

# Date with Health

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

Plant a Sapling, click a picture with it and send it to us on [datewithhealth@gmail.com](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!!!!



## MGM HOSPITAL CBD BELAPUR CELEBRATED WORLD HEART DAY BY PERFORMING FIRST CASE OF TAVI (TRANSCATHETER AORTIC VALVE IMPLANTATION) ON 30th SEPTEMBER 2022.

**T**AVI is path breaking and revolutionary procedure recommended in Elderly patients with Severe Calcific Aortic stenosis. It is recommended in patients with co-morbidities who cannot undergo Open Heart surgery.

The procedure was performed by cardiac team led by Interventional Cardiologist Dr. Shilpa Deshmukh Kadam, visiting cardiologist Dr Ravinder Singh Rao, Cardiac surgeon Dr Sameer Kadam and Cardiac Anesthetist Dr Vishwas Sathe.

Patient was a 80 years old gentleman with Ischaemic Heart Disease with Hypertension. Patient had undergone Angioplasty to Right coronary artery ( 2

stents) and Left circumflex artery ( 1 stent) 3 years ago. He had reduced cardiac function of 25 % LVEF on echocardiography.

gical Aortic valve replacement with Open heart surgery was out of question due to his age and health status, therefore he was ad-

be discharged in a few days after the procedure. Our patient was discharged on Day 4 fit & fine.

Aortic stenosis is a life

fully dedicated Cardiac Care facility providing latest technology like State of the art Cath Lab equipped to manage Cardiac emer-



One fine day, while on morning walk, he had giddiness and fell to the ground. Echocardiography showed Severe Calcific Degenerative Aortic stenosis and was advised Aortic valve replacement. But sur-

vised TAVI by Dr. Shilpa Deshmukh Kadam.

TAVI is a relatively new procedure which can be performed in Cath lab through the groin puncture without General anesthesia and Bypass machine. Patient can

threatening disease which affects the valve of the heart and hampers the flow of blood to the body. TAVI is a boon for such patients to help them lead a healthy life.

MGM Hospital CBD is

gencies like Emergency Angioplasty 24 X 7. Cardiology Department offers all the range of services in Interventional Cardiology, Noninvasive Cardiology, Pediatric Cardiology and Cardiac Bypass surgery.

## Most Amazing Suraksha Kawach



**PLEASE NOTE:** Vol. 6, Issue - 1 (October 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

### GREED ..... THE SILENT KILLER

Yes you have read it right !!!!

Have you ever thought what is the most important ingredient for a good healthy life. Each one would list it starting from healthy balanced diet to exercising. Well they are just in a way supplement for a good health, the real and most important thing needed for good health is peace of mind. Just give yourself a few seconds and read again. Isn't it so .... If you don't have peace of mind will you ever achieve good health despite the best of food and a disciplined exercise routine. Surely you won't for good health comes when the mind is at peace and peace of mind comes with contentment. Haven't we seen saintly people living on the minimum but still remaining happy.

Greed gives birth to unnecessary wants and desires which make humans do all sorts of grabbing and unnecessary accumulation of wealth. To acquire and then retain it they start thinking out of the legal box and walk straight into the fold of illegal practices. Has anyone ever seen wild animals trying to grab human habitat, on the contrary its opposite is true.

Leading a good life with comfort isn't bad provided you haven't trespassed on someone else's needs. Don't grab things which don't belong to you. If we apply the same principle in all that we do, including encroaching forest and destroying the homes of wild animals to build ours the world will be a wonderful place to live.

Does anyone still has any doubt what should be our priorities to achieve good health. Good and healthy food is fine so is exercising but a peaceful mind is the base. Develop a good base and see how cheerful and happy you remain.

## MENTAL HEALTH FOR TEENAGERS. THE IMPORTANCE OF READING.

After many years, I got an opportunity to travel by shivneri to Pune. Fortunately, just like every time, I got. A very good companion sitting next to me, an elderly gentleman, and we immediately got friendly and started having a good discussion. He was talking about his family, his work, but he was also very curious about me.

