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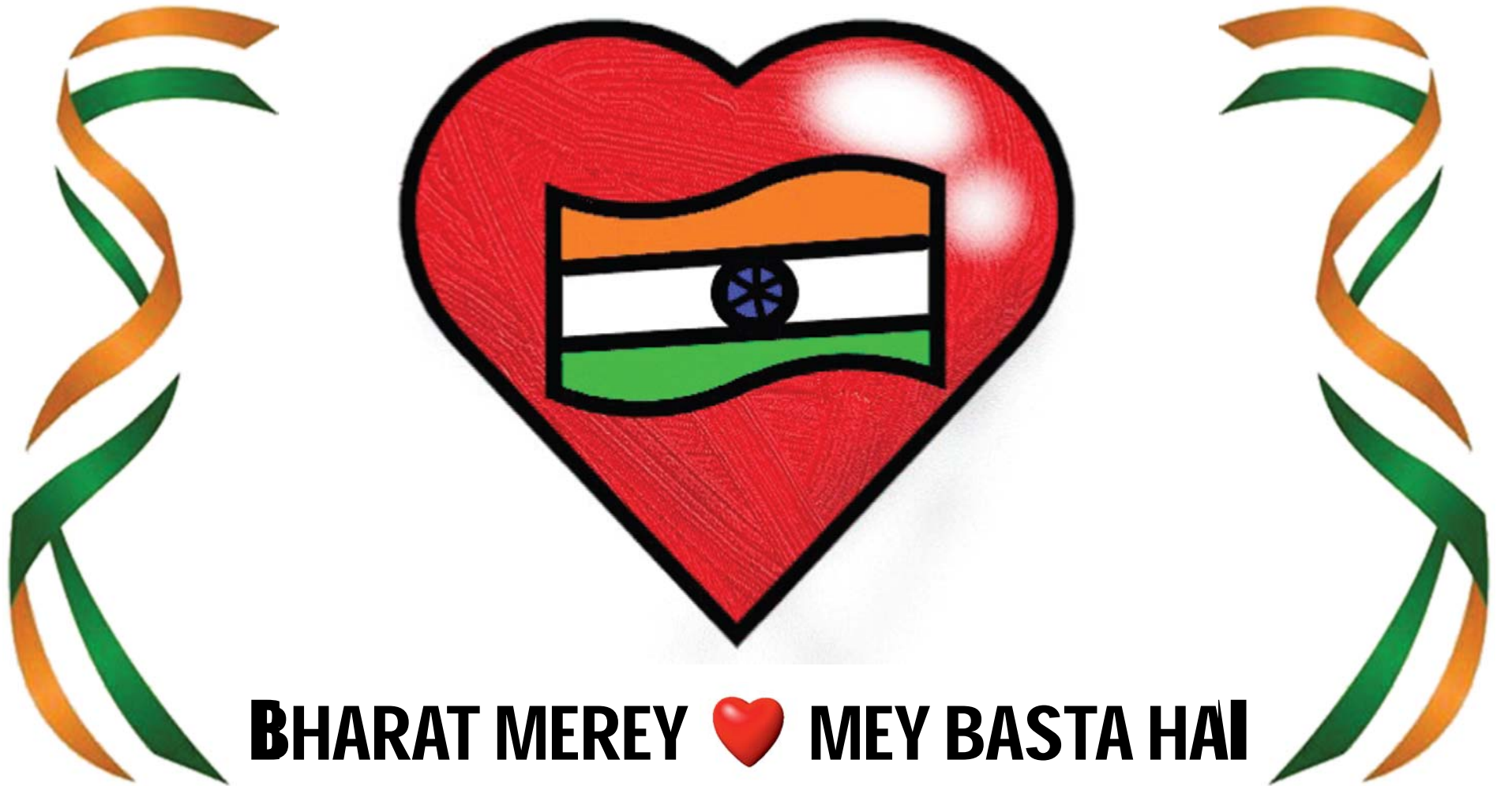
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We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue. So plant a sapling today as your contribution for a better tomorrow !!!!



Happy 75th Independence Day to all Indians the world over



BHARAT MEREY  MEY BASTA HAI

Creative done by Filzah Syed 12 years Navi Mumbai

Most Amazing Suraksha Kawach



PLEASE NOTE: Vol. 5, Issue - 11 (August 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:

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- Editor



Editorial

SMART PHONES OVERSMART PEOPLE

One are the days when one would boast of smart kids, today it's your phone that has replaced them. With the world moving at a brisk pace one has to be at pace (if not ahead) with it. The mobile revolution is probably the fastest changing thing. Just in the beginning of the 21st century mobiles had replaced the pager as a mode of communication especially for the marketing guys who were constantly on the move. The initial cost of a call was only afforded by the affluent class as possessing it was no less than a status symbol. In a span of less than two decades mobiles have almost completely replaced the landline phones. Even common people possess more than one mobile as communication is not just at one's finger tips but very affordable too.

