserved or unearned

Blaming others for your addicted teenager's behavior (such as friends, partners, teachers, family, and even yourself)

Avoiding your addicted teenager for peace of mind

Making threats that are inconsistent or that you don't follow through on.

Taking care of aspects of your teenager's life that he or she should be expected to do.

2. Set boundaries and make them more independent.

Do not do things for them. Encourage them to be self dependent.

3. Get medical help from doctors, de-addiction clinics, rehabilitation centers, psychologists, psychiatrist and support groups. Go with them for group therapies.

There are group therapies even for screen and phone addictions

4. Very important is take care of yourself and be strong as your teenager needs you now the most.

### How to avoid a relapse

The worst part of addiction is when there is a relapse as the guilt is so much higher here that it can lead to depression and more severe downfall than earlier.

1. Ensure your teenager takes care
2. Is not hungry, angry, lonely or tired.
3. Triggers are in control
4. Together practice yoga and mindfulness meditation along with breathing techniques.
5. Continue with therapy or have a psychologist who is there even online at a short notice.

It is very painful to see our youth wasting away their lives and we need to help them in the right way.

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**DATE WITH HEALTH**

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## RELAX FOR FAT LOSS

Our body releases CORTISOL when stressed. If you have small amounts of Cortisol, there is no problem. But when stress is constant as it can be in many of our lives, the levels of Cortisol in our blood stream is elevated. This will lead to weight gain and fat gain.

RELAXATION prevents overproduction of Cortisol and helps in regulating body fat and



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and stressful thoughts. It helps improve positive thinking.

- BREATHE right to ENERGIZE every cell in your body.
- AVOID DISTRACTIONS like TV, laptop, cellphone.
- BE ACTIVE and MOVE.

Walk with a friend in the garden in open air.

Take a Group fitness class/ Pilates / Yoga/ Functional Training

Join a group of like

## MONSOON – TIME TO HAVE FUN WITH CAUTION!!!



Sahrish Akhtar

The monsoon showers are eagerly awaited by children and their parents alike. It brings respite from the scorching summer heat and rejuvenates

proof doors and windows are kept closed, especially during dawn and dusk.

2. Use mosquito repellents (spray in the dark corners like under the bed, behind the curtains etc.)
3. Check for breeding sites for Aedes mosquitoes (any container with stagnant water) at home.
4. Use mosquito nets,



all of us. It also brings with it a plethora of diseases like dengue, malaria, typhoid, viral hepatitis, leptospirosis to name a few. It is important to take some precautions to stay safe and enjoy the rains to the fullest. Here is a list of simple do's and don'ts for the safety of everyone especially the cute little ones:

the malaria-causing mosquitoes bites mostly at midnight and early hours of the morning.

5. Wear light coloured, full clothes while going outside during dawn and dusk, this is the time when the mosquitoes causing dengue bite.
6. Give your little ones boiled/ RO

### Do's

1. Ensure mosquito-

Contd. to page 5



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weight.

Effects of constant stress and elevated Cortisol levels...

- We get cravings and we reach out for high calorie foods like chips candy bars, pastries etc which provide quick energy boosts.
- Cortisol is instrumental in storing these extra calories as fat, mainly around the abdominal area.
- Cortisol also interferes with the hormones which control our appetite. So we feel hungry more often and find it hard to stay satiated.
- Cortisol can cause decreased MUSCLE MASS as it lowers the TESTOSTERONE LEVELS. The lower the muscle mass, the less fat you will burn while working out.

### TIPS FOR RELAXING

- MEDITATE to cleanse your mind of negative

minded people with similar goals.

Have a HEALTH COACH to design a program dedicated to your individual fitness levels and nutrition as per your daily calorie expenditure.

### • EAT HEALTHY:

Eat at regular intervals, have balanced meals and be mindful of what you are putting into your mouth.

### • GET ENOUGH SLEEP (7/8 HOURS):

Chronic sleep deprivation can elevate Cortisol levels, impair your judgment, reasoning abilities, appearance and performance at work and physical activities.

Help your BODY & MIND get to a better state so that you can relax and enjoy every moment of your life.

