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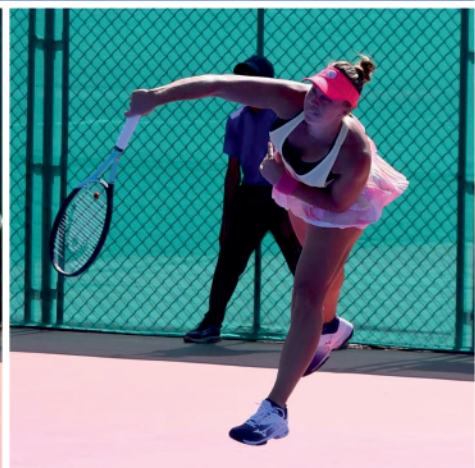
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WISHING ALL A VERY
HAPPY PROSPEROUS AND PEACEFUL NEW YEAR
STAY SAFE STAY HEALTHY KEEP YOUR BUDDY*
CLOSE TO YOUR BREATH !!!
YOU ARE JUST A MASK AWAY FROM THE VIRUS !!!!



Glimpses of the International Women's Tennis Championship (IWTC) 2022



PLEASE NOTE: Vol. 6, Issue - 3 (December 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

- Editor



Editorial

PRECAUTION IS BETTER THAN CURE !!!

Just as the world was gearing up to celebrate the arrival of the New Year, there is a fresh scare of Covid spreading again. The name of the virus itself sends shivers down the spine as memories of 2020 come to every mind. The one thing that is to our advantage is that we aren't new to what precautions and measures need to be taken to check the spread of it.

We probably were very quick in discarding the Mask which had been a barrier between the virus and us. We had adapted well and could have made it a hygiene practice when stepping out and going to public places. It was a good practice with or without Covid because people were protected against cough and sneeze in public places.

Its time to get back our masks and use them not to be used as a chin protector but should be worn in a proper way. If we take less care of the precautions the need for curing the sick will be more. One has to keep in mind the dreaded second wave which dealt a devastating blow to not just the economy but to human lives.

Let us gear up and not lower our masks and other precautions like maintaining social distancing. Also be vigilant on the health front, any prolonged cough and body pain should be tested properly and if needed stay quarantined till the doctor doesn't certify you fit.

Enjoy the festive season and the New Year celebrations with full fervour and joy but with reasonable amount of precaution too.

HAPPY PROSPEROUS AND SAFE NEW YEAR TO ALL !!!!

TEENAGE AND TECHNOLOGY



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Let me wish you all a very Happy New Year and welcome 2023 with a smile and joy in our hearts.

This year we shall witness the next level technology. While some will use it for betterment and others might use it for destruction.

I have written a lot about the negative effects of technology on all age groups as I have witnessed almost every age group people abuse technology and create their own destruction.

At the same time, however I have also witnessed the Marvel's of technology during my national and international travel.

In this article, I would like to guide the teenagers to use technology to create,

to make life easier, to organize and to understand that self discipline and creativity with technology can create Marvel.

Most teenagers are hooked or addicted to phone or technology, because it releases dopamine which is a good happy feeling and when anyone feels stressed or is anxious the dopamine levels are low. The most short cut way is to pick up a phone or go to a screen and escape the stress and feel good with the dopamine released due to the effects of a game or movie.

I get many cases where teenagers pretend to be doing school work, but actually are playing games late into the night. They are fooling their parents but most of all they are fooling themselves.

The first step to bring in discipline would be to create a timetable for releasing dopamine naturally.

Activities for dopamine would be playing an indoor or outdoor game, reading books, going for a run or walk, being with nature. Painting

or music.

Social work or helping animals and needy also gives a good dopamine level.

Food for dopamine are all good which are rich in protein.

Now when the natural release is there, the mind will be more focused and will look forward to using technology like a smart person and not an addict.

Teenagers can use technology first for organizing their things and their lives. This would include their daily timetable, their achievements, their things and even creating a list for what they shall wear each day.