Technology is a double edged sword and the user should be able to understand this. The world has made tremendous progress as communication has become fast and easy. But then all is not so good with it, though it's futile to blame the product for its use up to the person how they use it.

The biggest advantage and also disadvantage is the use by younger generation. Their curious nature combined with easy access to the infinite world has led to tech related crimes. Teen is an age where there is more possibility of children exploring sites and information which may prove not just detrimental to them but also to the society at large. Cyber crimes have not only increased but tech savvy new generation has invented newer and camouflaged methods to execute them.

It will always be a topic of debate that how much of it is too much !!!!!

TEENAGER AND INFATUATION



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As we are all aware that part of growing up into an adult also involves falling in love with another person who just takes your breath away. By this I mean that in everyone's life there are one or many infatuations out of which one may turn into true love or may not.

Parents are often worried about their children falling in love with the wrong person. I say children because for parents their child always remains a child. Whether a teenager or an adult.

It is very essential that parents do not make mistake of pushing away their teenagers and create a communication gap during this time.

As if the parents react in a negative manner or with their opinionated responses, they shall lose the trust of their teenagers and not even know what is happening in their lives.

Teenagers need their parents when there is a breakup or they need support when the relationship is toxic.

Here are some tips on how to be there for your teenager

1. Keep the communication channel always open by listening more and speaking less.
2. Never use the words "I told you so"
3. Refrain from giving advice even when asked. Instead encourage your teenager to decide and guide if needed, but do not make a decision for them.
4. Example: Teenager: Mom my boyfriend smokes and I don't like it.

Mom: it must be quite disturbing for you to see that.

Teenager: Yes and he refuses to give it up and also encourages me to smoke

Mom: what do you think you can do about it.

Teenager: Oh I love him a lot, but I don't think it is healthy for him or myself. I think I'm going to break up with him as this is a very repulsive and unhealthy habit.

Mom: Are you sure. Then I'm here to help you through your tough times of yearning for him, if you want me to.

Teenager: yes mom, thank you. I love you.

Mom: I love you too and I am proud of you

The above conversation is possible when you do not show your opinion as a parent and just listen and assure that you are there.

This will go a long way as our children need us all the time in their lives, but teenage time can be a make or break relationship time.

5. Encourage your teenagers to bring their friends home. This ensures that you not only know them, but most importantly they know you.

6. Even if you do not approve, look for good points in their friends.

7. Encourage the families also to meet up for a cup of tea or just chit chat. This is not a preparation for marriage, just the communication that we respect your friends and your choice.

8. Never make fun of their feelings or their choices, respect their space, their choice and also their multiple infatuations.

I remember in 9th

std, I came home and told my mother, I liked this boy from the 10th

std. She just listened to me and later asked me, what did I like about him. I said he is tall, he looks at me with eyes full of love and admiration, he thinks I am the most beautiful person with a kind heart. She just heard and smiled and said "I am sure you know the best as you are very matured"

After a week this boy turned up at my maths tuition and me and my friends asked him to climb the tree and he did so, but somehow he appeared to be very foolish to me as he took quite a risk just to prove he was strong. My infatuation got over in that very moment, and I went and told my mom that evening that I don't like him anymore. She just smiled and said "I am here if you want to talk about it".

Fortunately I was able to share everything with my mom all my life and she also had the same comfort with me always.

9. Last but not the least, keep saying that you trust your teenager and have complete faith that they shall take appropriate decisions and you both are always with them.

Fortunately I was able to share everything with my mom all my life and she also had the same comfort with me always.

9. Last but not the least, keep saying that you trust your teenager and have complete faith that they shall take appropriate decisions and you both are always with them.



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St. LAWRENCE HIGH SCHOOL - VASHI

Spirit of Patriotism in Lawrence

Azadi Ka Amrit Mahotsav an initiative by the Government of India to celebrate and commemorate 75 years of Independence. With great national fervour and grandeur, St. Lawrence High School Vashi joined the nation in celebrating this Mahotsav. Various Activities and Competitions were conducted across all the sections. Fancy Dress Competition, Drawing Competition, Essay Writing Competition, Elocution, Debate, Patriotic Singing Competition and the most scintillating was the rally by the different squads.

Hoisting of the National Flag, impressive march past, spectacular 'Heal the World' and Prize distribution were the distinctive features of the celebration. The eminent Guests hoisted the National Flag, and the entire school echoed by enchanting of the National Anthem. The grand parade of the various school squads electrified the atmosphere as they marched forward to salute the National Flag.