## CREATIVE SPACE



Nikhil Krishnan, Age 8 Years  
Reliance Foundation School, Koparkhairane

## IRRITABLE BOWEL SYNDROME (IBS)



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

Just as some people are the grumpy and irritable type, so, too, are some bowels. What exactly does it mean to have an irritable bowel? It means that certain foods and drinks and stressful events in your life, things that don't normally wreak havoc on other people -give you alternating bouts of diarrhoea, constipation, and abdominal pain. Some times, you get all three at the same time.

This is not a disease, but a disorder in the way the bowel functions. Irritable bowel syndrome, or IBS, produces a collection of symptoms, the most common of them being chronic abdominal pain, bloating, wind, alternating bouts of diarrhoea and constipation, and mucus in the stool. Some people with IBS also have other gastrointestinal symptoms such as belching, heartburn, acid reflux, difficulty swallowing and nausea.

IBS is a very common condition that usually begins in late adolescence or early adulthood, often during periods of emotional stress, and more often among women. In most cases it is mild and does not significantly hamper qual-

ity of life. In a small percentage of people, however, it can cause serious discomfort or distress, with symptoms persistent and severe enough to interfere with self-esteem, social life and the ability to work or travel.

There is no anatomical cause or defect that fully explains IBS. However, researchers have found increased intestinal sensitivity in some individuals that can increase the pain caused by normal amounts of gases, and abnormally strong bowel contractions that alter normal patterns of bowel movements, producing constipation, diarrhoea, or both. Although the causes of IBS are not clear, triggers for the symptoms

can often be identified. These triggers will vary from person to person. Many people are reactive to emotional upset, diet, drugs or hormones, which may either trigger or aggravate their symptoms. Some people with IBS also have panic disorder or depression. However, emotional stress, conflict and periods of hormonal change such as premenstrual syndrome do not always coincide with symptoms. Eating will often trigger its symptoms.

There is no known way to prevent IBS from starting, but there are many self-

care measures that can help to control and minimize symptoms. Well, rest assured that there are lots of things you can do to take the irritability out of your bowel. Once diagnosed, learning to manage stress is an important factor in control, as is avoiding any particular food that seems to trigger symptoms.

Take the news in a stride- "There's a very good connection between stress and an irritable bowel." What you don't want to do is get stressed

psychological counselling. The key is to find what works for you.

Keep a stress diary- Persons with an irritable bowel have an Intestinal system that overreacts to food, stress, and hormonal changes. Think of your irritable bowel as a built-in barometer, and use it to help you determine what things in your life are most stressful.

Log in your food and beverage intake, too- Certain foods and beverages, just like stress, can activate

periods.

Add fibre to your diet-Many people with IBS do much better simply by adding fibre to their diets. Fibre tends to be most effective with people who tend toward constipation and small hard stools, but it may also help you if you're suffering from diarrhoea. The best fibre to add to your diet is the non soluble type-found in bran, whole grains, fruit, and vegetables. Go easy on the bran. If you are adding fibre such as bran to your diet, add it slowly to give your body time to adjust. Too much fibre. Too fast. Can produce gas.

Drink lots of fluid - To keep your bowels moving smoothly, you need not only fibre, but fluids as well. In general, "you should drink between six and eight glasses of fluid a day."

Reconsider dairy products - One fluid you may do better without is milk. "A large number of people who say they have IBS are really lactose intolerant." It means your body has difficulty absorbing lactose. An enzyme found in milk. Your doctor can test you for lactose intolerance. Or you can give up dairy products for a couple of days and see how you do. In either case, you may find this one dietary change can clear up your problem.

Cut out the fat - There are lots of good

reasons to eat a low-fat diet and now you have one more. Fat is a major stimulus to colonic contractions. In other words, it can worsen your IBS. A good place to begin to cut fat out of your diet is by eliminating heavy sauces, fried foods, and oils.