Second they can create with technology new designs, art, craft.

Third they can learn about apps or even make them with help of instructions which are also available online. This will make them richer and smarter and also they would be able to earn by teaching others.

Fourth is to actually create with technology easier ways to travel, spend, and make their lives much more richer in terms of knowledge and re-

search work.

They can also learn languages and prepare themselves for travel across the world.

Fifth is to help the family society and the world with their skills with technology. There is no fast learner of technology than a child or teenager.

What can parents do to motivate and encourage.

1. Be with them if they allow and praise them and their efforts.
2. Take help to organise and show value for their learning by giving appreciation and talking about it to others.
3. Let them know they are excellent role models for their friends family and society.
4. Support them by giving them high dopamine food and activities.
5. Plan enough outdoor activities which will release natural dopamine.
6. Evolve together as a family.

I am sure the readers shall share this widely so that many teenagers and parents benefit from this and make this new year a beneficial one for all.

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

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 !!!!





Sahrish Akhtar

Beat winter laziness and stay healthy !

herbs and spices as well as plenty of fresh fruits and vegetables are essential to boost immune system. We can also have an optimum intake of foods rich in vitamin C, as it helps to strengthen our immune system and to keep our body healthy.

Exercise: Physical activity is an important aspect to keep one fit throughout the winter. Daily routine of yoga or any form of physical activity will help to keep you warm and boosts the immune system improving defence against seasonal ailments like flu and colds.

Skin Trouble: Damaged skin is one of the perils of winter.



Cold weather damages skin resulting in dry, and itchy skin, chapped lips, and cracked heels. Skin care in winter is a must include moisturising, applying sun protection creams and increasing intake of water.

Water: Drink required amount of water every day and stay hydrated. Water helps to clean our system and remove toxins, carry nutrients to the body cells and help balance body fluid.

Sleep: A good amount of sleep helps to keep the body's immune system healthy, eliminates stress hormone cortisol and burns calories. Sleep is non-negotiable factor for maintaining good health.

Hygiene: Maintain good hygiene, wash hands to keep the bac-

teria and viruses to stop spreads of germs.

Quit Smoking: Smoking makes individual susceptible towards respiratory infections in winter hence one should quit smoking.

Vitamin D: Go outdoor and soak in the warm sun, our body requires vitamin D - which is essential for maintaining health and immunity, Vitamin D is also required to regulate the mood.

Clothing: Wear woollen clothes to keep you warm when you go out.

Regular health checkups: In winters, people prefer to stay indoors in close contact with other people, thus

facilitating the speedy and easy transmission of diseases. Moreover, the foggy climate and less sunlight helps in bacterial growth. Thus, health checkups are important as preventive steps.

Now is the time to think about winter season health prevention, only if you want to avoid being sick and to avoid antibiotics and other drugs, follow above mentioned tips to have safe and a healthy winter.

SLEEP AND NUTRITION

Sleep impacts what you eat..

What you eat impacts your sleep..

Sleeping less than 7 hours a day increases the desire for refined carbohydrates that spark blood sugar levels and invite fat promoting insulin.

Lack of sleep triggers Stress hormones, whereas deep sleep NEUTRALIZES the stress hormones.

Insufficient sleep has been associated with elevated risk of obesity.

Sleep directly affects body's Muscle and Fat levels.

Lack of sleep can lower your body's muscle mass and result in visceral fat around your abdomen.

During sleep, especially REM sleep, your body repairs and builds muscle and breaks down the fat for energy.

Lack of sleep causes hormone imbalances and eating disorders.

If you have trouble falling and staying asleep, the culprit could be what you're choosing to eat or drink.

FOODS TO AVOID BEFORE SLEEP

Fatty or high fatty protein foods which are difficult to digest.



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Spicy foods which could cause heartburn Caffeine, which is present in energy drinks, green tea, cof-

B facilitates sleep as they help regulate Melatonin

Foods rich in Magnesium helps to ac-



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fee, matcha, chocolates, icecream

Alcohol and desserts which can cause a sugar spike..