The cultural extravaganza got off with the reading from the holy Bible and mellifluous songs of Praise and worship

by the school choir. The significance of national integration in a diverse country like ours was aesthetically portrayed by the Tiny Tots from Pre-primary section. The Primary Section students enthralled the audience by their 'Heal the

grandeur Celebration of Independence Day. In accordance with the need of the hour our Chairman Sir Dr.A.F.Pinto stated that our youngsters need to be equipped with vocational and specialized training, holistic education



World' performance. A number of patriotic songs and the musical display by the school band mesmerized everyone. The Guests hailing from the different walks of life praised the school, students and the entire staff for their efforts to have such

with values integrated will raise and develop our youth to be future Leaders. "Such celebration instills in young minds the vibes of loyalty towards oneself, Nation and they understand that Freedom to have a sense of responsibility" said the Headmistress Mrs. Saira Kennedy.

CREATIVE SPACE



Nikhil Krishnan, Age 8 Years
Reliance Foundation School, Koparkhairane

Monsoon Remedies

Weather changes during monsoons can cause many illnesses.

Many people suffer from cold cough fever and other flu like symptoms in this seasonal change. Mild illnesses can affect children and adults.

It is important to eat a healthy homemade diet and avoid eating uncooked foods from outside.

These are a few effective home remedies to beat the monsoon illnesses.

TURMERIC MILK

This can treat many flu like



symptoms like cold cough and fever. Having it before bedtime reduces congestion, headaches and sore throat. It has antiseptic properties.

NEEM TEA

Boil neem leaves in water and add a few drops of honey to make a powerful immunity brew and have a cup daily this season.

GINGER TEA

Having ginger tea reduces inflammation in the body and helps in recovery



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Muscle Rehab Practitioner

Blackroll & Barefoot Specialist

Mobility Specialist

Nutrition Consultant For Weight management Sports & Clinical Nutrition

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HOT FOODS

Hot homemade vegetables soup or chicken broth keeps you warm and relaxed this season.

MULETHI / LICORICE

Boil this herb in water and have it to strengthen and aid your body to fight infections.

STEAM INHALATION

Add a few drops of essential oils like tea tree oil, clove or peppermint oil to your inhaler to clear upper respiratory tract congestion



Cotton Suits and Phulkari Kurties and Stoles

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TUBERCULOSIS- THE KINGS EVIL!!



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

Tuberculosis is one of the most dreaded diseases. It is a major health problem in India and often rated the number one killer. It affects 8-9 million people at one time and approx over five lakh people die of this disease every year in this country. This disease is also called Consumption as it consumes the body and reduces the patient to a skeleton.

Tuberculosis has a very ancient origin. Traces of the existence of this disease have been found in Egyptian mummies as early as 5000 BC. It is described as the Rajrog or the king of diseases in the vedas. The noted ancient physicians, Charaka and sushruta thought that it was difficult to cure. Aristotle expressed pity for the unfortunate consumptives.

Tuberculosis is caused by a tiny germ called tubercle bacillus (mycobacterium tuberculosis) which is so small that it can be detected only by a microscope. The germ enters the body through the nose, mouth and the windpipe. It multiplies by millions and produces small raised spots called tubercles. This germ is also called Kock's bacillus and

the disease, Kock's disease after the name of the Prof. Kock (1843-1910) who discovered this germ in March 1882.

There are three stages of TB - exposure, latent and active. It is not hereditary but an infectious or communicable disease. It can take several exposures over time for the infection to occur. When someone with active TB coughs or sneezes or speaks, the bacteria are released in the air, where they survive for hours. People around that inhale the bacteria are exposed to it, but for most their immune system will protect them and the bacteria will stay inactive in their body. This is the latent stage. Only 10% or fewer people will develop the active stage of the disease, perhaps years later when their immune system weakens due to age, illness or any other health conditions. People are not contagious until they reach the active stage. Some people whose immune system is weakened will develop the disease sooner as they cannot fight back with the bacteria. The spread of the disease is helped considerably by overcrowding and unhygienic conditions. Coughing, spitting, mouth breathing, kissing as well as contaminated food and water are responsible for spreading the disease. It does not spread merely by touching the infected person.

TB is of four types, namely of lungs, intestines, bones and

glands. Pulmonary tuberculosis or TB of the lungs is by far the most common type. It commences normally with a dry cough. The patient loses strength, colour and weight and is unable to carry his normal work. Other symptoms are a rise in temperature especially in the evening, lethargy, hoarseness, difficulty in breathing, pain in shoulders, indigestion, chest pain and blood in the sputum.

Lowered resistance or devitalization of the system is the chief cause of the disease. This condition is brought about mainly by the mineral starvation of the tissues of the body due to an inadequate diet and the chief mineral concerned is calcium. In many ways therefore, tuberculosis is a disease caused by calcium deficiency. There will be no tissue loss or tubercle formation if there is adequate supply of organic calcium in the said tissue. Thus, an adequate supply of organic calcium together with sufficient mineral matter is a sure preventive for the development of TB.