In the process, after he warmed up and he knew a lot of information about me, he started telling me about his wife who passed away quite some time ago. But he was very fondly talking about his wife, that he was always very, very busy and never did pay attention to the growing up of his two children. However, still his children, he feels, have very good values and they are very well read, and they have a good head on their shoulders, especially when they take decisions when they are solving any crisis in their lives. He said, I was thinking that I have hardly spent any time with them, but they are still such good human beings, so where did this come from? And to that I mentioned that of course from your wife. She seems to have given a lot of time, attention, nurturing, love, care and have given them good emotional support and upbringing. He said yes, but there is one thing I want to tell you about my wife, and it really hit me after she passed away because one person from the library that she regularly went to, which I was not aware of came for the funeral and I could not recognize that person, but that person came and told me that. The library near your house is where your wife came every day. And she devoured all the books over there. She took her book every day, finished it in one day and returned it back.

This definitely shows how a person even if that person is a housewife can influence the children and their learning and their command over the language by introducing them to reading.

I always tell everyone that reading is something which can be inculcated from a young age. But reading for teenagers is so very important today. We have a lot of information from Internet and all around us. However, those who have the love for reading are far better vocabulary, more finesse. In the language



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Counselor and Author of  
Parenting book  
Mom Dad U R Wonderful  
and You are My Star  
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they talk. They are more articulate in writing their essays, and we all know that the essays are the one which can get you through many entrance examinations and get you an entry into the topmost universities around the world. Therefore, I recommend teenagers that you need to develop a habit of reading. Now those who are reading, it's very fine for them, but those who are not into a habit, how can they get into this habit is what I would like to give you some tips below.

1. Begin with what you like to read. There is always something that you would like to read. For example, you would like to read. Comics. Or topics of your interest, which could be sports, which could be fashion, which could be music, which could be about the people whom you admire. So begin with small, small reading, and that will lead you to form a habit.

2. Start with at least 10 minutes. Keep 10 minutes aside for reading per day. Whether it is in the morning or before you go to bed, it seems when you read a book before you go to bed, it really gives you good sleep as well. So, this is very important that you develop it day by day.

3. Make a list of the topic that you would like to read. So, one by one try and find those books and read them. It is easy to read on the mobile, but I do recommend that picking up books and reading is much more fun. But if you still don't want to do that, I suggest you do read even if it is on the mobile. People are using a lot of mobile, so I also recommend the 4th point is to use eye drops so that you keep your eyes sharp and clean. Of course, you can also do Netra snan which is a yoga.

Fill up your mouth with water and then bathe your eyes in water.

5. Whatever you read, do have some little discussion either with your family or with your friends on a daily basis. This will increase your confidence and curiosity for reading.

And lastly, let me tell you there is no replacement for reading. This will help you tremendously to also read for your education and your research. Wish you all a very happy Diwali.

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Monthly Newspaper

**DATE WITH HEALTH**

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## Madam Dr. Grace Pinto Received Lifetime Achievement Award 2022



**D**r Grace Pinto, Managing Director, Ryan International Group of Institutions received the “Lifetime Achievement Award 2022” for her commendable contribution and exceptional work in the education sector. The award was presented by H. E. Mr. Prithvirajsing Roopun, GCSK, President of the Republic of Mauritius in the presence of Hon’ble Mrs Leela Devi Dookun-Luchoomun, Vice-Prime Minister, Minister of Education, Tertiary Education, Science & Technology, Mr. Alan Ganoo, Hon’ble Minister of Foreign Affairs, H.E. Mrs K Nandini Singla, High Commissioner of India, Mauritius and other distinguished dignitaries during the Excellence in Education Awards 2022 organized by the Intelligence Minds Trust in Collaboration with the Ministry of Education- Government of Mauritius on 6<sup>th</sup> October 2022 at Mauritius. Speaking about the award Dr. Grace Pinto said, “I am grateful to my Lord Jesus Christ for this prestigious honour and his blessings upon the Ryan Fraternity. We acknowledge the support and collaborative efforts of our stakeholders — the parents, staff and students in achieving greater milestones in the segment of education. We at Ryan Group continue to be committed to our vision and mission of nurturing lifelong learners and responsible citizen leaders through holistic education.”

### DATE WITH HEALTH reader SULTANATE PATEL from Pune sent us these beautiful pictures of her garden.



## COFFEE VS MATCHA

CAFFEINE is a fabulous chemical compound present in both Coffee and Matcha.

The reasons why Matcha is the winner in the

“Caffeine of Coffee Vs Matcha”

Matcha has a better Caffeine high.

Coffee’s caffeine high wreaks havoc on the body. It starts with a blast and ends in a crush.

