

# Date *with* Health

Monthly Newspaper on Health & Fitness

RNI Reg. No. MAHENG/2017/76690

Vol. : 6 • Issue : 1 • Pages : 8 • Price : ₹ 20/-

October 1 - 31, 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 !!!!



## DATE WITH HEALTH celebrates its 5th ANNIVERSARY

WE WANT TO THANK  
EACH ONE OF YOU FROM THE BOTTOM  
OF OUR  FOR MAKING IT HAPPEN!!!

WITHOUT YOUR MOTIVATION AND SUPPORT  
IT WOULDN'T HAD BEEN POSSIBLE !!!

LOOKING FORWARD  
TO THE SAME SUPPORT IN FUTURE TOO  
FOR MAKING US DO STILL BETTER AND  
COME TRUE ON ALL YOUR EXPECTATIONS.

**Most Amazing Suraksha Kawach**



**PLEASE NOTE:** Vol. 5, Issue - 12 (September 1-30, 2022) Print Edition was not printed due to the pandemic and its related problems, the inconvenience caused is regretted. You can see the same digitally on our website:

[www.datewithhealth.com](http://www.datewithhealth.com)

- Editor



## Editorial

### THANK YOU !!!!

**F**ive years back in the year 2017 we started a monthly Newspaper which was primarily meant to create awareness about health and fitness. We are probably very casual when it comes to our health. The purpose was to not just create awareness but provide with a broader view as normally we relate to health only with physical fitness. The way people accepted us and appreciated our efforts is highly appreciated. These five years have been a mixed bag of good and not so good experiences. Lockdown period was the one that not only threw new challenges but probably proved a speed breaker for many including us. The journey experienced difficult times but the response and support we had made us go on. Print issue was stopped but then we didn't stop as each month the issue was posted on the website.

Today looking back one gets a feeling of immense satisfaction that we have been providing health and fitness related articles uninterrupted thanks to the wonderful and enthusiastic contributors. A big thank you to them, no less effort was also put in by the younger lot who contributed with creative activities which they had done during the lockdown.

Our journey has just begun as we have much more to do by creating a healthier and greener environment. Plantation initiative is one area where we need special focus of the society. Every opportunity should be utilised for the same. Lets plant saplings and encourage others to do the same on all important events of our lives, may it be birthday marriage anniversary social functions etc.

Each year the pleasure of completing a fruitful period is satisfying but with it comes more responsibility to do even better. Without your support and motivation it won't be possible. So please bestow the love and blessings as you all have been in the past too. Your views feedback and suggestions would help us improve.

## FEARS AND PHOBIAS IN TEENAGERS



**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

**W**e all have different kinds of fears and many of them are deep rooted in childhood due to some unpleasant experiences or incidences. The mind sometimes represses it and converts it into deep phobias when we grow up.

A fear is when we avoid something, like I do not like puppet shows. It is quite likely that I got a shouting or some unpleasant experience during my school days as I remember a puppet show program in school on the annual day when I was in class 4. I can say I do not like them and specifically the Rajasthan puppets. I did organise it once in for my son's first birthday to get over the dislike. It would be called fear if I would totally avoid it and it would be called phobia if I would get a panic attack or palpitations when I see

puppets. So I have explained the difference between dislike, fear and phobia.

Many people have dislike of cockroaches, it would be fear if they would not be able to see it also and run when they see a cockroach and call someone to get rid of it, it would be phobia, if one sees a cockroach and faints. So it is necessary to understand the meaning of fear and phobia. I dislike cockroaches, but I do not get scared to pick them up and throw them out of the window thus avoiding killing them or using pesticides.

Teenage is the right time to overcome fears and also take care of phobias as some of the fears and phobias can paralyse the normal activities and become a big obstacle in life. Recently during my travel a friend took my help to overcome the fear of heights and looking down through a transparent glass floor. She has a deep fear of heights and took the first step to overcome it. Instead of taking the elevator to the top level of the Eifel tower, she asked me to climb with her 2 levels which is 377 feet. At the second level there are some transparent floors where

you can see down and it is definitely scary for someone who has fear of heights. It was scary for me also. But we did the breathing technique and overcame the fear. She said she shall try and go further the next time. This is how one has to take small steps and overcome a big fear.