Lowered resistance also results from different drugs and medications, devitalised, stale, acid forming foodstuffs, eating wrong combination of foods, such as taking fruits with starchy food at one meal causing fermentation in the stomach and living in ill ventilated houses. Other causes include exposure to cold, impure air, lack of sleep, sedentary lifestyle, over-

work, contaminated milk, use of tobacco in any form, liquor of all kinds. These factors prepare the ground for the growth of germs of various kinds including tubercle bacillus. These germs may be present in the body but are quite harmless for those who are full of vitality and natural resistance.

Tuberculosis is no longer considered incurable. Treatment isn't always required for those without symptoms. Patients with active symptoms will require a long course of treatment involving multiple antibiotics. You know you need to take your medications each day to beat active tuberculosis, but are you aware that getting the right nutrition can help speed up the treatment?

While the treatment of active TB is long term, you can help yourself feel better sooner and help your body fight off the disease by making sure you're getting the right nutrition. Your body needs nutrients now more than ever. People who are malnourished or underweight are more likely to get TB and are also more susceptible to the reinfection or relapse of TB after treatment. Malnutrition leads to decreased immunity, and your body needs to be as strong as possible to defend itself against those tough bacteria.

It's a vicious cycle: poor nutrition can actually encourage the persistence of active tuberculosis, and active tuberculosis leads

to worsening malnutrition. So to keep your body primed to fight TB, you have to feed it right.

To give your body the vitamins, minerals and other nutrients and to regain your strength and stamina, you need to eat a diet containing a variety of healthy foods such as

- Green leafy vegetables like spinach and fenugreek for their high iron and b vitamin content.
- Plenty of whole grains like barley, millets, oats, brown rice, whole wheat pasta, breads and cereals should be consumed as they add good fiber to the diet.
- Anti oxidant rich, brightly coloured vitamin A rich vegetables such as carrots, peppers, squash, sweet potato and fruits like tomatoes, blueberries, cherries. Regular use of radish is also beneficial. Think of buying produce in the full rainbow of colours.
- Add nuts and seeds to your diet.
- Unsaturated fats like vegetable or olive oil, clarified butter instead of butter.
- Milk, being the richest source of organic calcium should be taken liberally. It can be taken in the form of milkshakes by adding fruits like mangoes, bananas, strawberries which can add carbs to the protein and make a good energy booster.
- Custard apple is re-

garded an effective remedy for TB. It is said to have qualities of a rejuvenating drug.

- Loss of appetite during the illness causes weight loss. Therefore, add some protein rich and calorie dense food to your diet. Rice porridge is one example of calorie dense meal when cooked with seasonal vegetables. It is easy to digest and actually a complete meal in itself.

As always in the case of good health, there are certain foods you shouldn't eat and stuffs you shouldn't use. The patient should avoid all processed foods, white sugar, white bread, refined cereals, tinned or canned foods, confectioneries. Limit coffee and other caffeinated and aerated drinks. Avoid high fat, high cholesterol red meat and instead load up on leaner proteins like poultry, beans, fish, paneer. Skip tobacco in all forms. Don't consume alcohol- it can add to the risk of liver damage from some of the drugs used to treat TB.

Many medications used to treat active tuberculosis have side effects that can make it difficult to eat. With some drugs you could lose your appetite, feel nauseated, vomit, experience abdominal cramping. You can't stop taking TB drugs, so instead speak to your doctor on how to eliminate the side effects.

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MIGRAINE

What Causes Migraine

- Abnormal neurological functions in the brain cells due to genetics.
- Chemical activity, possibly caused by fluctuations in hormones, causes the blood vessels to constrict, which leads to the pressure in head, throbbing pain and elevated nerve sensations.
- Migraines have also been linked to carpal tunnel syndrome.
- TMJ, or disorders of the jaw.
- Meniere's disease, an inner ear problem that causes vertigo, dizziness, ringing in the ears, and nausea.
- Occipital neuralgia, which occurs when the occipital nerves are compressed or irritated, can cause migraine-like pain in the back of head and neck.

TCM's Understanding of Migraine There are two causes of migraine in TCM theory:

- 1. Invasion of external wind, cold, heat, dampness due to the environment:** For example, facing the air-conditioning directly for long hours of time. This constricts the blood vessels in the head, causing less blood flow to the head and triggering migraine episodes.
- 2. Imbalances of the body's vitals due to improper lifestyle:** For example, long-term stress and fatigue leading to troubled sleep, which eventually leads to blockages in qi and blood and triggering migraine episodes.

