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NMSA STEPPING STONE TO OLYMPICS



9th INTERNATIONAL WOMEN'S TENNIS CHAMPIONSHIP 2022

FROM 18th TO 25th DECEMBER 2022

Most Amazing Suraksha Kawach



PLEASE NOTE: Vol. 6, Issue - 2 (November 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

- Editor



Editorial

NATURE IS THE BEST HEALTH GURU !!!

One should be busy but not to the extent that he / she forgets about health and happiness. The world today prefers health supplements vitamin capsules and visiting doctor frequently more than changing their lifestyle for a healthy and fitter body. Well there is nothing if one visits a doctor if they aren't well, but visiting at the first sneeze isn't right. Body provides a beautiful mechanism which takes care of small and recurring issues like a small bout of cough and cold. One shouldn't neglect it if it persists for more than two - three days.

If we spare some time preferably in the morning to be with the nature, it would do a world of good. Nature provides ample amount of freshness and energises us for the day. Spending 15 to 20 minutes in the sun provides us much needed vitamin D which is so essential for our body to remain healthy.

Sitting calmly in a Park amidst the greenery allows us to get good clean air and keeps the mind too at peace.

So instead of wasting the time in front of the television or getting drowned in your mobile, step out and see the change. It may not totally stop you from visiting a doctor but surely the frequency of visits will come down drastically. If you haven't been doing it, now is the time to change your poor habits if you want a non expensive health care plan.

Ashwagandha

An ayurvedic remedy to help your body:

- Relieve Stress and Anxiety
- Lower Blood Sugar and Fat
- Increase Muscle and Strength
- Sharpen Focus and Memory
- Support Heart Health



THE IMPORTANCE OF FRIENDS IN THE LIVES OF TEENAGERS



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Mom Dad U R Wonderful
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Friends are part of growing up and they take a very significant place in the lives of teenagers. These friendships lasts for longer than ever and at times friends are preferred to family members also.

It is necessary to respect the friends and understand that as small children, they want their parents and parents are best friends, but when they grow up they want their friends. The mistake many parents make is that they are busy when the children are small and need them and they are free when their children turn teenagers and do not want them to be around.

If you want a good healthy relationship with your teenagers, be around them when they are small and let them be when they turn into teenagers.

Try and understand what needs are fulfilled by the friends. Friends become companions and are there whenever they want. They also many a

times share the same interests, hobbies and also similar problems. Friends understand better and listen rather than give advice. Friends support, no matter what, they do not expect or demand grades or performances. They also help in studies and are great stress busters to let the hair down and have fun. They do not judge or have strong opinions. All these needs are of a teenager and that is why it is important to encourage them to have friends and also as parents be comfortable with their choice of friends.

How can you help your teenagers have friends and at the same time ensure that they are not getting exploited by their friends or they are not going overboard in confirming to the norms? Confirming the norms means having alcohol, drugs or smoking.

Teenagers go overboard if the following happens in the home environment:

1. Lack of healthy communication with the parents or older sibling
2. Lack of understanding and support from the parents.
3. Too much expectation and criticism
4. Comparison with other siblings or cousins
5. Speaking with sarcasm and constant reminder of the weaknesses.

6. Non acceptance of the choices of vocation, friends, activities etc.
7. No effort to understand the difficulties in studies if any.
8. Criticism regarding their clothes, hair, makeup etc.
9. Making them feel dependent when they ask for pocket money or permission for outdoor excursions.
10. Blaming one of the parent for the behaviour of the teenager.
11. Lack of trust
12. Making fun of them and their choices always
13. Having constant fights with the spouse

In short a very negative home environment, generally leads the teenager to go out and wishes to spend more time outdoors with friends and this could lead to going overboard and getting into wrong company.