Coffee > Spikes > Adrenaline Glucose & Insulin levels

Creating Jitters and Nervousness.

Matcha > Calm alertness with just a sixth of the caffeine in the coffee

(25gms Versus 150gms in a cup of coffee)

No spikes no crashes ... it comes on gently and leaves gently.

The 25gms of Caffeine in 1 cup of Matcha binds with Matcha’s phytonutrients, especially

L - Theanine, in a way that slows down body’s absorption of caffeine. So the lower Caffeine buzz typically lasts for at least 3 hours.

Matcha is an ANTI - CORTISOL

It helps stabilize blood sugar levels and reduces stress on adrenal glands.

L - Theanine in Matcha reduces Cortisol levels by creating ALFA waves in the brain to produce a state of calm and serene alertness.

Coffee does the opposite. It causes

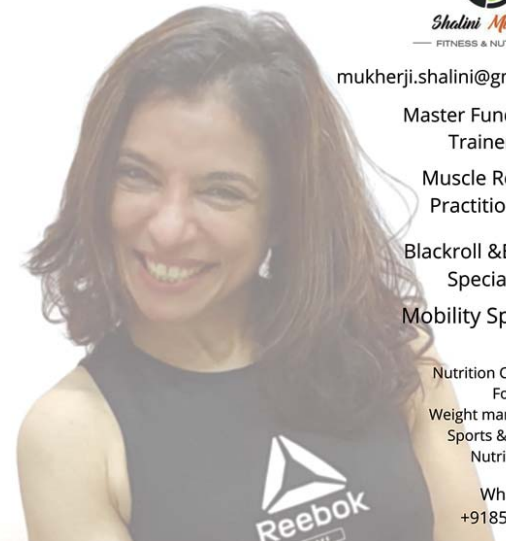
Adrenaline and Cortisol spike.

So Matcha = Less caffeine = Lasts longer = Anti Cortisol

Coffee’s high caffeine content causes physical stress which may result in Acne.

Matcha’s low caffeine content and its beneficial components may do wonders for your skin.

Matcha is full of antioxidants, catechins, flavonoids, polyphenols which are anti inflammatory, helps regulate your blood pressure, promotes weight loss, reduces oxidative stress and prevents diseases.



Shalini Mukherji

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Master Functional Trainer

Muscle Rehab Practitioner

Blackroll & Barefoot Specialist

Mobility Specialist

Nutrition Consultant For Weight management Sports & Clinical Nutrition

WhatsApp +918591288168

Matcha contains the mighty EPIGALLOCATECHIN (EGCG) linked to many health benefits and has therapeutic applications to the treatment of many disorders.



Cold Matcha Brew  
www.shalinimukherji.com



Use the right Matcha ... high quality and ethically sourced powder.

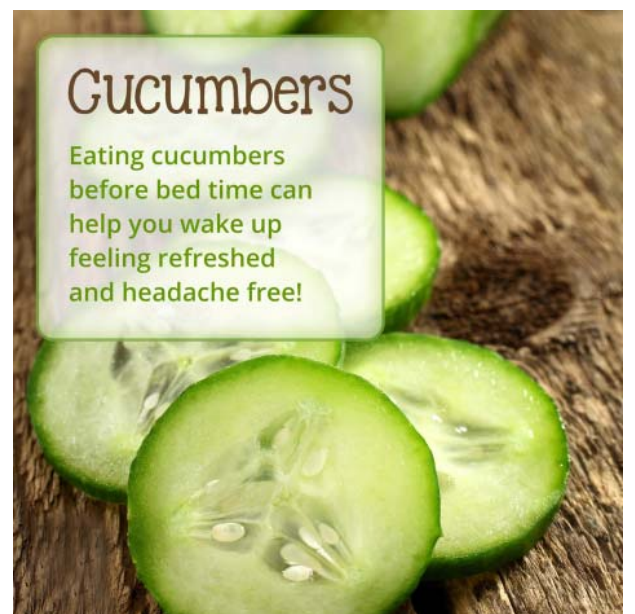
Only half a teaspoon of Matcha is required to make your hot or cold brew..

So why not switch to Matcha, the Anti Cortisol. There is no downside.

It’s a FUEL that ignites your emotional and intellectual skills and talents.

### Gucumbers

Eating cucumbers before bed time can help you wake up feeling refreshed and headache free!