Another friend has fear of airplane flying for long distance. She can travel upto three hours but beyond that she gets panic attack. Therefore she wants to come to India, but she is afraid of flying for 6 to 8 hours at a stretch. She also learnt the progressive muscular relaxation technique and is slowly gearing up for longer flights.

During teenage, our mind is very receptive and is in the phase of learning and acquiring new skills. This is the time, parents need to identify fears and ensure that their teenagers overcome that as later they can turn into phobias and also OCD's Obsessive compulsive disorders.

### Steps to be taken to Identify your teenagers fears and phobias.

1. Any kind of strong and consistent avoidance. For eg: Avoiding an activity like going up the

stairs or not locking the door in the washroom etc.

2. Crying and begging not to be told to do that if pursued or requested to do it.
3. Getting fever, shivering, palpitations, stomach pains, headaches etc. at the thought of doing it. For example if a teenager is afraid of snakes, the teenager may get high fever before a camping trip.

The above symptoms must raise and alarm for the parents and they can approach a counsellor for systematic desensitization technique or they can use a step ladder technique at home.

The step ladder techniques consists of starting with just explaining about it. For example if the teenager is afraid of dogs, the parent can talk about how all dogs are not the same and many are very friendly. Tell them a story or let them see some dogs from very far away in the protection of the parent. Thus one step of the ladder would be accomplished.

Breathing techniques while the brain is going in the flight or fight mode is very useful for overcoming phobias and fears.

**Subscribe Now!**  
Monthly Newspaper

**DATE WITH HEALTH**

Please contact: **9987309006**

**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.

## POWER IN PROTEINS

**P**roteins break down into amino acids after digestion, which are the main building blocks of our body (tissues, organs, hormones etc).

Every cell in our body is made up of proteins.

They are important for the growth and development of children, teens and pregnant women.

Proteins help you stay fit as you age.

Age related SARCOPENIA which is the main cause of frailty, bone fractures and reduced quality of life among older people, can be prevented by eating the required amount of protein in their meals.

Proteins help repair your body post injuries and are essential for recovery.

### Other benefits and advantages of adequate protein intake...

- Builds and maintains muscle mass.



- Aids in weight loss by boosting your metabolism.
- Helps stabilize blood sugar and reduce insulin resistance by lowering the glycemic index of meals.
- Controls appetite by reducing levels of hunger hormone GHRELIN
- Boosts levels of Peptide YY, a hormone that makes you feel full and satiated.
- Activates fat burning for fuel in your body as it has a Thermic effect.
- Aids in controlling and stabilizing your blood pressure and triglyceride levels.

- Reduces cravings and the desire for late night snacking.
- Helps in recovery post workouts.

Most people eat less than 15% of their calories from proteins.

Getting 20 to 25% of your total daily calorie intake from proteins will help you stay FIT AND



**Shalini Mukherji**  
— FITNESS & NUTRITION —  
mukherji.shalini@gmail.com  
Master Functional Trainer  
Muscle Rehab Practitioner  
Blackroll & Barefoot Specialist  
Mobility Specialist  
Nutrition Consultant For Weight management Sports & Clinical Nutrition  
WhatsApp +918591288168

### HEALTHY. EAT YOUR PROTEIN FIRST

- As it increases production of Peptide YY, a gut hormone which makes you full and satiated and reduces levels of Ghrelin (hunger hormone)

#### Protein Sources

- Eggs, white lean meat cuts, fish
- Soy, Tofu, Edamame
- Cottage cheese, cheese, yogurt
- Pulses, whole beans



- Quinoa, Amaranth
  - Millets
  - Chia seeds, Hemp seeds
  - Peanuts, Almonds
  - Sprouted grains and pulses
  - Peas, Spirulina, Oats
  - Protein powders
- Power each meal with PROTEINS.

## Importance of fasting during Navratri

**N**avratri is one of the most important festivals and is celebrated with lot of enthusiasm and excitement. Navratri is associated with worship of 9 avtaars of Goddess Durga. We fast not to please goddess but to cleanse our body. Fasting helps to increase the digestive fire. When the digestive fire increases in the body toxins start burning. When toxins are flushed out of the body, it loses dullness and lethargy.