The best way to avoid the above and have a very healthy personality is by doing the following:

1. Be a good listener. Listen to their verbal as well as non-verbal language.
2. Learn more about their interests and have the same topic conversation rather than preach and talk about their own personal experiences.
3. Accept the choice of friends and en-

courage the teenager to influence the friends rather than get influenced. Regularly invite the friends to the house and be very comfortable with whatever background they come from. Share a good camaraderie with them and at times leave them alone to chill.

4. Try and also invite the parents of the friends, this way everyone knows where the teenagers are.
5. Communicate in a no preaching manner.
6. Take their advice often.
7. Appreciate their interests and hobbies.

This will help the teenagers feel that you trust them and they shall be very responsible always. If they make any mistake, then let them decide how to make amends rather than giving them punishments and time out.

Teenagers today are very much matured as they have more exposure than our generation had and they grow up faster. It is how we acknowledge that fact and involve them in making decisions and accept their intelligence is how the rapport is built with them.

Friends are a very important part of everyone's life, whether it is one friend or many.

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INDIAN SPICES TO INCREASE BODY'S IMMUNITY DURING WINTER

Each of us has a medicine cabinet at home. It is filled with medicines that your doctor prescribed to you one time, with medicines you have not even heard of or you are not sure what they are even good for. First of all, let's start with ruling out the ones you choose among the prospectuses when you get sick. You already go and see your doctor when it comes to more serious diseases, but the greatest problem occurs regarding the ones that do not make you bedridden.

Indian spices benefits include not only wholesome flavour but also prevent several diseases by fighting free radicals and increasing your body's immunity.

There is no doubt India is the land of spices. Not just spices are an essential ingredient for a wide variety of Indian recipes, many of them are known for their therapeutic properties. Herbs and spices have been an integral part of Ayurveda, traditional Indian system of medicine for centuries. The medicinal values of Indian herbs and spices are also well known throughout the world.

Spices play an enormous role in the way we cook and consume food in India. Not surprisingly, Indian curries are relished all over the world owing to the rich and spicy flavours. If you enjoy cooking or appreciate a good meal, you'd agree that every spice has its own flavour and essence. However, Indian spices benefits go beyond taste and flavour. Indian spices not only make the food flavourful, but Indian spices health benefits have been studied by researchers across the world with laudable results.

For example, golden latte or turmeric milk has taken the world by storm, especially during the ongoing pandemic, as a super immunity booster. Fortunately, in India, we have been having turmeric since childhood, as it is an essential part of Indian cuisine. Indian spices benefits of cumin seeds, cardamom and cinnamon are also well known around the world.



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

During winters, our immunity level goes down and there are more chances of getting cough, cold, fever and other health issues. Start having 2-3 cups of herbal tea made from our good old herbs and spices replacing the regular milk tea and coffee. These are extremely beneficial for our health. I am sharing a herbal tea recipe

which contains all the ingredients that are generally present in our Indian kitchen.

WINTER SPECIAL HERBAL TEA



Ingredients:

- Corriander seeds – 2 tsp
- Cumin seeds – 1 tsp
- Black pepper – a pinch
- Tulsi leaves – few
- Cinnamon powder – 1/4th tsp
- Green elaichi – 1 with skin
- Jaggery – 2 tsp or as per required
- Water – 2 cups
- Bay leaves (Tej patta) – 1

Method

Boil water and add all the ingredients. Let it boil for 5-7 minutes. Now add jaggery and strain and serve hot. You can make your own variations by either adding lemon juice or you can replace jaggery by either honey or rock sugar. You can also make more quantity and pour it in flask. This can be consumed 2-3 times a day. This also aids in digestion and weight loss. This herbal tea is an excellent immunity booster.

Mad Over Millets

Millets in winter ?

During winters our appetite increases. People tend to eat more and gain weight by making variety of dishes.

However intake of millets help you lose weight as they are rich in dietary fibre which are beneficial in digestion and help in reducing obesity and lowering cholesterol. Millets are extremely beneficial for maintaining inner warmth in the body.