## THE POTENTIAL HEALTH BENEFITS OF CORIANDER



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

Coriander is an aromatic, much branched herb with small, white or pinkish purple flowers and yellowish brown ribbed, two seeded fruits. It is also known as Dhaniya in hindi or Dhanyakam in Sanskrit. The Sanskrit word dhanyaka means 'that which evokes praise while being eaten.' It is a fragrant, anti-oxidant rich herb that has many culinary uses and health benefits. The seeds and leaves of this herb are used. The leaves are aromatic, analgesic, anti-inflammatory, whereas the seeds are aromatic, digestive, carminative, styptic, anti-inflammatory and anthelmintic. The seeds are used as a

whole or dried and crushed in to a powder to be used for cooking or as infusions and tinctures. The aromatic leaves when fresh have antiseptic properties and can aid digestion, but are mainly used for cooking. The essential oil extracted from the seeds contains as much as 25% fatty oils, phenolic acids and aliphatic aldehydes which give the plant its distinctive scent. It contains a large quantity of linalool, which is anti bacterial and controls spams.

Various studies have shown that nearly all of corianders medicinal properties are due to the essential oils in the plant, which can help regulate gastric secretions and to release trapped gas. The seeds are therefore effective in treating digestive symptoms like bloating, and IBS associated symptoms, and are also recommended for common forms of diarrhoea due to infections such as gastroenteritis. It

may also boost appetite among some people. Animal studies conducted in India in 1997 demonstrated that preparations made from coriander seeds could help low-



er blood cholesterol. Helps in some ways to fight high bp and keep your heart healthy. By activating certain enzymes, it is meant to keep blood sugar levels on the lower side. The seeds are also believed to fight off bacterial and fungal infections. Coriander is full of anti oxidants, that demonstrate immune boosting and anti-inflammatory effects. These anti-oxidants may also protect your skin from aging and sun damage and help treat mild skin rashes. Coriander contains a

certain amount of vitamins like vitamin C, provitamin A & K as well as trace amounts of folate, potassium, manganese, choline, beta-carotene, beta-cryptoxanthin, lutein etc.

*Here are certain ways coriander may be used to deal with particular discomforts:*

### INTERNAL

- In fainting, loss of memory de-husked seeds of coriander are boiled with 4 times milk and 8 times water. This is reduced to half and given twice a day.
- In excessive thirst, water boiled in coriander seeds and cooled quenches thirst immediately. This is useful in diarrhoea, intestinal colic, piles and in-

testinal worms.

- In cough and dyspnoea, the decoction of seeds may be consumed.
- The same is beneficial in urinary problems like dysuria.
- In fever accompanied by chills, it is found useful. In fever accompanied by burning sensation, thirst, a cold infusion of the seeds along with sugar may be given.
- The seeds are chewed to correct foul breathe.
- A decoction of coriander seeds and dry ginger consumed thrice a day stimulates digestion and relieves abdominal pain.

### EXTERNAL

- In headaches and swellings, the leaves of coriander may be applied.
- In mouth ulcers and throat discomforts, the juice of coriander may be held in the mouth for relief.
- In bleeding from the nose, 1-2 drops

of this juice may be dropped in the nose.

- The same decoction is used to wash the eye in conjunctivitis.

### EASY TO ADD IN YOUR DIET:

All the parts of coriander plant are edible, but its seeds and leaves are particularly different in taste. While its seeds have an earthy flavor, the leaves are pungent and citrus like. Whole seed can be added to baked products, pickled vegetables, roasted vegetables and cooked lentil dishes. Warming them releases the aroma, following which they can be grounded for use in curries and doughs. Meanwhile, coriander leaves are best to garnish soups, curries or use in salads. They can also be consumed in the form of chutneys with garlic, peanuts, lime and chillies. The seeds and leaves both come handy for everyday cooking but offer very different flavors that determine their best uses.

## BEATING THE HEAT

October heat is very much enervating and people die of Sun Stroke during the hot summer season. This time round the year the mercury is touching 40 degree centigrade and people in Mumbai/Navi Mumbai face heat waves.

People would like to stay indoors as the outside heat is unbearable. However, people staying back home also face the humid condition as there are power cuts in some of the areas on a regular basis. It is better to fit an inverter in your flat to overcome power shortage during summer season.

Curd is great as it is cooling and contains proteins in the predigested form. It does have B-complex vitamins and contains bio-available

calcium, Phosphorus and magnesium and beneficial bacteria.