TCM Approach to Migraine

Acupuncture is best employed during the at-



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tack stage of a migraine episode. By stimulating certain acupoints and muscles, a migraine



According to traditional Chinese medicine (TCM), one of the most common causes of [headaches and migraines](#)

is a condition called Liver-qi stagnation. Qi is a vital substance that keeps our organs, muscles, and tissues healthy and nourished.



attack can be aborted within a few minutes to several hours. Acupuncture can also be administered during the prodrome or aura stage of migraine to alleviate the accompanying symp-

toms. TCM theory is based on the concept of Qi as a life force energy which flows through the body along channels called meridians. Qi and blood move through these channels, several of which meet in the head. Blockages and stagnation in one organ system can impact other organ systems. Overconsumption of the wrong kinds of foods can cause phlegm build-up in these organs, while alcohol and pungent foods can create excess heat energy. A typical TCM treatment protocol might involve using specific acupuncture points and herbs to quench liver fire and eliminate phlegm. Acupuncture can work on migraine pain with its natural analgesic effects, while also helping to prevent future attacks by resolving these deeper organ system imbalances.

Top 5 Home Remedies for Migraine Headaches

- Make a tea with fresh raw ginger. Ginger is known to relieve nausea and vomiting, and may alleviate other effects of migraine.
- Avoid MSG, Dairy products, especially very salty or aged cheeses, and chocolate, extremely cold drinks and desserts, pickled foods.
- Emphasize foods high in magnesium, especially nuts, seeds.
- Try essential oils like lavender or peppermint. Rubbing a little bit into the temples can be soothing.
- Find a gentle practice that combines breathing, movement, and meditation This may be because it helps people relax more fully.

YOGA HAS A SPECIAL ROLE TO PLAY IN HEALTH MATTERS

Body and Mind Should Bond Together

We can say that we are living in a kaliyug as we witness untoward incidents taking place in every strata of society. Youngsters must feel their responsibilities and dedicate their spare time in an useful way. Further they should be able to appease God and take His guidance for their well being rather than following a wrong path. But it is generally found that the Teenagers are crossing the limits and in a lust for love even rape their colleagues or in a fit of anger go to the extent of murdering or just throw acid to deface their sweetheart on vengeance. Just like in USA students are going to the extent of stabbing their friends for ransom or for old enmity or just to establish their supremacy in an authoritative manner. As a parent one should develop their children with good mind, a stable body language and the will to help friends. For this to happen, parents must make an ef-

fort to guide the young to have faith in God and the Social values from young age. Children on their part should not fall in the trap of bad elements and thereby losing their identity instead of developing healthy relationship to overcome the evil mind present to put up exemplary behaviour. To balance life from all this obstacles Yoga can provide a meaningful life and make sure of resilience in their student life full of pressure. Body and mind should bond together to



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lead a successful life and become a responsible citizen of India.

The atmosphere is hot and humid and the people likely to get all types of ailments during this season. To add to that the hectic and stress filled life make you vulnerable to get life threatening ones such as diabetes, hypertension, obesity and sleep disorders. It is time to drink more water during this season. An early morning walk will give you fresh breeze and a new lease of life to undertake the tensions of that particular day. Half an hour of brisk walking followed by 15 minutes of yoga keep you fit all the time and give you the energy needed to undergo work pressure and the travel pressure for the

day. How often we see people who have a tough time trying to reach their toes. Every day, we notice at least one 'all-rounder' who huffs and puffs to climb that one floor to their home or that one flight of stairs to the platform. But, that, is not seen as a sign of being unhealthy—the panting is attributed to stress, those few extra pounds are characterized as a 'sign of the wealthy'. So, it is time to work hard on your regular exercises and have control over eating. Avoid junk food and consume lot of intake of milk to keep fit all the time and avoid unnecessary stress to fall victims of the four life threatening diseases. It is time to fight fit as life is precious and it is the survival of the fittest.

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The results of these studies have been mixed and inconclusive, **Contd. to page 8**



Sahrish Akhtar

The immune system is your body's surveillance system, working 24/7 to identify and eliminate the viruses and bacteria that will make you sick. Your immune system is one of the most complex systems in the body and is made up of various organs, cells and proteins; including your skin, corneas of your eyes, the mucosa of your respiratory system, your gastrointestinal tract, and your lymphatic system. A poor diet, chronic stress and lack of sleep as well as certain medical conditions can affect your immune system. Here are strategies that you can implement to strengthen your immune system this cold and flu season.

1. Get a flu vaccination

The flu virus can

affect anyone, even the fit and healthy, so it is important to get an annual flu vaccination to protect yourself and also to stop the spread of the disease. Flu vaccinations help to promote herd immunity. If enough people are vaccinated, they can help protect those unable to be vaccinated such as those who are immunocompromised or young infants under 6 months of age.

2. Wash your hands

Most people don't wash their hands correctly, especially the areas around their fingernails, between fingers and the backs of their hands. Viruses can survive for some time outside the human body, which means you can get sick from shaking a sick person's hand or touching high traffic surfaces like a doorknob or fridge door and then touching your face. Hand washing is one of the best strategies you can use

to avoid getting sick. It should take you at least 20 seconds to wash your hands. Make sure to use warm water and soap and wash your hands after visiting the toilet, and before and after eating. Also, make sure to dry your hands thoroughly.