Millets contain TRYPTOPHAN which reduces appetite and helps you feel full for a longer period.

Bajra or Pearl Millet is rich in protein which helps build muscle mass and aids weight loss. The soluble fiber in Bajra is gut friendly, keeps you satiated, improves metabolism, regulates blood sugar and cholesterol. It is an amazing source of Omega 3 and iron.

Ragi / Finger mil-

is a storehouse of nutrients... Vitamin B, Calcium, Iron, Phosphorus and rich in fiber. The antioxidants present in Jowar re-

Millet is rich in Vit B12, ensures smooth functioning of heart and nervous system. It is also recommended for hair growth.



let is rich in protein and calcium. It is good for skin and hair health, it controls blood sugar levels and aids in digestion.

Jowar/ Sorghum

sists diseases like cancer. It is gluten free and controls blood sugar levels, boosts immunity, eliminates free radicals and improves overall health.

Foxtail / Kangri

Buckwheat/ Kuttu is Vrat specific, usually preferred during Navratri season. Rich in fiber and Vit B. It helps improve heart health, aids weight loss and regulates blood sugar levels.

Brown Top eases constipation and detoxifies the body. It helps control high blood pressure and acts as a probiotic. It is recommended for skin and arthritic problems, gastric ulcers and colon cancer.

Millet grains need to be soaked overnight and cooked as porridge, upma, khichdi etc.

Millet powder can be used to make Rotis, chilla's, uttapams, pancakes, idli's dhokla, khandvi, cakes etc.



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THE BASIC UNDERSTANDING OF VARICOSE VEINS



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

Varicose veins also known as varicoses or varicosities, are a condition in which the veins become enlarged, dilated or thickened and over filled with blood. Varicose veins typically appear swollen and raised and have a bluish purple or red color. They are often painful. A varicosed portion of a vein may affect the whole length or be localized to portions only. It can occur in any part of the body but generally appear on the legs.

Veins are thin-walled vessels through which the impure blood is carried back to the heart. They have valves which regulate the flow of blood towards the heart. The veins of the legs are the largest in the body and carry blood from the lower extremities to the heart. The direction of circulation in these vessels is largely determined by gravity. Though there are no mechanical obstacles to blood flow, it is usually, the incompetence of the valves which leads to an increased pressure in the veins.

Varicosed veins have an unsightly appearance and can be dangerous. A blood clot within a large,

greatly dilated vein may break away and move towards the heart and lungs, causing serious trouble. They can mark the surface of the skin with lacy, occasionally bumpy networks of red or blue veins. Varicose veins are thrice as common in women as in men. Any one can get them, but they often occur in females during pregnancy, or as a result of being overweight.

SYMPTOMS

The first sign of varicose veins is a swelling along the course of the veins. This may be followed by muscular cramps and a feeling of a weight and weariness in the affected leg, particularly at night, due to blood congestion. In some cases, the normal flow of the blood towards the heart may be reversed when the person is in an upright position. This results in venous blood collecting in the lower part of the legs and the skin becomes purplish and pigmented, leading to what is known as varicose eczema or varicose ulcers. Both conditions cause severe pain.

CAUSES

There are evidences to show that people whose work involves standing for long periods of time are more subjected to this disease than those engaged in other occupations. While standing erect,

the venous blood from the feet has to return to the heart against the force of gravity. Other potential causes include crossing the legs, wearing tight clothes, continuous sitting. Varicosed condition of veins also results from a sluggish circulation due to various factors such as constipation, dietetic errors, lack of exercise and smoking. Pregnancy may cause varicose veins due to increased pressure in the pelvis & abdo-

trying more aggressive treatments. Surgery is needed only when the disease is on a severe level with multiple clots in the veins. Some of the basic changes to help prevent or reduce the symptoms of varicose veins are:

- **Put your feet up:** What better way to end your day than by putting your feet up? Raising your legs above the level of your heart will allow gravity to help pull blood out of

ing still can make varicose worse, walking around or climbing stairs often makes them better as flexing muscles in your legs helps veins work more efficiently at moving blood along.