October heat is generally associated with heat, humidity and loss of appetite. People tend to drink more water and they eat light food which is easily digestible. The best way to beat the heat is to take cold water baths. If you pour cold water into your head, the heat in the body comes down drastically. Instead of using the air-conditioner to reduce room heat it is better to have a cold water bath.

Watermelon is a good remedy to reduce cold. Seasonal foods such



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

as sweet lime, guavas, melons and cucumbers help offset excess body salt. Along with food we can take Sprouts, salads, curd rice, whole grain sandwiches with watery fruits which provide all the Vitamin C and the B-complex vitamins that are required to build resistance against colds and fever that are very common during summer season. Avoid mangoes during summer as the body becomes very hot and boils appear in the body. Orange or Mosambi juice is also a good alternative. Tender coconut is preferred mostly.

Instead of taking ice and ice creams, water based items are good for health. Skin rashes and irritations and headaches can be avoided by opting for summer friendly food. While driving and when you go for an outing it is better to have a bottle of water with you. The tiring heat requires more consumption of water. One requires at least 8 glasses of water during ordinary days. During summer you can increase intake to 12 to 15 glasses of water. Lime juice with salt and little sugar is preferred for dehydration. Instead of going for bottled drinks you can have barley water as well. Health is wealth and one has to keep fit even during hot and humid summer seasons as well.

# Grandparents Day Celebrations at St. Lawrence High School, Vashi

Grandparents are a family's greatest treasure, the founders of a loving legacy. The greatest storytellers, the keepers of traditions that linger on in cherished memory. Grandparents are the family's strong foundation.

Today, The 8th October 2022, St. Lawrence High School, Vashi celebrated Grandparents Day with a number of cultural programmes and fun filled games.

The young old Dada Dadi, Nana Nani gathered in the School auditorium to see their little ones dance and sing. The joy and happiness seen on their faces was captivating. The tiny tots with their innocent moves on their grandparents nostalgic Retro Song, Traditional dance made our grandparents as they enthusiastically participated



joy and happiness seen on their faces was captivating. The tiny tots with their innocent moves on their grandparents nostalgic Retro Song, Traditional dance made our grandparents as they enthusiastically participated

in various games organized. The cherry on the cake was when the winners were announced and acknowledged.

As per our Chairman Sir, Dr. A. F Pinto's vision our school organizes such programmes to inculcate moral values among our students.

"Our Chairman Sir. Dr. A. F. Pinto and Managing Director Madam Grace Pinto leaves no stone unturned to make our children a better human being", said the Head Mistress of the School Mrs. Saira Kennedy.

## RYAN CHRISTIAN SCHOOL VASHI INTERNATIONAL DAY OF PEACE



**"Peace cannot be kept by force; it can only be achieved by understanding."**

- Albert Einstein

The International Day of Peace (or World Peace Day) celebrated on September 21. This year's theme is "End racism. Build peace."

It is a day of celebration to recognize the efforts of all those who have and continue to build a Culture of Peace. The United Nations invites every individual around the globe to

strive toward a world where harmony wins over hostility.

Peace day is devoted to strengthening the ideals of peace, both



within and among all nations and people. At a time when war and violence often monopolize our news cycles,

the International Day of peace. Students of Ryan Christian School Vashi from Mont I to Grade 8 celebrated this day by participating in

activities like printing peace dove using hand and finger, making fun drawing on peace of their own creativity

and making a Rangoli to show peace and harmony. Students also made rangoli by using their own creativity and ideas in their Scrap book.

To sum it up, Peace is essential to control the evils which damage our society, it is obvious that we will keep facing crisis on many levels but we can manage them better with the

help of Peace. Moreover, Peace is vital for human kind to survive and strive for better future.

## Navi Mumbai Chess Champion Ramesh Mohite of Sanpada



By C. K. Subramaniam

The NMMC chess tournament conducted in Jestha Nagarik Sangh Sanpada block located inside Master Sitaram Udyan was a big success with Ramesh Mohite of Sanpada winning the first prize for the 5th time in a row as a Grand Master of the satellite city. He Won the NMMC CHESS CHAMPIONSHIP 2022 consecutively for 5th years since 2015.

During the Azadi Ka Amrit Mahotsav he won three trophies / prizes including Udaipur Ra-

jasthan International Open Chess Tournament in August 2022. The highest prize was Rs 75 thousand. Kudos to Ramesh Mo-



hite for achieving an incredible feat in the 75th year of Independence.