All the cells of the body are rejuvenated. Fasting is therefore an effective therapy to cleanse our body. When the body is cleansed the mind becomes calm and peaceful. Navratri comes twice a year. Sharad ritu, that is, autumn and vasant ritu, that is, spring. Ritu sandhi which means we are switching from one season to the other, that is, 7 days before and 7 days after. Lot of transformations are taking place in the environment and inside our body as well. So to adjust we need little time. The purpose of fasting is to eat less and get adjusted to the new ritu (season).

The way Maa Durga destroys devils, in the same way we need to destroy the toxins from our body and throw the negativity which is there inside us. It works on physi-



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

ological, psychological and spiritual level. Fasting is also seen as a way to give the body much needed break from the regular dietary routine. This explains the choice of food items that are light on the stomach, easy to digest and are full of nutrients. Stay away or avoid processed food items which supports



the choice of natural unprocessed rock salt, that is, sendha namak. Sama rice, kutoo ka ata (rajgira flour), sing-

hada ata (water chestnut flour), tapioca pearls (sabudana) go into the making of variety of flours which could easily fill in the space created by the absence of rice and wheat flour. These are gluten free and at the same time enriched with fibre, protein, B vitamin, magnesium and phosphorus. These serve as a great option during fasts. Vegetables like sweet potato, pumpkin, raw papaya, raw banana, bottlegourd, yam, cucumber provides lot of energy and keep you hydrated. Fruits like apples, bananas, papayas are loaded with micro nutrients. Dry fruits like almonds, walnuts, dates, pistachios and raisins are storehouse of energy.

So this navratri let us promise to make our lives healthier and happier!



### Cotton Suits and Phulkari Kurties and Stoles

Contact : 99308 13821 (Navi Mumbai)

## A RUN-DOWN ON ACNE

As you wipe the steam off your bathroom mirror, you find yourself face to face with a huge pink spot on the end of your nose. This is not a good way to begin your week. You give the mirror another wipe, get up on your toes to have a closer look. It's there all right! But what's this? What's going on here?

The answer is simple enough. You have an acne. Acne may be the scourge of the adolescent years, you may think of it as a teenage problem- as though pimples and blackheads appear just in time for the school annual day, a festival or any celebrations, then disappear forever. But it can strike at any time and follow some people to the middle age and beyond. Acne is a catchall term for a variety of symptoms like pimples, papules, pustules, whiteheads and blackheads. It's a condition where the pores of the skin become clogged and the individual gets inflamed or non-inflamed lesions. They can occur on the face, neck, shoulders or back and be of any grade from 1 to 4 i.e from mild to severe.

So, what's the cause of all the clogging? Your skin is packed with tiny oil producing glands called sebaceous glands. Periodically these glands produce large amounts of oil (sebum), which can block the openings or ducts of the glands. When there's oil stuck in the ducts, pressure builds. The walls of the ducts begin to swell forming pimples. The sebaceous glands are influenced by hormones, which is why acne often appears during teenage years. But it can also be caused by hormonal fluctuations caused later in life due to menstrual cycle or even birth control pills. Stress, sun exposure, seasonal changes, climate can also precipitate an attack. People who are on steroids for health problems can also get acne. Even the regular use of makeup or face creams which can block pores, cause eruptions. In these corona times, people wearing masks also tend to get acne as it causes humidity and stickiness on the skin blocking the pores.

While acne doesn't pose a serious risk to your overall health. It can still be painful, particularly if you have severe acne. There's no

denying that acne can contribute to emotional distress. Acne and acne scars on your face and other visible body areas can affect self esteem and self confidence and can even contribute to feelings of anxiety or depression. If you live with acne, know that it is a common problem.

You can't always prevent acne, but there are ways to keep those unsightly blemishes at bay. So, here's some blemish free advices, keeping in mind those who need it the most.

- **Keep your skin clean** - Since acne is often caused by clogged pores, keeping your skin clean is one of the best ways to prevent. Gentle cleansing is all that's required. Avoid using too much pressure or washing



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

give them a squeeze to hurry things along. But squeezing can force the matter deeper into the skin, which leads to infection, inflammation and possibly scarring. This is why, it is better to leave your skin alone.