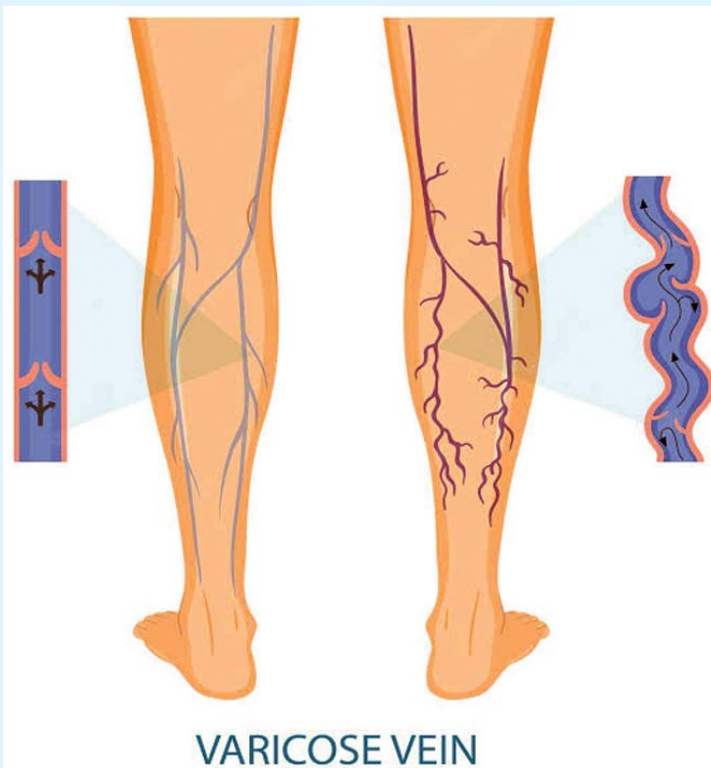
- **Break the habit-:** smoking cigarettes causes blood vessels to constrict, which makes it harder for the blood to get through.
- **Give your legs some support:** They are not for everyone, but for some people, support stockings can be very helpful. Available from pharmacies and physicians, the stockings put pressure on the legs and veins, which prevent blood from pooling.

• **Check your weight:** If you've been putting on weight lately, your legs may be paying the price. People who are overweight are more likely to get varicose veins simply because they have more pressure in their legs that can weaken the veins.

- **Exercise regularly:** While exercise won't cure the disease, it can help improve the symptoms and reduce the risk of developing more. Generally low impact exercises are the best. These include walking or running, leg lifts, bicycling, lunges,
- **Or keep them on the move:** Even though stand-

rocking your feet, calf raises etc.

- **Eat healthy:** You have the power to keep yourself healthy in your hands. And that begins with your diet. Eat all the greens and beans. Add in fruits and veggies of all colours to your diet, as they contain high amounts of anti oxidants and vitamins. Vitamin C and E are known to be great for vein health. Add ginger, flax-seeds, rosemary, olives etc to your diet. The most beneficial foods for varicose veins are that which contain rutin. Rutin is a flavonoid that helps keep cholesterol, blood pressure in check and maintain vein health. It is also helpful in preventing blood clots. The best places to find rutin include, apples, berries of all types, grapes, asparagus, cherries, buckwheat etc. Avoid fried, sugary, salty foods and things that are high in refined carbohydrates. keeping your veins healthy by simply modifying your diet doesn't have to be difficult. You do not need to go a complete 180 on what your eating. Simply find ways to incorporate some of the above foods in your diet. And for your veins to be healthy, its certainly worth it.



VARICOSE VEIN

men, which slows down the flow of blood from the lower extremities to the heart. Women usually suffer from this condition in the early years of child bearing. Obesity is also a prime reason for varicose veins. People with a family history of varicoses are also susceptible to the disease.