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

**W**e love and care for our skin to always be flawless, well none of the skin types are FLAWLESS! But at least we can have healthy skin, right?

For you to have healthy skin and good health and a wonderful, fit life you may want to be up to date with this newspaper which tells you a lot about common problems and solutions

## CARE FOR YOUR HEALTHY SKIN

for those health-related problems and many more “healthy” things.

As I was saying, in order to have a glowing, soft and healthy skin we need to use

the natural fruits that we have and natural things are the reason that today we have glowing healthy skin. Its not like you have to buy new fruits every single day for this just

wondering “what?” Well where adults can still use scrubs and face washes that are common products in the market kids can’t use these products. This is because it

Yes, it is 100% true, still don’t believe me just try to touch your skin and then your kid’s skin... got the difference that’s what I am talking about. So as a person that puts the needs of others first, and yes, I am referring to myself of course, I have got another recipe for you guys that is not only healthy for adults’ skin but also very helpful for kids. That’s right now your kids can stand next to you in



natural things not some store-bought face scrubs and face washes. In my family we always try to use

use what works best for you, well there is a problem for not only adults but especially kids...you may be

proven that the skin of a kid compared to that of an adult is 10 times more sensitive to these chemicals.

the bathroom in front of the mirror applying a pink mask.

A very simple recipe in which you just

need a pomegranate... ummmm my favorite fruit... moving on so all that you have to do is to take the pomegranate grains and grind them then strain the juice... no it not juice that I am talking about it is the substance left in the strainer store it in a jar. Good news is that you can drink the left-over juice but also you can try this with some more beneficial and tasty fruits like strawberries etc.

I hope you liked this recipe do try I have it in my home as well works best for my skin and if you like this recipe then stay updated for more such recipes. Till then goodbye have a great day ahead☺!



**JAYANTHI SUBRAMANIAM**  
Navi Mumbai

**T**here are few activities as lovely as getting out and stretching your legs. Not only is walking fun, but it also provides several mental and physical health benefits. These reasons to walk more will have you lacing up your sneakers in no time.

### Halt bone mass loss

Bone mass loss is a huge issue for seniors, so take steps to avoid it. By walking, your bones can strengthen, avoiding bone mass loss. Those at risk for osteoporosis, in particular, will see the benefits.

## BODY AND MIND IN A TANGLE

### Sharpen your mind

Your body isn’t the only thing that will get stronger as you walk — your mind will sharpen, too. Compared to seniors who don’t walk, those who do typically have lower rates of mental decline. Exercise, in general, is necessary for keeping your mind in tiptop shape, so get out there and get your blood pumping.

### Improve cardiovascular health

If heart health is a concern for you, here’s a big reason to walk more. Walking has many cardiovascular benefits, including lower risks of high blood pressure, high cholesterol, stroke and heart disease. Keep your heart happy by regularly taking walks.

### Sleep better

There’s no bet-

ter feeling than lying down at the end of the night and falling asleep right away. If you struggle with insomnia or any other sleeping problems, walking on a regular basis could give you the relief you need. Since walking is a physical activity, the energy exerted will help your body and mind calm down when it’s time to turn in for the night.

### Increased balance

Fall risk is a big concern for many seniors; however, walking can keep that worry at bay. Since this activity engages the hips, core and several other muscles, you’ll be able to strengthen your body while working on your stability. This mobility will help you move through life with ease and be more independent.

### Alleviating arthritis pain

Walking is wonderful for reducing joint strain, which makes it a particularly helpful activity for those with arthritis. This form of exercise lubricates the knee and hip joints, making movement much less painful. Strengthening your body through walking will make everyday movements that much easier.

### Boost your mood

When your blood starts pumping, your mood will naturally elevate. This is thanks to endorphins, which are hormones released during exercise. Not only does walking release endorphins, but being out in nature is great for your mental health. Never underestimate the power of a good mood — it can change your entire outlook.

Take your body to its fullest potential by doing activities that will benefit you for years to come. Walking is a simple and fun way to boost

your mental, physical and emotional health. Grab some sturdy shoes and a walking buddy and set out toward your next fitness journey.