3. Humidify

It makes it harder for



viruses to stay airborne if there is moisture in the air. Speak to your pharmacist about suitable products to keep the air moist in your house or office. Saline irrigation solution can also help to keep your nasal passages hydrated especially in heated

buildings and relieve congestion if you have a cold.

4. Get plenty of sleep

Not getting enough sleep as well as poor quality sleep can have an effect on your immune system. Cytokines are proteins that are released during sleep and play an important role in your

body's ability to fight infections.

5. Drink lots of water

Drinking lots of water helps flush toxins from the body and keeps mucus in the respiratory tract thin. If you have a cold, mucus increases to fight the

infection and keeping the mucus thin can make it easier for it to be expelled from the body either through coughing or a runny nose.

6. Good nutrition

Eating a healthy, balanced diet which is rich in whole foods, fresh fruit and vegetables, nuts and seeds; is important for a healthy immune system. A large part of your immune system is in your digestive tract therefore it is essential to keep your intestinal lining healthy and functioning well.

7. Regular Exercise

Regular gentle exercise is good for both your immune system and your mental health. Exercise boosts blood flow, which circulates white blood cells around your body. White blood cells are part of the immune system and the body's first line of defence. They travel through your blood and tissues

looking for foreign invaders like fungi, parasites viruses and bacteria.

8. Spend time outdoors

Being cooped up inside heated buildings with recirculated air in winter can help viruses to spread. Use your lunch break to go outside, get some fresh air and replenish your store of Vitamin D from sunshine.

You can strengthen your immune system by avoiding stimulants such as energy drinks, excessively caffeinated sodas, and nicotine. Smoking can depress your immune system by suppressing the antibodies created by your body to fight cold and flu viruses. Drinking more than the recommended daily limit of alcohol can lead to weight gain, which is taxing on your immunity. Alcohol dehydrates the body and creates an attractive environment for viruses.

STRATEGIES TO STRENGTHEN YOUR IMMUNE SYSTEM DURING COUGH, COLD AND FLU SEASON

JAYANTHI SUBRAMANIAM
Navi Mumbai

A busy schedule can really take a toll on not only your body, but also your mind and your spirit. It's in times like this that we seek those little escapes that can uplift our spirits and help heal what the previously hectic and draining week may

have broken. But, isn't there a way to not let ourselves get to the point of breaking? Do we always have to let the struggles of life tear us down to build ourselves back up again over and over? The answer to that question is no, we don't have to constantly let life tear us down. Physical, mental and emotional health is what keeps us going on a daily basis.

The feeling of fear has taken over the optimism that resided once and tomorrow

has become a dreaded thing for some. The best thing is that you have complete control over the way you lead your life. If tomorrow will be an exact repetition of today, and you are not happy today, you are sure to be disappointed even tomorrow. Life is an enigma that alludes to the understanding of humans busy in their daily lives. While some get stuck in their past misfortunes and are crestfallen, others revel in the beauty of the unknown that tomorrow

brings with it.

Health issues crop up as you grow older. A famous writer felt in his old age that if he can perform his morning chores without difficulty, that is enough for the whole day. Some feel that if they walk at least half a kilometer on that day he may feel bad to have his lunch. So that type of strict schedule can keep up in good stead and feel fit throughout the day. Health is wealth and how we maintain our health is in your own

hands. Some of the old people are fortunate to have their wife by their side during the crucial period of your life, then she can help you to share the joys of life. Moreover, she can help you out in taking up medicines as per the prescription and that keeps in best of health throughout the life.

Periodical check ups form part of your regular schedule. A heart patient can take an Echocardiogram once in three months along with his sugar

report and keep a track on the health with your family doctor. If required you can consult a diabetologist in case sugar levels are high and if needed consult a dietitian to make sure that you follow a strict food schedule. With an Echocardiogram report you can consult the heart surgeon, who has undertaken your operation and helped you to clear the blockages with the help of stents. Thus health care gives you a much needed boost to go

Contd. to page 7

CARE FOR BETTER TOMORROW

WATER : A VITAL NUTRIENT



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Nutritionist & Founder
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Desire For Wellness.

Water is essential for life. From the time that primeval species ventured from the oceans to live on land, a major key to survival has been prevention of dehydration. The critical adaptations cross an array of species, including man. Without water, humans can survive only for days. Water comprises from 75% body weight in infants to 55% in elderly and is essential for cellular homeostasis and life. Nevertheless there are many unanswered questions about this most essential component of our body and

our diet.

IMPORTANCE OF WATER

Water is needed for most body functions, including to:

- Maintain the health and integrity of every cell in the body.
- Keep the bloodstream liquid enough to flow through blood vessels.
- Help eliminate the by-products of the body's metabolism, excess electrolytes (for example, sodium and potassium), and urea, which is a waste product formed through the processing of dietary protein.
- Regulate body temperature through sweating.
- Moistens mucous membranes (such as those of the lungs and mouth).
- Lubricate and cushion joints.
- Reduce the risk of urinary tract infections (UTIs), such

as cystitis by keeping the bladder clear of bacteria.