In case of varicose veins, you'll probably be advised to make lifestyle changes, instead of

the leg veins and send it towards the heart. This will often reduce swelling as well as aches.

The children of today will make the India of tomorrow.”

Dr A. F. Pinto

Chairman, Ryan International Group of Institutions

Pandit Jawaharlal Nehru whose birth anniversary is celebrated as Children's Day on 14th November across India had beautifully said, "The children of today will make the India of tomorrow. The way we bring them up will determine the future of the country." This quote beautifully highlights the important responsibility we have towards our children as the future of our country depends on how we groom, nurture and equip them for the future. Jawaharlal Nehru was a statesman of a great stature yet he stooped down and mingled with children because he had realized the importance of giving them time and promoting their welfare. He was greatly admired for his concern towards children that they grow up with proper education, dignity and respect. He was popularly known and fondly called as "Chacha Nehru".

Children are precious jewels and they need to be looked after with great care and wisdom. It is very important to nurture them as holistic individuals with physical, emotional, psychological, and spiritual needs. If today our children are looked after well then India of



tomorrow will have robust citizen leaders. Franklin D. Roosevelt, 32nd President of the United States had aptly said, "We may not be able to prepare the future for our children, but we can at least prepare our children for the future." As adults, parents and teachers, we have an onerous responsibility upon our shoulders of making our children the living messages for the future we will not witness. We need to:

- Love, Care and Nurture Children's holistic development.
- Inculcate 21st Century Skills through quality education.
- Support their interests and help them realize their potential.
- Teach them values with your

own life example.

- Provide them safe environment to live in to enjoy their childhood.
- Above all give them time and listen to them.

Education is one of the pillars of sustainable development. Only through education can children realize their fullest potential. The government has been making substantial efforts to enhance education and the New Education Policy sheds light on the paradigm shift in the education sector that will endeavour to provide opportunities for children in diverse fields. There are 472 million children in India under the age of 18 years, representing 39%

of the country's total population. Being blessed with the largest youth population, through education and health care India has all the potential to be among the leading nations of the world.

Children have all the potential to change the world. On their part the first thing they need to do is to cherish the gift of life God has given and be focused on values and their ultimate goal in life. In the face of challenges, they need to march forward with confidence to emerge victorious citizens of our country, India. "Children, you are fortunate to have innumerable opportunities at your disposal, make the best of it and do not take things for granted because many children are not as fortunate as you are. Be sensitive towards the less privileged children. Remember that you are unique and precious and loved."

Today while we organize various cultural programmes and host colorful celebrations, let us also pledge to make our children's childhood safe, enjoyable and a memorable phase of their lives. Let us value, love and nurture them so that our children will make India vibrant and robust country in the world.

**Wish you a Very
Happy Children's Day!**



JAYANTHI SUBRAMANIAM

Navi Mumbai

LOOKING OUT FOR LEG COMFORT

When people are aging they feel the discomfort of walking and feel the pinch of pain from all the parts of the leg and seek various types of treatment to get rid of such shooting pains. And mostly these pains occur during the night time and the relaxation becomes hazardous and life becomes a hell.

Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood is flowing through them. It is the largest circulatory network that connects the body. It has become a daily routine to walk around your housing complex to make sure that you are fitter all the time. Only when the feet are healthy then the convection current of blood flows smoothly, so people who have strong leg muscles will definitely have a strong heart. There is no doubt that aging starts from the feet upwards. As a person gets older,

the accuracy and speed of transmission of instructions between the brain and the legs decreases, unlike when a person is young.