## CREATIVE SPACE

### Abdul Kalam - Father of Rocket Science



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

## Talbina – A Fibre Rich Healthy Breakfast (Porridge)

Talbina is a soothing broth made from ground barley that has many healing properties. "The Prophetic Medicine" and there are many Ahadith on the merits of talbina for the sick and grieving person. Talbina is a thin soup with the consistency of yoghurt (laban), from where its name is derived.



Sahrish Akhtar

The broth made from barley flour together with the husks, and it is similar to barley water but the difference is that barley water is cooked with whole barley but talbina is cooked with ground barley. Therefore it is more beneficial because it can be digested easier and the nutrients are penetrated into the system quicker.

He also said that "it has relaxation for the heart of the sick person", it is nutritious and filling, and it warms and soothes the stomach, helping to lessens sorrows and to regain health. It can also be effective in maintaining bowel regularity.

### Medicinal Benefits of Barley

Barley is the core ingredient of talbina and for all the good reasons as well. Barley is a member of the grass family Poaceae and an excellent source of both soluble and insoluble fiber. The reason why it is so beneficial in contrast to other grains such as wheat is because it contains abundance of beta-glucans. Beta-glucans are comprised of  $\beta$ -D-glucose polysaccharide group which are highly effective in reinforcing the body's immune system.



### Talbina Against Diseases

Although the modern day research has finally proved that consuming barley in Talbina is incomparably beneficial in all of the grains, but back in 1400 years this was already ascertained by Holy Prophet S.A.W. After studying it and conducting experiments, it was found that barley can significantly aid in treating diseases such as diabetes, colon cancer, constipation and heart related disorders that are quite prevalent in today's era.

### Talbina for Treating Constipation

Talbina is made from wholegrain barley which contains husk, an excellent source of dietary fiber. Consuming fiber improves bowel movement (peristalsis) which prevents constipation. The husk carries the chyme without letting it break in the intestine and helping it pass through the body as stool. Lack of fiber in the diet is one of the primary known causes of constipation.

### How Does Talbina Help the Intestine?

Talbina consists of Barley which absorbs water and fats while softening the stools so they can be passed out of the body more easily. It is recommended that barley should be consumed 20 to 35 grams daily. Diseases such as diverticulosis is one of the most common forms of large intestine diseases which can hurt very bad. Eating talbina can not only prevent it from happening, but also helps the large intestine heal from it.

### Talbina for Protection Against the Heart

Barley is also a good source of Niacin, a B vitamin that prevents heart diseases such as Atherosclerosis. It contains numerous protective agents that shields the heart from cardiovascular risk factors. By consuming niacin, the bad cholesterol levels can be significantly reduced while also diminishing fat concentrated lipoproteins that are known to clog blood vessels. Blood clots formed by aggregation of platelets are reduced as well if niacin is present in the person's diet. A cup of barley contains about 14.2% of niacin which is a healthy dose for daily use.

### Talbina for Relaxation of the Soul

Talbina is the perfect combination of healthy food and medicinal cures. Consuming it not only helps physiologically, but also psychologically. On many instances, Holy Prophet S.A.W has mentioned the use of talbina as source of internal healing especially from grief and sorrow. It is made from ingredients that are highly beneficial for relaxing the brain and heart so it can recover from emotional trauma such as the death of a close one.

On one instance Hadrat Aisha said, "I heard the Holy Prophet saying,

'The Talbina gives rest to the heart of the patient and makes it active and relieves some of his sorrow and grief.'" Bukhaaree – 5325.

### Talbina for Treatment of Diabetics

Eating talbina is highly beneficial for Type 2 diabetics. Compared to oats, which are recommended for diabetics since they help in reducing both glucose and insulin responses, talbina is even more effective than it.

In a test conducted by Diet and Human Performance Laboratory in Beltsville, it was revealed that barley contains 4 times the soluble fiber of common oats.

Barley is rich in magnesium, a mineral that serves as a co-factor for 300+ enzymes. These enzymes include those which are involved in the body's use of glucose and insulin secretion, preventing type 2 diabetics from high uncontrolled glucose levels.

**Ingredients of Talbina:** 1 Cup Barley • 1 litre Milk • 1/2 cup Dates / honey • 2 tbsp Chopped nuts

### How to Make Talbina

1. Wash barley well and soak for 3-4 hours.
2. In a pan, bring milk to a rolling boil and add the soaked barley.
3. Let it boil for 10 minutes.
4. Now add chopped and deseeded dates for sweetness. If you are using honey, add honey in the last step.
5. Cook for 10 more minutes.
6. Add chopped nuts and dry fruits of your choice once almost done.
7. Serve hot and Enjoy!