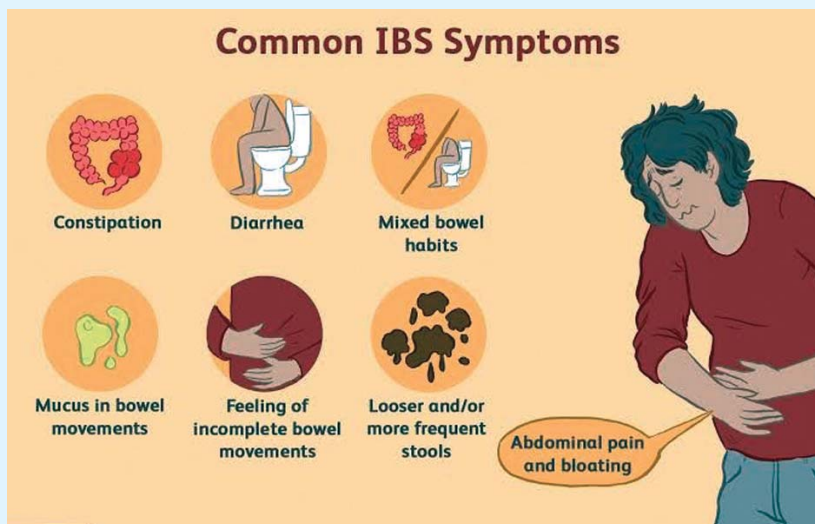
Pass on the gas - Some people with IBS are particularly sensitive to gas-producing foods. If you fall into this group. You may find relief by avoiding such flatulence champs as beans, cabbage, Brussels sprouts, broccoli, cauliflower, and onions.

Beware of spicy foods - Some people with IBS are sensitive to foods laden with peppers and other spices. Try eating spicy foods for one week and bland foods the next week, and note if your condition changes.

Be careful of acids. - Acidic foods tend to bother some people with IBS. Here again, you may wish to experiment by laying off such things as oranges, grapefruits, tomatoes, and vinegary salad dressings for a while, to see if things get better.

Don't brew trouble with coffee -. Coffee is a major cause of woes among people with IBS. To some extent, the culprit may be caffeine, but it may also be the resins in the coffee bean itself. You may get some relief if you switch to decaffeinated-if not, try cutting down on all coffee.

Know that some



because you have an irritable bowel, and thereby create a "vicious cycle." Especially during flare-ups of abdominal pain. It is important to take a deep breath. Think about what's happening, Recognize that it's happened before and it will pass.

Become a more relaxed person- Anything you can do to help yourself unwind should help to alleviate your symptoms. You may benefit from relaxation techniques, such as meditation, self-hypnosis, or bio-feedback. If the stress in your life is particularly problematic, you may want to consider

an irritable bowel, so it's also helpful to record in your diary the foods and beverages that give you the most trouble. Although there are some things that are likely to disturb most people, everyone is different.

Call psyllium to the rescue-. An easy way to increase your fibre intake is with psyllium husk. It's a natural laxative sold in pharmacies, supermarkets, and health food stores. Unlike chemical laxatives often found on the same shelves, psyllium based laxatives are nonaddictive and generally safe, even when taken over long

## GLEAM & GLOW IN MONSOON

### Get the Basics Right

After the scorching summer heat, the monsoon comes as a relief. The temperature is finally bearable, there's a lot of greenery around and a cool breeze greets you when you step out. While there may be a lot of pros to look at during this season, don't forget that the rainy season comes with its share of skin problems. As the weather gets unpredictable and humidity levels rise, your skin finds it difficult to adjust to the changes and maintain its glow. A good monsoon skin care routine should be followed to combat this. Those with oily and acne-prone skin may also face a hard time during this season trying to keep all the excess oil on their face under control. As the weather changes, it is also important to change your skin care routine.



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Desire For Wellness.

ing the monsoon as it will help in maintaining a natural glow on your face while flushing out toxins in the form of sweat.

### Use Natural Products

One of the most important things to keep in mind while choosing monsoon skincare products is to only use natural products from brands such as Pure Sense. Using chemical-based products can strip off natural oils and make your skin dull and dry.



### Aloe Vera + Olive Oil

Aloe vera and olive oil both help the skin retain moisture and nurture it. As a result, an aloe vera-olive oil moisturiser can help prevent dryness and flakiness while also leaving your skin smooth, soft, and perfect.

### Importance of Skin Care Routine

It is crucial to follow a monsoon skincare routine as it will help you to manage the effects of harsh weather. During monsoon, as the weather becomes humid, our skin pores tend to produce more sebum (natural oil). Due to this excess production, our skin pores get clogged, which causes acne and inflammation. Also, in some cases, the excess production of sebum can cause your skin to become dry, itchy and irritated.