- **Stay on top of stress**- There's a little scientific evidence that stress causes acne, yet most people notice that pimples do tend to flare up during stressful periods: before a wedding, or a job interview. You can't completely eliminate stress but there are ways to keep it from leaving a mark on your skin. Getting regular exercise, meditating or simply going out for a walk in fresh air will keep your whole body including your skin healthy.



roughly with abrasive cleansers which will make the problem even worse by irritating the skin. Wash your face with lukewarm water.

- **Go easy on makeup** - Covering your skin with layers of makeup will clog pores, trap oils and make it easier for pimples to form. Go for a natural look. Still wish to use makeup- use sparingly. It is preferable to use water- based makeup that can keep the pores open. The oil in the makeup is the problem. It is usually a derivative of fatty acids that are more potent than our own fatty acids. Wash your makeup off thoroughly before going to bed.
- **Let nature take its course**- Even though we know pimples will go away on their own, it's easy to get impatient and

- **Attack blackheads**- You can get rid of a blackhead by gentle scrubbing or extraction method. It is a hard blocked pore with a widened pore surface. Once extracted properly and cleansed, it won't end up forming a pimple.
- **Topical application**- Several lotions, gels, serums and creams are used to treat acne. Acne medications can contain of these active ingredients: benzoyl peroxide, resorcinol, salicylic acid, azelaic acid or Sulphur. However, a patch test is necessary to know which of these suits your skin better. Some of these agents kill bacteria while the others reduce inflammation and scarring. Using water-based product is less likely to irritate your skin.

Apply acne medications about half an inch around the affected area to prevent the acne from spreading. Also use only one treatment at a time to prevent further purging of the skin.

- **Eat mindfully**- Despite what you always hear, chocolate, fries, and other high fat foods don't likely cause acne. Research suggests that food stuff high in iodine may contribute to acne outbreaks. The same is true for salty foods such as chips. It isn't necessary to re-vamp your whole diet when you trying to control acne. But, eating less JUNK surely makes a difference. It's also important to eat simple, healthy food like whole grains, cereals, legumes, fruits, and vegetables. Foods that are rich in fiber can help regulate hormonal levels, prevent constipation and thus eliminate all the toxins from the body, keeping it in balance and less toxic. Constipation leads to toxic release in the blood causing trouble. Two vitamins namely, niacin and vitamin A have been successfully used to treat acne. Vitamin E is also vital for preventing acne scarring and in removing old scars.

- **Trying on some home remedies**- You've probably come across any number of home remedies. But as you might have already realized, not all remedies suit your skin and doesn't always work. Instead of putting toothpaste on your face, try these mild at home tips to clear up the acne: apply tea tree oil, aloe vera, use a honey mask, sandalwood and turmeric mask, refresh your face with green tea, use ice cubes etc.

Acne can be tough, but plenty of effective treatments can help ease breakouts and heal your skin. If you continue to experience painful or persistent breakouts, see a dermatologist. He/she would offer support with creating a treatment plan that works for your skin. Also, many acne treatments can have severe consequences for a developing fetus. If you plan to be pregnant or believe you could be pregnant, ask the clinician who prescribed your medication if you can continue taking it.

## Changing Role of a Teacher: A Well Prepared and Engaging Teacher is a Catalyst



**R**obert John Meehan, an educator and author, had beautifully said, “A well prepared and engaging teacher is a catalyst... a spark that creates the desire to learn in our students.” This quote beautifully highlights the immense responsibility teachers have to be well prepared and the crucial role they play in the upbringing and nurturing of a child. During the lockdown period, teachers adapting to the new normal demonstrated that where there is a will, there is a way. We saw teachers making every effort to unlearn and relearn, and learn new strategies and tools available online in order to provide a productive learning experience for their students. The pandemic taught teachers that education needs constant innovation and transformation to enhance the teaching-learning process, therefore they need to be lifelong learners alongside students and well prepared in order to stay relevant and equipped to facilitate the academic, social and emotional well being of their students and help them realize their fullest potential to become resilient citizens.