## RYAN CHRISTIAN SCHOOL – VASHI COLOURING COMPETITION

"Colours are brighter when the mind is open".

We at Ryan Christian School believe that every child or person has an ocean of inner

The main aim behind this is that the child can develop expertise in the field of his choice.

Coloring competition was conducted for



strengths. The proportion of these strengths varies from person to person. But the only need is to develop these strengths and to develop this power it is necessary that proper environment, guidance, and encouragement should be provided as required. If a child gets all these in correct proportion then his hidden talents develop.

the students of Gr 3 to 8 Little ones have always fantasized about colours. Thus the first competition Coloring Competition, where in students brought in their colorful imaginations.

Children participated with zeal and showed their talent. It helped them in exploring new ideas, creativity as well as a sense of colours.

### Wash Your Vegetables Properly

Consuming fresh fruits and vegetables does not always mean healthy especially if it's not cleaned thoroughly.

Gently rub your fruits and vegetables under running water to remove dirt and take away pesticides & other chemical residue.



## Wockhardt Hospital, Mumbai Central joins hands with Specialty Surgical Oncology to launch Wockhardt Cancer Institute

Wockhardt Hospitals, Mumbai Central unit today has announced its collaboration with Specialty Surgical Oncology and has launched Wockhardt Cancer Institute first of its kind of Organ Specific cancer treatment in Mumbai. Considering the increase in cancer cases in India, this institute aims at giving quality and preventive treatment at the hospitals. The organ-specific approach is good at complex decision-making and executing every challenging surgery with a higher level of safety and efficiency.

The cancer incidence reported in India this year is estimated to be 19 to 20 lakh, whereas real incidence is 1.5 to 3 times higher than the reported cases, according to a study by FICCI and EY. The commonest cancers among males are oral cavity (16.2%) and lung cancers (8%), followed

by stomach (6.3%), colorectal (6.3%) and oesophageal cancers (6.2%). An important observation is that 43% of cancers among men are caused at an increased frequency by tobacco intake and hence, a significant number of them can be prevented by a lifestyle

change. All other cancer subtypes constitute the remaining 57%. Among females, breast (26.3%) and cervical cancer (18.3%) are by far the commonest cancers. Ovarian cancer (6.7%), oral cavity (4.6%) and colorectal cancer (3.7%) are the other common cancers. The commonest cause of cancer-related

deaths is breast cancer, cervical cancer, oral cavity cancer and lung cancer. Speaking about the launch, Dr Sanket Mehta, (Designation), Specialty Surgical Oncology, Mumbai says, "Cancer is among one of the most challenging medical conditions to

surgery and robotic surgery are replacing traditional methods, newer decision-making paradigms are evolving, and there is a significant amount of collaboration required between the surgeon and other cross-specialities. Keeping this in mind, Specialty Surgi-

eries, with top-quality infrastructure, allied medical services, ICU back-up, state-of-the-art operation theatres, anaesthesia equipment and surgical devices and instruments. This is where the synergy of Specialty Surgical Oncology and Wockhardt Hospital will stand out

Cancer treatment is a complex process – perhaps the most complex of all diseases. A lot of variables must be taken into consideration before a treatment plan is finalized and executed. Some of these are the type of cancer, the affected organ, size of the disease, health of the affected organ, stage of the disease, status of the metastatic disease, age of the patient, physical health of the patient, other co-morbidities, compliance, affordability, the role of chemotherapy, the role of radiotherapy, etc. This cancer-specific treatment with a team of multi-disciplinary doctors will ensure patient treatment and caregiver is an utmost priority.

Wockhardt Cancer Institute's focus is to bridge the gap in the existing cancer care treatment in India by giving holistic, innovative and value-based treatment to cancer care patients.



cal Oncology (SSO) a group of highly trained cancer surgeons have sharpened their skills to exclusively treat organ specific cancer. Dr Sanket Mehta further talks about the collaboration with Wockhardt Hospital, where a team of expert organ-specific cancer surgeons conduct complex cancer sur-

as the destination for high-quality cancer surgery at affordable costing. Dr Parag Rindani, CEO of Maharashtra, Wockhardt Hospital says, "We are proud about giving revolutionized cancer care treatment in collaboration with Specialty Surgical Oncology (SSO) to our society.

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