To ensure that your skin stays healthy, it is important to follow a monsoon skincare routine that will keep your skin healthy and glow naturally.

3 Simple Steps to get that natural glow

#### Cleanse your face daily

It is crucial for you to wash your face daily, using a soft cleanser, as during monsoon your skin tends to build up oil, grime and dust. If you have oily skin, you can cleanse your face twice a day to avoid infection and stay oil-free.

#### Keep yourself Hydrated

It is vital to stay hydrated dur-

### BASIC SKIN CARE THAT CAN BE EASILY DONE AT HOME

#### 1. Yoghurt + Lemon Juice

Yoghurt cleanses and purifies the skin. Yoghurt and lemon juice helps in removing the extra oil from the oily spots, and also moisturizes the dry spot.

#### 2. Coconut Oil + Turmeric Powder

Turmeric powder helps in treating pimples by removing excess oil and eliminating the bacteria because of its antimicrobial properties. Coconut oil also helps in treating acne with making our skin bright and glowy.

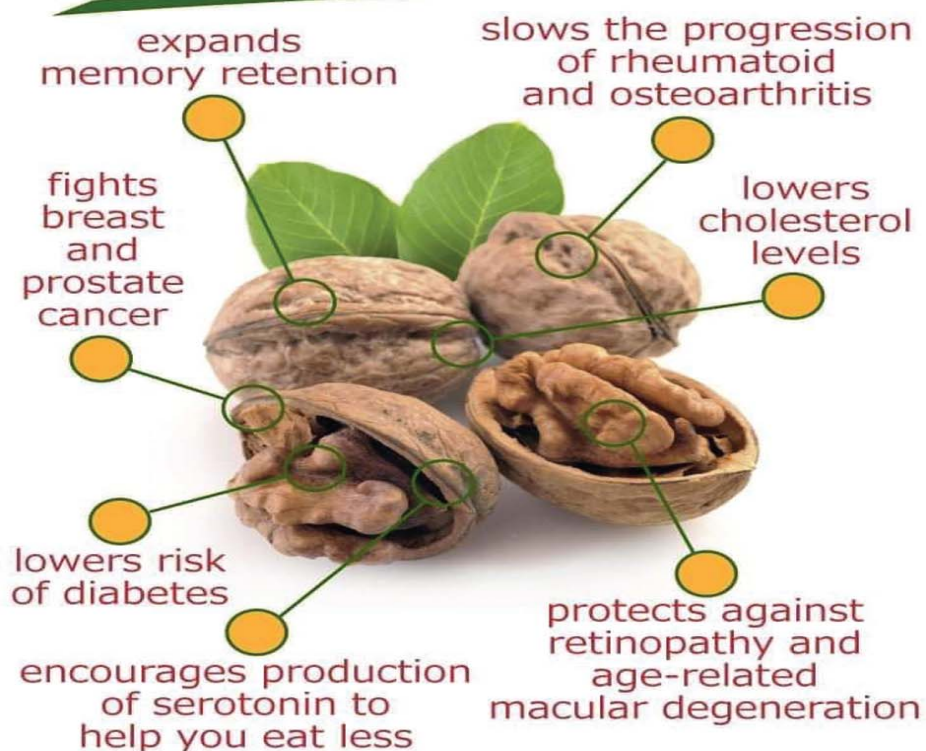
#### 3. Honey + Lemon Juice

Honey and lemon with their anti oxidizing and anti bacterial properties help in improving skin complexion and flawless skin.

#### 4. Aloe Vera + Olive Oil

Aloevera and olive oil both help the skin to retain moisture and nurture it. As a result, an aloe vera and olive oil moisturizer can help prevent dryness and flakiness while also leaving your skin smooth, soft and perfect.

# eat MORE walnuts



### MONSOON – TIME...

#### Contd. from page 3

- purified water in a water bottle when they go out to play.
- Don't let your child play in accumulated rainwater.
- Wash hands frequently, before and after having food and after going to the toilet.
- Don't eat pre-peeled fruits available outside.
- Give your kid brushing their teeth
- Don't let water accumulate in containers in and around the household. It will prevent the breeding of Ae-
- Avoid eating outside food especially uncovered food items.
- Don't eat pre-peeled fruits available outside.
- Don't ignore any fever in the little

#### Don'ts

des, the mosquitoes which spread dengue.

ones, especially fever with body aches/any bleeding.