Being in the 21st century, we witness that there are various changes taking place in the segment of education, however holistic development through extra-curricular, one-on-one communication, experiential learning and activities with teachers as mentors and companions will continue to remain an extremely integral part of a child's education. Every child is blessed with unlimited potential, and teachers are the ones who trans-



**Dr. Grace Pinto**  
Managing Director,  
Ryan International  
Group of Institutions

form them into self-reliant and self assured citizens of the World. In consonance with the changing world around us, teachers have to be visionaries, information and technology savvy to cope up with high expectations of the students, with multiple tasks of teaching, researching and being the resource persons. It is an enormous task to be committed to their noble profession so that students receive the best opportunities and guidance to be lifelong learners and be prepared for the future that remains unknown. Gentle words of wisdom and encouragement, positive impressions will not only help students to grow intellectually but also socially, emotionally and spiritually.

5th September, the birth anniversary of Dr. Sarvapalli Radhakrishnan, is a special day that is dedicated to all our beloved teachers to remember and thank them for their sacrifice and contribution to society. It is a day when one can look back, admire and get inspired by the lives of teachers that have influenced thousands of minds. While we salute these unsung heroes of our society, it is also a gentle reminder to all teachers to rededicate themselves for the cause of education with passion to empower the young generation with values to be good human beings and skills to contribute positively to the world around them. Dear teachers, we pray that our Lord Jesus Christ blesses your effort and sincere work and mediation of your heart. Be proud to be a teacher! Wish you a very Happy Teachers' Day!

## RYAN CHRISTIAN SCHOOL – VASHI WORLD FIRST AID DAY



**T**heme this year is “Lifelong First Aid” - We are putting forward the importance of having lifelong first aid learning. No matter the age, having first aid skills and knowledge helps create safer and healthier communities. Children, adults, or older adults should also be able to have a quality first aid education. A lifelong commitment to learning and providing first aid is what makes us more resilient.

World First Aid Day is observed every year to spread awareness on first aid and ways to take prevention for injuries and save lives. ...

First aid is emergency care given immediately to an injured person. The purpose of first aid is to minimize injury and future disability.

The first objective of World First Aid Day is to take the required steps to save the lives of injured or

sick individuals. The second objective is to manage an injured person's condition by administering first aid and attempting to avoid infection. And the third objective is to get the wounded individual to the hospital as soon as possible. While administering the first aid one must be cautious, and if unsure what to do, they must seek assistance from others and professionals.

Encouraged students and to know about the importance of knowing about first aid measures students of Ryan Christian

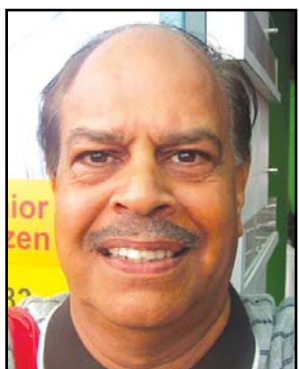
School, Vashi conducted different activities like writing the names against the first aid kit items, Children were taught to draw a FIRST AID BOX and colour it, Making a chart on homemade medicines for small ailments/sicknesses. Secondary students were asked to write their own experience of providing First Aid to, Students learned how to tie an arm sling using simple cloth or scarf. to prepare a first aid box- prepare a chart etc. Students were appreciated for their efforts.

### CREATIVE SPACE



**Nikhil Krishnan, Age 8 Years**  
Reliance Foundation School, Koparkhairane

## KEEP YOUR CHILD AWAY FROM CONTAGIOUS DISEASE



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

### HAND-FOOT AND MOUTH DISEASE

Although seen worldwide, it is not common in India. It is moderately contagious and is spread through direct contact with the mucus, saliva, or faeces of an infected person. It typically occurs in small epidemics, usually during the summer and autumn months. Hand, foot and mouth disease is highly infectious and children below the age of 10 are very vulnerable; children above 10

years act as carriers. The disease, resulting in rashes and sores in the mouth, hands, legs and the lower back on some occasions. The virus usually spreads through air when an affected person sneezes or through nasal discharge. It can also spread when the skin rash is filled with pus.