HAVE...

A high fiber diet with fresh vegetables, fruits, whole grains, low fat protein.

Foods high in Vit

tivate mechanisms which calm you down, reduce anxiety and help you sleep better.

SO work towards sleeping better.

Wishing you all a happier, fitter, calmer and a stronger "YOU" in 2023

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STRESS-TIPS TO EASE TENSION..



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

Cooked, burned, whipped, beaten- we all know what it feels like to get emotionally drained, mangled by the boulder weight of the day to day struggles. Bosses yelling, spouses quarrel, financial cribs, health crisis etc. It feels like an endless circle, getting ahead to work leaves us with so little energy for personal life that turns into a battleground that eventually leaves us with no energy to work.

The term stress has been borrowed by biology from engineering, where it implies an ability to withstand a defined amount of strain. The term implies to any condition that harms the body or damages or causes death of a few or many cells. The body immediately tries to repair the damaged cells but it can do so only if the diet is adequate, providing a generous supply of all the essential nutrients. If, however, rebuilding of cells is not able to keep pace with their destruction, the condition will result in disease. The most common disease associated with stress are heart diseases, diabetes, headaches

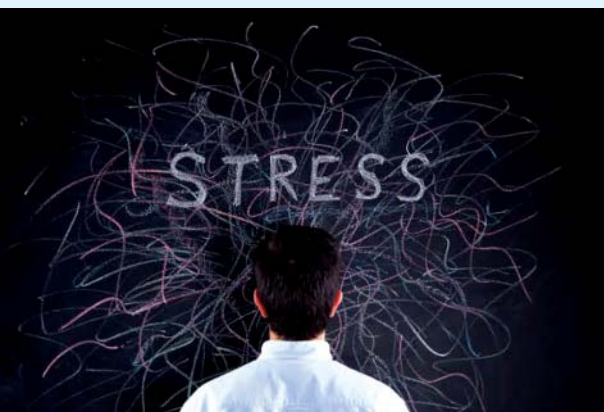
and peptic ulcers. Other diseases resulting from stress are ulcerative colitis, chronic dyspepsia, asthma, psoriasis and sexual disorders and many others.

Reactions to stress are manifold. No one situation is stressful to all the people all the time. Some of the factors that cause stress are children or lack of them, the boss or the subordinate, traffic, overwork or not enough work to do, too much money or too little of it, decision making, dull routine jobs, lack of authority and apprehensions about the future, studies etc. It may be caused by a variety of factors both outside the body and within. External factors include loud noises, x rays and other forms of radiations, blinding lights, extreme heat or cold, drugs, chemical, bacterial and various toxic substances, pain and inadequate nutrition. The factors from within the body include hate, envy, fear and jealousy.

A number of physical changes take place at the time of stress induces arousal. The brain and the nervous system become immensely active, the pupils of the eye dilate, digestion slows down, muscles become tense, the heart starts pumping blood harder and faster, blood pressure fluctuates, breathing becomes faster, hormones such as adrenaline are into the blood stream along with glucose from

the liver and sweating starts. All these changes take place in a split second under the direction of the nervous system. If the stress factors are immediately taken care of, all the changes are reversed.

Stress in its initial and reversible stage leads to poor sleep, bad temper, continual grumbling, longer hours of work with less achievement, domestic conflicts, repeated minor sickness, absenteeism, accident proneness, feeling of frustration and persecution by colleagues, complaints of lack of cooperation and in-



crease in alcohol intake. It is essential that these symptoms are recognized early by the patient or their well wishers and remedial measures to be taken to overcome them. If, however, stress is continuous or frequent, a variety of other symptoms like dizziness, stiff muscles, headache, vision problems, breathing difficulties, asthma, allergies, palpitations, digestive disorders, blood sugar irregularities, blood pressure fluctuations, backache, skin diseases, bowel disorders and sexual difficulty may appear.