The monsoon is a beautiful and spirit-lifting season, but it does make your health vulnerable. With the simple measures suggested, you can enjoy this season without worrying about your health.



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## SAFER CITIES THROUGH PHYSICAL PLANNING AND ENVIRONMENT DESIGN

*Continued from July Issue*

Added to it, air pollution causes innumerable health hazards. Several studies have documented the relationship between contaminated air and health problems. Sudden respiratory distress, difficulty in breathing, respiratory cancer, lung cancer, asthma, increased bronchitis, coughs, eye irritations and general malaise have all been found to be associated with polluted air. Apart from the health costs, air pollution corrodes buildings and industrial materials. Combined with the moisture, a number of components of pollution from various kinds of acids that attach building materials. Steel deteriorates two or four times faster in polluted environments, as well as silver, leather and paper. Shrubs, trees, grass, vegetables, parks and fruit trees are also harmed. Of late the Plastic menace had taken the country by storm. So Plastic free zones were created. But the response was not so encouraging and the public turned to plastic bags despite caution from the state and Central Governments. Recently the Bird flu attacked in and around West Bengal. Despite taking all the precautions, covid19 spread through the polluted air. People die of Bird Flu and the affected State Government has no choice but to cull the birds and destroy the eggs laid by the birds. Oil leak in the sea causes the death of fishes in the sea. It is a source of pollution for people traveling by ship in this environment.

Save the earth. Save the environment are buzz words. People have started realising the beauty of mother nature and the importance of preserving her in her original form for future generations and humans. Nature is our oldest companion and man has always depended heavily on her for all his needs. Today, despite all the technical aspects man is becoming more and more dependent on nature. People look for food, clothing and shelter and for getting the basic requirements, they are ready to do anything. In return nature did not ask anything from man but it probably did not expect to see man fill the skies with smoke, the earth with rubbish and the water with pollutants.

While pollution cannot be curbed completely, the levels of pollution can be minimised by following methods that are simple, cost effective and user friendly. The simple underlying principle should be to live and let others live also with an aim for cleanliness. After all, cleanliness is next to Godliness. Prevention is better than cure applies to pollution as well.

We should have clear thinking.

1. Deforestation must be followed by afforestation.
2. Air pollution can be combated by

careful planning and location of industries, better designing of plant equipment, machinery and proper operation.

3. Control of automobile emissions to be developed.
4. To limit Global warming to the minimum extent, new methods of harnessing renewable energy resources such as wind, solar and ocean currents have to be adopted.
5. A crusade to protect the ozone layer from further depletion to be launched.
6. We have to develop biodegradable pesticides, educate farmers to use selective and relatively safe chemicals.
7. To fight water pollution, effluent treatment systems to be incorporated as an integral part of the Industry.
8. Bio gas production to be encouraged. Emphasis to be given to methods of turning wastes to wealth.
9. Treatment of sewage checking pollution should be done periodically.
10. Alternate energy sources to be made use of. Solar energy and windmills can be used to produce electricity.

For rural surroundings, large plants for production of Biogas is to be installed to ensure continuous supply of cooking gas. Above all, human attitudes towards environmental conservation have to be emphasised and implemented. It is time we allot some time to take stock of the situation and plan for the betterment of the society.

For that we should get an Eco-attitude: One must understand that cleaning the environment is not a status symbol.

Paper is a very important gift of nature to man and hence don't waste it. Use both sides of the paper and try to recycle the old paper. Plastic bags play a negative role in choking the drainage system. Reuse old polythene bags. Make sure you do not burn polythene bags as they cause a lot of pollution.

Wastes-Do not throw poisonous wastes into dustbins especially used batteries as these wind up causing damage to the ecosystem, instead try to dispose of the waste properly.

Electricity - avoid running generator sets unnecessarily. Switch off lights and fans when not in use.

Water: Have leaking taps fixed immediately. Close taps tightly and do not let water run uselessly. People often leave their taps open while



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Navi Mumbai

brushing shaving and such a practice can cause loss of thousand litres of water a month.