Anyone can get the disease, but children under age 10 are most likely to catch it. You can take steps to ease the symptoms while it runs its course, though. Your child can catch hand-foot-and-mouth through contact with someone who has it, or from something that's been in contact with the virus, like a toy, tabletop, or doorknob. It tends to spread easily in the summer and fall. School going children are likely to get the disease because

it is contagious. In a classroom atmosphere or when travelling on a school bus the children are likely to get this contagious infection.

The silver lining of the contagious dis-

ease is that it does not spread to adults unless we come across in direct contact with the infected person's saliva, basically through half eaten food items or water. It spread

**HAND, FOOT, AND MOUTH DISEASE**

**SPREAD BY**

▶ Nasal secretions ▶ Throat discharge ▶ Saliva  
▶ Fluid from blisters ▶ Stool ▶ Respiratory droplet

**SYMPTOMS**

▶ Fever ▶ Sore throat ▶ Malaise  
▶ Painful, red, blister-like lesions on the tongue, gums and inside of the cheeks  
▶ A red rash, without itching but sometimes with blistering, on palms, soles and sometimes buttocks  
▶ Irritability in infants and toddlers ▶ Loss of appetite

ease is that it does not spread to adults unless we come across in direct contact with the infected person's saliva, basically through half eaten food items or water. It spread

just send sick kids to schools and day care centers. It is unethical but this is the way it goes in metro cities like Mumbai. If we have more flexible workplaces as in

foreign countries this might but be an issue and this whole scenario is unfair to everyone including the sick kids.

Your doctor will ask about your child's symptoms and look at any sores or rashes. This is usually enough to decide if it's hand-foot-and-mouth disease with no extra tests. But he might take a throat swab or a stool or blood sample to be sure. He might get a rash on the palms of his hands or the soles of his feet a day or two after the first symptoms appear. This rash may turn into blisters. Flat spots or sores may pop up on the knees, elbows, or buttocks. He could have all of these symptoms, or only one or two. Mouth sores can make it hurt to swallow, so be sure your child gets enough

water and calories. Drinking warm water at frequent intervals and gargling with salt water every hour can reduce the rashes to a greater extent. Proper medication and by controlling the body temperature with complete rest can bring about a change in health condition within a couple of days.

Your child should be fever- and symptom-free before he/she goes back to school or daycare. Check with your doctor if you aren't sure whether she's still contagious. Ask her school or daycare about their policy on when a child can return after illness. Hand-foot-and-mouth disease is not the same as foot-and-mouth disease, which comes from a different virus and only affects animals.



**Filzah Syed**  
Std. VII, Navi Mumbai

### Introduction

I hope that each and every one of you knows what technology is?

Well, it is good and useful in some cases but also can be dangerous and used for bad ideas.

Well, this article can save you from all that danger...believe me... in this article you will know about the advantages and disadvantages of technology and how to prevent danger and addiction from it.

We all know that

technology appears in different forms like phones, TVs etc.

And nowadays 'Addiction of Phones' is very common especially for kids above 10 years.

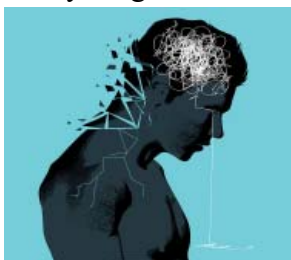
Read this article till the end to know the right way to stop this addiction.

### Let's first start with 'Advantages':

- **Saves time** - modern technology has grown so big that you no longer have to go to shops or grocery stores to buy food, clothes and accessories etc. just click a button or make a call and have your products in front of your doorstep.
- **Technology helps to learn** - as we all know this covid-19 has caused technol-

## TECHNOLOGY

ogy to grow a lot and that's why students, even adults' study online. From learning new languages to studying school subjects everything includes



technology.

- **Helps engage students** - we know that 2020-2021 went in lockdowns and online schools and that's why now kids prefer online live well-presented videos than any boring lecture at school.
- **Makes people more capable-** we

are moving forward to a world governed by gadgets and robots and in order to be productive in the future we need to have a little bit of understanding about technology, gadgets and robots.