But is stress really a catch-22? And is mere survival all you ask for in a hassle filled world? No! you don't have to run from it or fall prey to the ill effects of stress. The following tested tips will show you how to combat stress and win over it. For instant relief when the world has you in a headlock, read on-

- **Work on your attitude:** the single most important point you can make about stress is that in most cases, it's not what's out there that's the problem, it's how you react to it. And how you react is de-

termined by how you perceive a particular stress. For eg- watch people on a roller coaster ride. Some sit in the back, eyes shut, jaws clenched. They can't wait for it to end and get back to solid ground. Up front are the wide eyed, thrill seekers who relish every steep plunge and cant wait to get on the next ride. And in between are those who are seemingly quiet, non-chalant or even bored. They're all in the same situation but reacting to it differently. The Chinese word for crisis is "Weiji"- two characters that separately

mean danger and opportunity. Every problem we encounter in life can be seen that ways, as a chance to show that we can handle it. Changing the way you think can change the life of stress and discomfort to a life of challenges and excitement.

- **Think about something else:** Anything that will help you shift your perspective instantly is useful when you are under the drill. You want to distract yourself from whatever chain of thoughts is producing anxiety and stress. And thinking about anything else randomly will help you calm down and help you think straight after a short break. Just counting numbers in your head helps distract your mind of stress.

- **Have a positive approach-:** Thinking about success or achievement is excellent when you are feeling uncertain. You're instantly reminded that you have achieved or faced it earlier and there's no reason you shouldn't achieve it this time. Know that you are prepared and capable to handle anything with a calm and composed mind. Stay positive and practice gratitude, acknowledging the good parts of the day.

- **Take a mental vacation:** Taking a mini vacation in your mind is a very good way to relieve or manage stress. Visualize yourself in a relaxing situation- a calm beach, valley of

greens, by a waterfall, sailing swift in an ocean etc. It's amazing what this can do to relax you. Learn to say no to responsibilities when you are too busy or stressed.

- **Recite an anti-stress litany:** Stress can strike anytime, not just at work, in the bathroom, in a car, at meal time, on the way home. To help yourself unravel when unpleasant thoughts knot the muscles in the neck and tension mounts, recite the following litany- 1) there's no place I have to go at this moment. 2) there's no problem I have to solve at this moment. 3) there's nothing I have to do now. 4) the most important thing I can experience at this moment is relaxation. It is necessary to think about these with conscious mind because doing so automatically changes the mind set that's producing stress. If you're reciting the litany, you are not thinking about what bothers you.

- **Use affirmations:** You should have a list of affirmations ready that you can start repeating when you feel stressed. They don't have to be complicated. Just chanting "I can handle this", "I know about this well" or "It's not a big deal" will work. This pulls you away from the animal reflex to stress and helps you stay calm.

- **Look away:** If you look through a

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DANCE MOVEMENT THERAPY AND BRAIN HEALTH IN A NUTSHELL

Dance Movement/Creative Movement Therapy, DMT as it is known, is based on the simple premise that Mind and Body are inseparable. When either of the one is not in harmony, there is imbalance and



Ms. Veena Iyer
Founder of Khoj, Holistic
Healing Therapist
as DMT practitioner

DMT works towards holistic healing, i.e. healing both body and mind effectively.

Movement therapy has been shown to improve motor function, cognitive function, mental symptoms, and overall quality of life in people. We all have heard of the Fight or Flight situations, how different people respond differently. A little more about the same to show how movement helps to address mental illness and brain related issues.

Let us know about a small word AMYGDALA in a simple way and not medically. The name Amygdala is derived from the Greek word amygdale, meaning "almond," owing to the structure's almond like shape and is located in the medial temporal lobe. It is simply the region of the brain primarily associated with emotional processes. The amygdala can be stimulated when faced with a perceived threat. If in a threatening situation, the amygdala will send information to other parts of the brain to prepare the body to either face the situation, or to get away from it.

In this modern day life, one is more likely to experience psychological threats, such as the pressures and stress of modern life, work, and relationships. These emotions, too, can trigger the amygdala's fight-or-flight response. Anger, aggression, fear, and stress are all common emotional triggers.