General things: Do not use perfumes, body sprays etc., that come in cans that use aerosols to be sprayed. Also walk or cycle to nearby destinations instead of using a car.

Remember, the power to save ourselves is in our hands. Let us use this opportunity and ensure that man and nature live in perfect harmony from now-onwards.

Our environment consisting of atmosphere, hydrosphere and lithosphere constitutes a biosphere. Whenever a change, physical or chemical occurs in the biosphere, living beings including micro organisms, get affected. This change is termed as pollution and its agents pollutants. Earlier man was in perfect wavelength with the environment. With advancement of technology, this setup has been affected and led to gross depletion of non renewable resources endangering man, Tom, Dick and Harry as well as future mankind.

Development is vital for growth and improvement in the standard of living. It is necessary to make the deserts green and mountains habitable. What is sad is that in the name of development and progress. We are shamelessly plundering our forests and precious natural resources and thus disturbing our ecological balance. In the name of urbanisation, we are destroying large scale wildlife habitats and depleting every available resource at a fast rate, analysing and slowly converting them into waste bins.

Physical planning also plays a pivotal role in bringing out the best in the land and saving the earth. Places like Chandigarh and Vashi are designed in sectors. Despite having too many flats, there is enough water provided for the wellbeing of the people. Roads are widely made to avoid unwanted pollution entering the houses. A clean and green atmosphere is created to make the city disease free. The state Government is also very selective in releasing licenses for housing complexes. Thus there is proper checking at all the levels and that provides a base for a better living. Simple living and high thinking leads to providing better amenities.

Unless the mind is cleared of all pollution and defilement and is brought to a state of Perfect peace and moderation, it can never reflect the inner voice, which is what guides man towards progress. We have succeeded in not only cluttering our

minds with pollution but also our surroundings. The human mind can be clear only when the environment is clear. Who are these people who inhabit the earth and turn a deaf ear to her cries of agony? Overpopulated, with the balance of nature grossly lopsided, bursting at the seams with effluent and garbage, our planet does not need outside forces to destroy it.

The earthlings will do it quite adequately. Solutions have to be found to counter the precarious balance of nature aggravated by the proliferation of pollution. It is now pay up time folks. We have to return all that we took from Mother Nature and clean up the dirt that we swept under the carpet. The solutions have been provided by nature and stare us in the face, give back what you look from her. We partook in the river water. We now need to clean them up. We denuded the mountains; therefore, we need to replant trees. We shot holes in the ozone layer; we now need to use discretion in our use of chemicals. We put wildlife on our walls and dining tables, we now have to cherish and protect the endangered species. Is it going to be easy? No. The solutions are known by all and fill up files as action plans. But that is all they remain. Just plans. And public indifference has spelt disaster.

Policing, nabbing offenders, and wielding a stick of discipline will not bring forth results. Each one of us will have to become Erin Brokovich. Because deep down, we all care. Let sense prevail. If we rise in unison and work consciously towards a cleaner environment, a miracle may still occur. The clean and caring habit has to be inculcated at the grass root level. Today's child, the inheritor of tomorrow's world, is going to lead the way. The pollution levels in Delhi came down last year as the people there celebrated a crackerless Diwali.

Instead many children planted saplings around their homes. Ice cream wrappers will find their way into bins and gums will be put in wrappers before it is thrown away. Leaves and flowers will not be plucked mindlessly. With the increase in small cars and other vehicles the pollution level may go up drastically. Tomorrow belongs to the young children. Keep up the tempo.

Noise pollution or unwanted sound is yet another form of environmental disturbance. Noise pollution is dangerous for human life. It affects the brain and prolonged exposure to noise may cause blood vessels to contract, sometimes resulting in hypertension. Thus it can be said that pollution of any kind causes serious damage to man, animals, birds, aquatic life, crops and vegetation. Let us save earth from dying.



**JAYANTHI SUBRAMANIAM**  
Navi Mumbai  
**BETTER COUNCIL SHOULD PREVAIL ON BREASTFEEDING**

**B**reasts are perceived in a sexual manner, even when a mother feeds her child. Here it is not just men, but even women who stare if a mother feeds her baby in public and prevents mother thinking twice about feeding the baby in open. So many times, new mothers are helpless when their children cry of hunger, simply because they are unable to feed in public. This has to change. Breastfeeding is a matter of pride, and women have to be able to feed their children freely and openly. You don't need feeding rooms to feed your children. So we figured that having a discussion around this would be the most relevant thing to do on Women's Day.