- **Helps people with disabilities-** the use of technology by disabled people is limitless, this is how... people who suffer leg problems can easily fulfil their dreams of travelling by self-controlled wheelchairs, deaf people can communicate using tech-gadgets and blind people use smart wearables to navigate.

Enough of these ad-

### Advantages now let's talk about the disadvantages.

- **Social isolation-** these days teens and youngsters prefer making 100 virtual friends on social media sites rather than going outside and making real friends...social media is designed for us to make new friends and chat but these activities can also lead to depression and loneliness in a later stage.
- **Negative impact on students-** technology can be a blessing or a curse depending upon its usage. Some studies have shown that the gadgets such as smartphones distract children and teens from moral and educational values. Some

education organizations have electronic educational resources and educators must make students understand the correct use of it rather than copying or duplicating.

• **Addiction** - the most disturbing phase of technology...basically as the society of the 21st century we people tend to rely on gadgets such as smartphones, laptops etc. Which leads to addiction and makes us lazy day by day. Especially kids who spend their whole days in playing video games develop diseases such as obesity, depression, sleep disturbances, blood pressure, strain on eyes and lack of

Contd. to page 7



JAYANTHI SUBRAMANIAM  
Navi Mumbai

**M**ucormycosis is an uncommon aggressive fungal infection usually seen in immunocompromised hosts or patients with burns and trauma. The common presentations include rhino-orbital-cerebral and pulmonary involvement. Osteoarticular involvement is a rare presentation of this disease. We present two cases of osteoarticular mucormycosis of pelvis and long bones of the lower limb, one in a patient with burn injury and another one in a patient with chronic

granulomatous disease, hitherto a rarely reported association. Delayed diagnosis in a setting where tuberculosis is a common cause of chronic osteomyelitis, challenges in medical and surgical management of these patients are discussed in this report. Doctors describe it as a serious but somewhat rare fungal infection that is caused by a group of fungi called mucormycetes.

As the country is fighting covid19 wave another black fungus is creating havoc and causing worry. The Central government has advised the States to declare mucormycosis as an epidemic. This would mean health facilities will have to screen for the fungal infection and

report it to the government. Mucormycosis or black fungus infection is a rare but highly dangerous disease.

The disease is caused by exposure to the mucormycetes mold and has a high mortality rate. It affects the ear, nose, throat, and mouth, particularly in people with diabetes issues or whose immunity is compromised. Steroids help in fighting COVID-19 but could lead to higher sugar levels, making the patients vulnerable to mucormycosis. The Mucormycosis menace is a new threat and the health care centres should spot out the disease at an early stage and nip in the bud with latest medicines.

With each passing day new hard-to-

pronounce drugs and symptoms are getting added to the vocabulary of desperate family members of covid-19 patients scurrying around for hospital beds and medicines. The term now doing the rounds in most conversations and in the cries for help is: "mucormycosis."

Doctors describe it as a serious but somewhat rare fungal infection that is caused by a group of fungi called mucormycetes. The worry: Cases where patients develop these are rising sharply nationally. Though there is no clarity on the overall numbers, anecdotal evidence is quite alarming.

With a significant increase in the fungal infection cases, the government has man-

dated that all states have to report suspected and confirmed cases of mucormycosis to the Integrated Disease Surveillance Programme (IDSP).

The deadly infection is a cause of worry as of now. The ailment therefore strikes when the body's defense systems are down due to coronavirus and on top of this, there is rampant and unchecked use of steroids, going up at times to as much as six times what may be actually needed.

Mucormycosis is a rare and serious fungal infection that has been present for a long time now. While the cases of this infection were relatively less.

Now let's take a look at what this infection is and why it is caused more frequent-

ly among Covid-19 patients. The infection is rare, but once a person is infected, the fungus manifests in the skin, or can affect the brain or lungs. Many states in India, including Haryana, Maharashtra and Delhi, have witnessed cases of this infection.

The infection which is caused by a group of molds/fungus is abundant in the environment. People having sinus problems or those who are on medication for lung problems, have diabetes, cancer, organ transplant, are hospitalised or recovering Covid-19 infection, are susceptible to get the infection. The covid-19 infection has created an ideal environment for fungus Mucorales spores to grow and spread.