In addition, the so-called Bone Fertilizer Calcium will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures. Bone fractures in the elderly can easily trigger a series of complications, especially fatal diseases such as brain thrombosis. Do you know that 15% of elderly patients generally, will die max. within a year of a thigh-bone fracture. So, walk daily without fail. Exercis-

ing the legs is never too late, even after the age of 60 years. Although our feet/legs will gradually age with time, exercising our feet/legs is a life-long task. We need to walk 10,000 steps to keep fit and winter time is good for walking. Only by regularly strengthening the legs can one prevent or reduce further aging. Please walk for at least 30-40 minutes daily to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy.

Fall risk is a big concern for many seniors; however, walking can keep that worry at bay. Since this

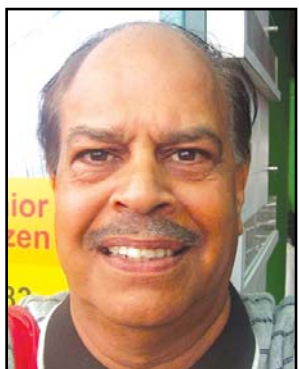
activity engages the hips, core and several other muscles, you'll be able to strengthen your body while working on your stability. This mobility will help you move through life with ease and be more independent. Walking is wonderful for reducing joint strain, which makes it a particularly helpful activity 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.

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.

HEALTH IS WEALTH

HUMOUR IN MORNING WALK



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

As a regular morning walker, I feel the pulse of the people going around me as they wish me on the way. I first go through a park cum playground and as I enter an adjacent park I feel the newly laid walking track suit my style of walking. I never exert too much but at the same time try to walk briskly so as to sweat it out at the end of my morning routine as per my doctor's advice. This has become a way of life. But at times you get much

more energy and enthusiasm to walk like a military man and it attracts others as well. On a sunny morning day I was walking stiff with my right and left legs going in a systematic way as I passed through my friends sitting at the Centre of the Park and they did

stop his command. To overcome this act of military parade in a public park, I did turn and salute my friends while continuing to walk in the same vein. Noticing my undue respect for them, my friend stopped his command of saying left-right and thereby



make a note of it. One of the friends noticed and started shouting left - right, left-right and I kept up the spirit of a NCC cadet and walked according to his command. But I could not continue to do so for a longer time and my friend did not

I escaped being subjected to more upright steps till the end of the walking track. My other friends fell into laughter and appreciated my spontaneous way of making my presence felt without hurting their feelings in any way.

WHAT IS "DAMPNESS" IN THE BODY?

The term "Dampness" is used in Chinese medicine and can be the underlying cause of many conditions such as achy joints and limbs, headaches, many digestive issues, sluggishness and depression, and skin conditions such as acne. The Chinese believe that both the external environment and your body's internal environment can combine to cause too much "dampness." If you are experiencing all the rain that the Midwest has been getting, you may feel the dampness in your body when you wake up. You are slower to move, your hands and other areas are achy and you may have foggy thinking. What to do? Here are some suggestions.

DIET

Avoid iced food and beverages, and also heavy, greasy food, especially during damp weather or if you live in a damp climate. (Hint: You can tell that the food is Damp by its texture; soft and sticky for instance cheese, bananas, pastries, fried food after it cools.) Foods to improve the condition include cooked : asparagus, barley, red beans, oat, brown rice, roasted meats, carrot and green tea. Eat more onions, ginger, garlic and other aromatic spices to promote the movement of digestive Qi.

SAUNA

Sauna. Visit a low heat sauna to gently promote a light sweat. High temperature saunas, which encourage heavy sweating, can be damaging to the body's



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CHINESE MEDICINE AND CUPPING

Use caution. The heat from moxibustion can also help to dry dampness. Chinese Medicine to clear dampness Cupping therapy can be used to remove cold and dampness, open the meridians, eliminate stasis, help promote qi and blood circulation, reduce

The heat from moxibustion can also help to dry dampness.

LIFESTYLE

Many people who suffer from heavy dampness in the body lack exercise. Some may feel heavy and weak most of the time with low energy and find it difficult to exercise and move the



swelling and pain, promote detoxification, bring balance to yin and yang, relieve fatigue, and enhance the body's function.