Here the Sampornata model of DMT can be applied effectively to shift the

focus from illness to wellness and heal holistically, across gender, strata and age. Various activities are woven in a movement therapy group session for both body and mind. As music is also used to enhance a session, it

was found that sound based activity appealed to dementia patients, parkinsons affected and in general to Geriatric groups. Even just moving and feeling our hands have been found to be an interesting option for dance therapy for those with restricted mobility.

Creative movements with the whole body help people regulate their emotions and connect with themselves and the world more deeply and meaningfully in a group and also improves social interactions. Dancing can help to combat the effects of ageing on the brain, scientists have found. Research has also found that free and flowing movements led to noticeable behavioral changes in terms of improved balance. All dances especially Indian classical forms having integrated Rhythmic Movements, hand gestures have a calming effect and thus helps in emotion control.

Thus a continued DMT sessions allows the individual to express through body language, as this is basically a non-verbal therapy (one of the important factor for its success) and also helps to regulate emotions. Some more benefits are increase in self confidence, memory enhanced, improved social interaction and communication skills as well as improve self-esteem and over all attentiveness in individuals.

Acknowledgements: Actual experiences in sessions conducted with seniors, excerpts from Research Papers from India & Abroad.

NEW YEAR RESOLUTION 2023

1. Nothing is impossible:

We can achieve something different from others. If you are a sportsman then you can take defeat and victory in the same spirit. Happiness happens to those who seek it. Winning is a habit as far as sports is concerned. Yes; you go for a winning mode, then only you can finish as hard fought loser.

2. Don't think of today:

Think about tomorrow and the day after. Stitch in time saves nine. Try to plug the loopholes and feel success in life. Saving is a very good habit and cultivates the same for rainy days. Small drops make an ocean true. Nationalized Banks are there to keep your small savings and that sum grow and double to help you at the time of need.

3. Don't be Selfish:

Live and let others also live. Metro city Mumbai is helping so many people to start their career and become rich in record time. Thus so many people are coming to the Business capital to make their living more comfortable.

4. Learn to leave bad habits:

The year 2023 is the best opportune moment to leave bad habits. Cigarette smoking is injurious to health as per the statutory warning message. However, so many people taste smoking and spoil their health in the process. Chewing Gutka / tobacco and drinking habits can also be done away with grit and determination in the New Year.

5. Teaching is a good hobby:

Inculcate the knowledge available with you to others Teachers play a very crucial role in imparting knowledge. We forget the teachers once we get a good living. Cricketers are helped by coaches; but once they become superstars they forget the role of the coaches



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

in bringing their career to limelight. Music teachers bring melody in the voice of the wards.

6. Respect Elders: Express gratitude to your parents, teachers and the patients. At one time or other we may also lie down with an ailment and we need the help of others.

7. Try fast methods: be a sport and try to finish your work as early as possible and accept more work and help others and the institution. If your Institution grows, then you will also grow simultaneously.

8. Work is Worship: Play a key role in your sphere of work. If you are in retail Banking, introduce new products in the New Year. You must think that you are the backbone and shoulder additional responsibilities. You need not go to a temple if you treat the work as your worship.

9. Patient Listening;

Listen to what others say. Improvise their views and make a successful suggestion. Give credit to the team members also instead of poking your nose alone.

10. Have Concern for others:

Instead of thinking about you, always give some attention towards poor, downtrodden people. After all, you live to help others and that attitude is a great virtue.

11. Control your anger:

People may irritate you with unwanted comments; but try to maintain composure and do a world of

good to your institution and give attention to family values and traditions. After all anger will come and go but the name and fame you gained will also go with your anger.

12. Try to be a fitness freak:

The retirement age of Government employees was increased from 58 to 60 and a recent notification says it may be again increased to 62. Hence, try to fit in with healthy habits.