## GREEN AND CLEAN ENVIRONMENT

RYAN CHRISTIAN SCHOOL VASHI - TREE PLANTATION DRIVE ON OCCASION OF CHAIRMAN DR. A.F. PINTO SIR'S BIRTHDAY



### TECHNOLOGY...

Contd. from page 6

physical activities at a very young age. This also leads to less communication between human beings.

• **Degradation of memory-** we use different tools like grammar and spelling checkers as we struggle in writing even a single word without the editor correcting us... these tools help us to be even more effective and we rely on them but at the same time it reduces our learning and writing capability.

Technology does strange things with our memory... like social networks remind us that our friends have liked, tagged or commented on our posts even when it is your friend's birthday and you forget it

the social networks will remind you about it.

Similarly google maps etc. apps are the same this is pretty convenient but specifically not suitable for our brains.

**These are some important sayings about technology.**

*"Only on the Internet Technology can a person be lonely and popular at the same time."*

- By Allison Burnett

*"Social media not only snatches your time, but it also teaches you attention deficiency."*

- By Neeraj Agnihotri

Keep these in mind and get away from your phones and laptops and read articles, newspapers etc. to grow knowledge and we will meet next time with a new article in a better condition.

## RYAN CHRISTIAN SCHOOL – VASHI BLUE DAY CELEBRATION



A little splash of colour can brighten up the day and when it's Colour Day in our Montessori section, the day is truly kaleidoscopic.

Colour Day gives us the opportunity to take our children into a magical world where colours come alive. Each colour so unique and special in making the world we live in so beautiful – Just like each little child in our care, unique and so very special. Also Colour Day

children from the Montessori section, and their teachers, were dressed colourfully to celebrate this occasion. The classrooms too were decorated with different shades of blue colours. Our tiny tots looked beautiful with their coloured attire. The day began with a short prayer and continued with various activities like singing rhymes and jingles on blue colour, colour identification game etc. Children collected various objects related to



celebrations have their own significance of explaining the kids about primary and secondary colours .

We at Ryan Christian School, every month celebrate Colour Days. Our colour theme for this month was- 'BLUE'... All the chil-

the colour, blue. They also made a blue hand print on their activity sheet.

It was indeed a visual treat to see the good effects of blue colour on our little ones. All the children enjoyed this special day.

## RYAN CHRISTIAN SCHOOL – VASHI NATIONAL NUTRITION WEEK CELEBRATION



*“The doctors of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition” - Thomas Edison*

From September 1-7, India celebrates National Nutrition Week to promote a healthy lifestyle and nourishment. The week encourages healthy and adaptive eating patterns for a healthy lifestyle.

National Nutrition Week is observed in a bid to raise awareness about the importance of nutrition for the human body and how we can take adequate and timely measures to eradicate hunger and malnourishment.

The theme for this year is ‘Celebrate a World of Flavors’ which encourages people to have a healthy lifestyle while enjoying the flavors of food.

Food and nutrition are mandatory for overall physical and mental health and ever since the pandemic has wreaked havoc, awareness about healthy food and nutrition has started to spread in every nook and corner. If we need an active life with growth and development, then

a balanced diet is a must.

During the National Nutrition Week, Ryan Christian School Vashi conducted different activities such as starting with Montessori -colouring the picture with healthy food, easy food search in puzzle, for primary name the nutritional fruits and nutritional vegetables available in the market, Secondary - find out the nutritional value in each – Proteins, Carbohydrates, Vitamins, Fat, in two homemade dishes and making fact file of which fruits or vegetables are good for the different organs of the body.

As we all know a healthy and nutritious food is necessary for a proper growth and development of the children so that one can be able to manage and tackle every task properly when they have proper Food in their daily life schedule. So it is necessary for the children to get proper Food for their own Better Health to achieve all their goals in life.

Students participated with great zeal and enthusiasm in all the activities and they also understood that Nutrition is the cornerstone of a healthy body.



*The journey towards a healthy society starts with freedom of woman*

www.sahochori.com

**Subscribe Now!**  
Monthly Newspaper  
**DATE WITH HEALTH**  
Please contact: **9987309006**