ACUPUNCTURE

Acupuncture can help us eliminate the dampness in the body by helping promote circulation as well as supporting the body's digestion center (spleen and stomach in Chinese medicine).

body. Exercising moderately will help. Enjoy the weather while supporting your body. And if you're going to puddle jump, don't wear wet clothing or keep hair wet for very long. 😊 I'm confident these suggestions from Chinese Medicine on managing Dampness will improve you and your families health.

RYAN CHRISTIAN SCHOOL – VASHI 'BUMBLE BEES BUZZING IN THE GARDEN'



The tiny tots of Grade I and Grade II went exploring the Green wall of Ryan Christian School Vashi as the teachers took them for a nature walk in the school garden on the 18th of November 2022. Students were dressed as honey bees and flowers. They were taken around where the teachers explained the impor-

tance of safe guarding the nature. It was a joy to see them hop and skip with all excitement as they went buzzing around in the garden.



CREATIVE SPACE

Health is Wealth



Nikhil Krishnan, Age 8 Years
Reliance Foundation School, Koperkhairane

MRL HELPS SENIORS EVOLVE AND REINVENT THEMSELVES AND MAINTAIN MENTAL WELLNESS

In October 2022, MRLF (MY RETIRED LIFE FOUNDATION) based out of Nerul, Navi Mumbai, celebrated World Elders day at Vashi, Bharatiya Vidya Bhavan.

A few lines about My Retired Life Foundation (MRL) : My Retired Life Foundation is a registered Public Charitable Trust born out of the need to serve senior citizens with a platform that provides professional opportunities and social engagements for people who have retired and can contribute to keeping themselves engaged.

Besides professional/social opportunities, the venture also is a one-stop place where senior citizens can look for all types of services/assistance such as Healthcare Support and Spiritual Wellbeing, Legal Advisory, Financial Advisory, apart from Networking with each other through WhatsApp group, and the various events organized every month both physically as well as on virtual mode.

People behind MRL are:

Dr. A K Sen Gupta (Chief Mentor) is a known teacher, researcher, and thinker in the parlance of higher education in India. Founder and Convener, Higher Education Forum (HEF), Vice Chairman, Bharatiya Vidya Bhavan's Navi Mumbai Kendra, Chief Trustee, My Retired Life Foundation (MRLF), Former Director, SPJIMR, Mumbai, Former Director, SIESCOMS, Navi Mumbai, Former Faculty, NIBM, Pune. Writes regular columns in National News Papers on topics relevant to Elderly as well student community.

Dr. R.K. Rao, Co-Founder & Trustee is a Post-Graduate in Hu-

man Resource from the Tata Institute of Social Science and Jawaharlal Nehru University, he also holds a Ph.D. from the U.S.A. He has more than 35 years of extensive experience in Corporate HR, Industrial Relations, and Administration.



**Ms. Veena Iyer
(Dance Movement
Therapist)**

The Mission of MRLF is to help to provide an enabling environment for senior citizens to live life with dignity and happiness. Especially during Pandemic the coming together of group members have proved to be a boon, with numerous ed-

sisted and encouraged by others in MRL family. All this took care of Mental wellness of members.

Post lockdown also we still meet up regularly following a hybrid mode digitally as well physically with Medical Talks at Apollo Hospital, Check up on Priority and more. In this effort recently MRL celebrated Elders day in October.

A very memorable evening, with fun, frolic, music n melody, dance n poems.... a superbly curated event. As for performances, every one gave their best, some calm, some lilting numbers, Some impromptu sporty dance, all were par excellent.

The guests of Honours were Lakshmi Mohan, Director ITM Kharghar and Prof Harish Aiyer of Bharatiya Vidya Bhavan. MRL honoured people who have contributed commendably to Society especially to the Geriatric Community viz Ms. Vidya Shenoy Secretary General of ARDSI, Ms. Amruta Lovekar who works in the field of Geriatrics and the caring couple Karuna & Easwar who are founders of Karuneshwar home for the Aged.