Mothers need to donate to milk banks to save tender lives and mothers with surplus milk should donate milk generously. Breastfeeding saves

lives. Its benefits help keep babies healthy in their first days and last well into adulthood. But breastfeeding requires support, encouragement and guidance. With these basic steps, implemented properly, we can significantly improve breastfeeding rates around the world and give children the best possible start in life. Why then so much controversy is created in India for the sake of creating. Shun the taboo and accept the challenge instead of becoming a carping critic all the time. In many hospitals and communities around the world, whether a child can be breastfed or not can make the difference between life and death. Better sense should prevail to save babies in need of breast milk.

When women are asked to go to the feeding room and feed, it is almost like the society is collectively teaching us to hide this very natural thing. This has to change. But to avoid all the controversies, it is better to have a separate breastfeeding lounge in public places, just like the smoking lounges. Better council should prevail in this matter and it should not be treated as an obscene one. Even

a postal stamp was released in 1984 by the Indian government to stress that breastfeeding is the best. Why then this controversy.

The issue with public breastfeeding is less about whether the act is legal or not-ultimately that is a technical issue. The main concern lies in how the act of breastfeeding --so natural a part of the development of many species --is regarded as 'disgusting' and 'indecent'. When the exposure of a woman's breasts during breastfeeding is considered to be more lewd than a model revealing them for the pleasure of others. But breastfeeding requires support, encouragement and guidance. With these basic steps, implemented properly, we can significantly improve breastfeeding rates around the world and give children the best possible start in life.

Many women in India who wear the traditional sari breastfeed in public, using the garment as a means of covering themselves. But this option is not available to women who do not want to wear the sari. The awareness about breast milk and early nutrition is poor among

new mothers. We still see patients who don't give colostrum to the baby. One of the reasons breastfeeding is nearly universal and prolonged, especially in the rural areas, is because of the widespread belief that it is effective in postponing the next pregnancy. Contemporary literature shows that ovulation is likely to return sooner in women who partially breastfeed than those who exclusively breastfeed.

Sometime back a so-called model splashed a photo on the cover of a Malayalam magazine showing her 'breast-feeding' a baby and it is another matter that she is neither married, nor was the child hers. Even in the Western world, women in general modestly cover themselves when nursing their babies. The attempt to give that excellent message in terms of exhibitionism did nothing but raise a storm of controversy. It seems somewhere along the way we have lost a sense of propriety and instead wallow in an aura gained through notoriety. In the end it became a storm in the tea cup. Instead of feeding the child in public with a purpose, the milk had become spoiled one because of

the controversy.

Breastfeeding all babies for the first 2 years would save the lives of more than 8,20,000 children under age 5 annually, noted a release issued by the WHO. The guidelines describe how hospitals should have a written breastfeeding policy in place, required staff competencies, and antenatal and postpartum care, including breastfeeding support for mothers. It also recommends limited use of breast milk substitutes, rooming-in, responsive feeding, educating parents on the use of bottles and pacifiers, and support when mothers and babies are discharged from hospital.

The top six breastfeeding challenges faced by Indian mothers were: early day challenges such as sore and cracked nipples, latching problem, and engorged breasts, exhaustion from waking up in the middle of the night, too many feeding sessions and long feeding sessions, baby biting, lactation issues, problems with breastfeeding in public, including lack of facilities, perceived restriction and postpartum depression.

In a survey conducted, which provides

a platform for mothers, in collaboration with a supplier of breast pumps and breastfeeding accessories. Over 500 women participated in the survey, which aims to bring the conversation about breastfeeding challenges into mainstream discourse and find solutions.

Breastmilk contains antibodies that prevent viral infections in the baby. It has all the nutrients in the right dosage besides being available all the time at the right temperature and right composition. Further, breast milk is dynamic, which means its composition varies, based on the age of the child. The first six months the baby should be exclusively fed of breast milk and after that other foods could be introduced in a phased manner, while continuing breast milk.