- Aid digestion and prevent constipation.
- Moisturise the skin to maintain its texture and appearance.
- Carry nutrients and

gesting foods also produces a small amount of water as a by-product which can be used by the body. Water sourced this way can provide around 10% of the body's water requirements. The remaining 70% or so of water required by the

joints and the disks of the spine, contains around 80 percent water. Long-term dehydration can reduce the joints' shock-absorbing ability, leading to joint pain.

2. It forms saliva and mucus

Saliva helps us digest our food and keeps the mouth, nose, and eyes moist. This prevents friction and damage. Drinking water also keeps the mouth clean. Consumed instead of sweetened beverages, it can also reduce tooth decay.

3. It delivers oxygen throughout the body

Blood is more than 90 percent water, and blood carries oxygen to different parts of the body.

4. It boosts skin health and beauty

With dehydration, the skin can become more vulnerable to skin disorders and premature wrinkling.

5. It cushions the

brain, spinal cord, and other sensitive tissues

Dehydration can affect brain structure and function. It is also involved in the production of hormones and neurotransmitters. Prolonged dehydration can lead to problems with thinking and reasoning.

Water intoxication (hyponatraemia)

Drinking too much water can damage the body and cause hyponatraemia (water intoxication), although it is pretty rare in the general population.

Hyponatraemia occurs when sodium in the blood, which is needed for muscle contraction and sending nerve impulses, drops to a dangerously low level.

If large amounts of plain water are consumed in a short period of time, the kidneys cannot get rid of enough fluid through urine and the blood becomes diluted.



oxygen to cells.

Most foods, even those that look hard and dry, contain water. The body can get about 20% of its total water requirements from solid foods alone.

The process of di-

body must come from fluids (liquids).

FIVE MOST IMPORTANT BENEFITS OF DRINKING WATER

1. It lubricates the joints

Cartilage, found in

CARE FOR BETTER TOMORROW

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ahead with your regular routine.

A good plan today is better than a perfect plan tomorrow. It is always a great way to plan for the day ahead. You would be more productive the next day when you wake up and have a to-do list on your table stacked up based on their priority, rather than thinking and enlisting the tasks for the day in the morning. Knowing what you are up for the day beforehand will make your tomorrow more organized and less stressed out. If plan A did not

work, the alphabet has 25 more letters, so stay cool. Life is a puzzle and things may not always turn out the same way to suppose them to.

Having a plan B for both your near tomorrow and your long-term goals is a great way to cast the safety net and play it safe. Make some time to prepare a Plan B for your next day – Be it a different route for reaching a meeting or an interview you're supposed to reach on time or for the alternative to your career if you didn't get into a

program of your choice during university studies. Have a ready Plan B which can be immediately called into action when things take a detour in your life.

Revitalization is an important aspect of life and you can never get too much done without the needed energy for accomplishing the same. Listen to relaxing music, read your favorite books, do your favorite activities and make sure you enjoy every aspect of it. Things may turn out too rough sometimes and relaxing it off is the only way to find your inner peace. As a man of sixty plus, you

are a senior citizen and to supplement your health upkeep, take your food on time, take the course of insulin or tablets in time. To maintain a better health status take a pill of Revital and feel that you have energy to do more for that day. Start every day with a good smile and it is a good start.

Invest today in primary health care schemes for a better tomorrow. With primary health care as part of universal health

coverage, everyone will be protected – no matter who they are or where they live. People will be able to get the health services they need without financial hardship. But strengthening primary health care is a guaranteed return on investment. The dividends will continue for years. It may be the best investment you will ever make.

You probably care about the environment and creating a better tomorrow for your

planet if you're visiting this website, and we are proud to say we do too. We recognize we have a responsibility to use our resources wisely and to protect them for future generations. You can expect to proactively move forward while striving to achieve our Better Tomorrow Commitments, and to let you know the progress we are making together in the best interest of the society. There lies the real success and live a better tomorrow.

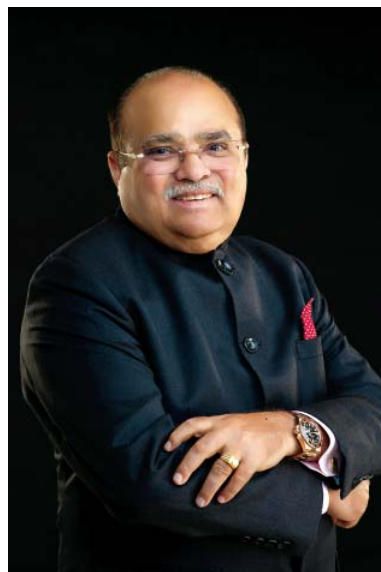
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Education: Foundation of Freedom, Democracy and Sustainable Development