MRL also conferred Mementoes and felicitated Septuagenarians members (75+) for their milestones with Prayer "Shatamanam Bhavati".

The entire show was managed by in-house man power in Audio management, Photography and Compeering. That is the overall personality development we receive at MRL under the leadership and mentoring of Dr. A K Sengupta.

Website :

<http://www.myretiredlife.in/>
YouTube : MRL Foundation.



Saurav Das, Co-Founder & Trustee has been instrumental in sharing this dream of a career service for senior citizens with Dr. Rao and Dr. Sengupta. With added inputs from the latter, the team had organic growth and support from some very imminent people who are now part of this shared vision and mission.

ucative, enriching and entertaining online events with visiting speakers in Medical, Spiritual, academic fields as well as display of in-house talent in singing, poem recitation, Skits, Talks etc. There was no room to feel bored or depressed or lonely with weekly 2-3 programs online. Members became pro at zoom and those who had difficulty were as-

WORLD KINDNESS DAY CELEBRATION AT RYAN CHRISTIAN SCHOOL – VASHI

The purpose of World Kindness Day as outlined by the World Kindness Movement is "to highlight good deeds in the community focusing on the positive power and the common thread of kindness which binds us."

Theme for World Kindness Day 2022 – "Kindness makes you live longer."

In order to implement Kindness among the students of Ryan Christian School Vashi various



activities and competitions like, draw and colour the poster of kindness, Word puzzle and Essay writing were conducted from Montessori to Gr. VIII

The students learnt to co-operate and kindness around them. They understood that it is the right way to behave or act towards their fellow students in class. It is the essence of the 'The Golden Rule'. It was a day of compassion, courtesy and kindness in the air.

CHILDREN'S DAY CELEBRATION AT RYAN CHRISTIAN SCHOOL, VASHI

Ryan Christian School, Vashi, celebrated Children's Day with great joy and excitement. Students were welcomed by the teachers with lovely cards in the class. Few fun games were played. Students were appreciated with Well-done cards. The students enjoyed the games, they participated with great enthusiasm. The students and teacher had a cake cutting ceremony in the class. The students were also taken to the playground where Cricket and football match was organised House-wise. They played with full energy and enthusiasm.

Special assembly was conducted by teacher's section wise in the quadrangle. A chain of program was planned to make the occasion a memorable one. The assembly began with Bible reading, lord's prayer, special prayer by the teachers, The Mont teachers had a puppet show on the theme obedience



and few teachers also dressed as a Cartoon characters which brought smiles to all the students, Primary and secondary had a skit of n the theme. Instrumental orchestra by the teachers was the highlight of the show That was followed by the prize distribution for all the winners of art competition, poetry recitation and poetry writing competition and also elocution competition. A group of teacher's performed a medley of songs, the students joined in by clapping and singing the songs. A special message from our beloved Chairman Sir Dr. A. F Pinto was read aloud by the President of the school.

The students went back home with their hearts filled with memories of day. Munch was distributed to all the students.

It was indeed an excellent day filled with lots of love and blessings for all the students by the management and teachers.

WHAT IS YOUR NEW YEAR RESOLUTION?

At the beginning of 2022 we all must have set ourselves a New Year Resolution. Many must have done it seriously where as some would have done it just for fun because everyone was doing with no intention to follow 😊

Now that we are entering 2023

here is the time to make your new resolution. We would like to know what were your resolutions for 2022 which you had set and how much of it was achieved. This is for those who had set a serious New Year Resolution 😊 We would also like to know what is your Resolution for the year 2023 !!!

Do send it to us on datewithhealth@gmail.com before 20th December 2022 with your full name, profession, address and your photo. We will be anxiously waiting to hear from you 😊 😊

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