Breastfeeding helps women in losing the weight gained during pregnancy, and prevents excessive bleeding. It is a much cheaper alternative as formula foods are very expensive. It has been found that breastfed children were more healthy and intelligent in later life. Breastfeeding can, therefore, produce a whole generation of healthy future citizens.

## IRRITABLE BOWEL...

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alcoholic beverages are worse than others. - Alcoholic beverages can exacerbate your problems, but it's probably not the alcohol itself. Rather, it's the complex carbohydrates in beer and the tannin in red wine that probably cause the most grief. Drinkers with IBS

should order anything but these two drinks.

Put out that cigarette. - A large number of people experience IBS problems with smoking. The most probable culprit is the nicotine, so if you're trying to quit with the help of nicotine gum, you may not see any difference in your tummy problems.

Spit out the gum. - Nicotine gum is not the only kind of gum that can give you troubles. Gums and candies artificially sweetened with sorbitol are not easily digested and can worsen your IBS. While the amount of sorbitol found in one stick of gum or one hard candy isn't likely to affect you greatly, if you gob-

ble up ten or more such sweets a day, it's time to cut back.

Eat regular meals. - It's not only what you eat, but how you eat that can vex an irritable bowel. Digesting a lot of food eaten all at once overstimulates the digestive system. That is why it's much better to eat frequent smaller meals than in-

frequent larger ones.

Go for a jog. - "Good body tone, good bowel tone," Exercise strengthens the body. It helps relieve stress. And it releases endorphins that help you control pain. All in all, regular exercise will more than likely calm your irritable bowel. Be careful, however, not to overdo it. Too

much exercise can lead to diarrhoea.

Call a hot-water bottle to the rescue. - If you're experiencing an attack of abdominal pain, the best thing to do is to sit or lie down, take a deep breath, and try to relax. Some people also find it helpful to put a hot-water bottle or a heating pad on the tummy.

# St. Lawrence High School, Vashi: Investiture Ceremony 2022-2023

**T**ogether We Can and We Will Succeed.

Embarking into the new academic year, the newly elected Council Ministers of St. Lawrence High School, Vashi were all highly exuberant to explore a world of new challenges and a plethora of opportunities handed over to them on the occasion of Investiture Ceremony held on 9th of July'22.

A special assembly was held seeking the blessings of God. The Guest of Honour



including the President, the Prime Minister, Deputy Prime Minister, and Speaker. The Council Members, including the President, and Pre Primary too



proudly marched forward to take up their duty and responsibilities. As they were honoured with scarf and badge one could see the pride in their eyes.

The Headmistress, Mrs. Saira Kennedy

stated that the newly elected leaders with their head held high confidently took a pledge,

“To abide by the rules and leave no stone unturned while continuing to maintain

a strong team spirit”.

Our Chairman Sir, Dr. A. F. Pinto's vision of achieving greater level of success will be accomplished by us, said the newly elected President of the School.

## RYAN CHRISTIAN SCHOOL – VASHI NATIONAL DOCTOR'S DAY CELEBRATION 2022-2023



**N**ational Doctors' Day is celebrated on 1st July every year across the country. It is celebrated to pay our respect, gratitude, and thankfulness to the life-saving doctors. Though the doctor is always considered a noble profession, they come in more highlight during the COVID-19 war as a frontline warrior. In India, National Doctors' Day is celebrated to give tribute to the Bharat Ratna Dr. Bidhan Chandra Roy.

To recognise this day Ryan Christian School, Vashi Celebrated National Doctor's day by making first aid kit and writing the importance of doctor in our life. The students also made first aid box to understand the importance of health and wellness. Doctors are the saviours of society. They work day and night and are available for their patients 24 x 7. They continuously upgrade themselves with the latest medical science technologies. And, we must

pay our gratitude to such amazing doctors.

To conclude, we can say that Doctors' Day is not just the celebration of a person, but it is the celebration of all those special human beings who cure and treat us with love, empathy, and respect. So, we are, and forever will be, grateful to

our doctors because, without them, no one can join your broken bones, help you control your blood pressure, and protect your brain as well as your heart health.

So, doctors are incredible and truly superheroes. We must celebrate this day with full of love, fun, and warmth.