“Education is a human right with immense power to transform. On its foundation rest the cornerstones of freedom, democracy and sustainable human development.” This quote of Kofi Annan, the seventh Secretary-General of the United Nations beautifully throws light on the top priority that education should have to transform any nation. As we celebrate 75 years of Independence, it is a moment of pride for all of us to look back on these glorious years to salute our freedom fighters for their sacrifice and valor in getting us freedom and for many nation builders, visionaries and revolutionaries over the last 71/2 decades for their passion and efforts to shape India to become what it is today. Today India is among the developing nations of the world having all the potential to become a global superpower. India has made tremendous progress in every segment be it education, science, economy, sports, space, medicine/healthcare, technology and entrepreneurship, India has reached new pinnacles of success. Educational reformation has been the driving force behind the rapid

transformation that is taking place in every field in the country. Nelson Mandela has rightly said, “Education is the most powerful weapon which you can use to change the world.”

India’s contribution to medicine, science and provision of workforce has been tremendous at the global platform. It is commendable that India has made consistent efforts to achieve freedom from various evils such as poverty, corruption, terrorism and so forth through education and awareness. The key to true freedom is Education. One of the major changes in the education sector was the introduction of the New National Education Policy (NEP) which sets out a blueprint for a huge overhaul in the way institutions should operate in the country. One of the major things that are expected is a shift away from



**Dr. A. F. Pinto, Chairman
Ryan International Group of
Institutions**

rote learning and to boost research based learning and skill development. Aligning the present education system with the NEP is the need of the hour to stay creative and innovate in the segment of education. There is a huge responsibility to enhance life skills and nurture mindfulness by preparing the present generation for an increasingly com-

plex and futuristic world. There is a need to transform the educational pedagogy and methodology by building a dynamic collaboration of experts and enhancing the positive effects of technology in learning.

With such a huge young population in the country, India with the education system that develops not only employable graduates but also skilled workers, entrepreneurs, researchers, sports persons, musi-

cians, leaders, educators, scientists and so forth can become a global economic super power. This “75 years of Freedom Mahotsav” gives us yet another occasion to focus on the aspect that with freedom comes responsibility; responsibility of making India a self-reliant nation of the world by ensuring an ecosystem that promotes 21st Century Education, healthcare, socio-economic and infrastructural development. Building quality human infrastructure is vital and education can address this challenge with ease. It is through education that we can encourage creativity and innovation and integrate children into the process of teaching-learning to become lifelong learners.

I wish you a Very Happy Independence Day! May this celebration of freedom be an inspiration for us to take India to greater heights of success in every segment of life. As proud Indians, let us make every effort to see India Rise and Glorified as Rabindranath Tagore has wonderfully said, “Into that heaven of freedom, my Father, let my country awake.”

Jai Hind!

YOGA HAS A SPECIAL ROLE

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with cancer studies suggesting none to unclear effectiveness, and others suggesting yoga may reduce risk factors and aid in a patients psychological healing process. Yoga has special importance in controlling high blood pressure and regular practice of yoga is very beneficial. Light relaxing exercises are also beneficial in case of this problem. Deep breathing and Kumbhak should be

avoided and postures like Sukhasana, Vajrasana should be used for practicing breathing exercises. Practice Shavasana in case of weariness. Chandrabhedhi pranayam is beneficial in reducing high blood pressure and other old age problems. Katichakrasana, Tadasana, Bhujangasana, Shalabhasana, Dhanurasana, Pavanuktasana and Shavasana are very beneficial in case of normal blood

pressure level. Body purification processes and Jalneti are very beneficial. Regular practice of yoga nidra is helpful in controlling the increased blood pressure levels. Regular practice of meditation reduces the risk of high blood pressure.

Laughter Yoga is like an aerobic exercise (cardio workout) which brings more oxygen to the body and brain which makes one feel more healthy and energetic. Laughter Yoga strengthens the

immune system which not only prevents you from falling sick, but also helps to heal a variety of illnesses like hypertension, heart disease, diabe-

tes, depression, arthritis, allergies, asthma, bronchitis, backache, fibromyalgia, migraine headaches, menstrual disorders, cancer and many others. Yoga is

having a special role to play in health matters and if we practice the art of yoga on a regular basis we can feel fit and fettle all the time.

TUBERCULOSIS- THE KINGS...

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You should take rest of both mind and body. Any type of stress will prevent healing. Fresh air is always important in curing the disease. Should sleep in a well ventilated room. Sunlight is also necessary to feel fresh and relaxed. Avoidance of strain, slow massages, deep breathing, yoga and light

occupation to ensure mental diversion are other steps towards curing the disease.

Make every effort to give your body the nutrition it needs to maintain a healthy weight and build up strength to destroy the bacteria and reduce the risk of relapse. Eating a varied, healthy diet, and staying away from unhealthy habits will help you feel better, sooner!



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