13. Develop good Character:

Our life span is short. During our time try to develop good character and try to adopt them in day to day life as well. After all, your character reflects your mind. Apply patience and perseverance to achieve your objectives and don't take hasty decisions and never look for short cut to success.

14. Compliment People:

Give respect and take respect. Appreciate a good song. Compliment a good knock by a batsman and encourage him. Stop talking discouraging words.

15. Aim of your life:

In the best interest of your family you wish to have loving parents and loving children. After all, you will become old one day and your sons will have to look after you, the same way you looked after your parents. The love and affection is passed on from forefathers to our father, father to son etc.

If you are able to get what is required for your life with the above good thinking you can lead a peaceful living for which, you maintain robust health, work with honesty and sincerity, have faith in God and that will give you peace of mind and try to instill confidence in your children because the future of India is in the hands of the present day children.

**Wishing you
Happy New Year 2023.**

RYAN MINITHON 2022



Ryan Minithon 2022, one of the largest minithons for the school students in the country which was held today in Navi Mumbai witnessed the enthusiastic participation of 13449 students of 17 different schools of Mumbai. Ryan Minithon 2022, the 185th race for school students in the country under the aegis of Ryan Group of Institutions mentored by, Chair-

man Sir of St Xavier's and Ryan International Group of Institutions. The race was flagged off from Ryan International School, Nerul by Our respected Mr. Ravindra Ithape (Corporator), Mrs. Surekha Ithape (Ex. Corporator), Mr. Animesh Mahendra (Deputy commissioner of Police), Mr. Shekhar Lad (Senior Excise Officer), Mr. Rajendra Singh (Scooba Diving, International Handball

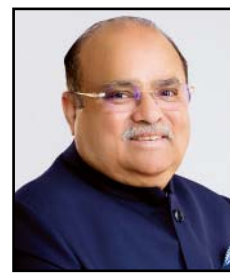
Player) Mr Rahul Shankar Bheke (Secretary of Maharashtra, Football and first Indian Playerto score in the AFC Champions League Game) Mr Rajeev Sood (Managing Committee and Founder Member of Nerul Gymkhana, Marine Engineer CEO of Wartsila Pvt Ltd) Dr K P Sherif (Permanent Trustee and Founder Member of Nerul Gymkhana)

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CHRISTMAS – GOD'S GIFT OF JESUS TO THE WORLD

Once again, it's the time of the year when the story of the birth of Jesus Christ born in a humble manger is shared and celebrated throughout the world. The month of December brings a message of goodwill - to love, give and forgive. Christmas is celebrated all over the world with great joy. For children it's a time

of fun and excitement. Christmas rings in the atmosphere of peace and festivity in the air. The whole season has its own special feel to it and everyone seems to be happier and kinder. It is a season that awakens the spirit of giving and sharing among people. "Jesus Christ" is God's gift to the entire humankind and the celebration of Christmas beautifully illuminates the significance of His birth. "For God so loved the world that he gave his one and only Son, Jesus, that whoever be-



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

lieves in him shall not perish but have eternal life." That's the focal point of Christmas. The Christmas tree, the Santa Clause and buying and shopping are just the commercialized peripherals. The celebration of Christmas sheds light on God's unconditional and unfathomable love that has no bounds. It is the love

of God that sustains us all through. We celebrate Jesus' birth and his redeeming love at Christmas and the entire season exhorts us to share God's love with our neighbours, poor and needy just as Jesus was a gift shared by God Almighty Father. Mother Teresa has beautifully said, "It is Christmas every time you let God love others through you...yes, it is Christmas every time you smile at your brother and offer him your hand." Truly,

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STRESS-TIPS TO EASE TENSION..

Contd. from page 4

window at a far distant view for a moment, away from the problem that's producing stress- the eyes relax and if the eyes relax, the tendency is for you to do the same.

- **Take several deep breaths:** Belly breathing is what some people call it, it's an old and useful trick for defeating anxiety and nervousness. The basic idea is to act calm. When you are experiencing stress, your pulse races and you start breathing heavily and quickly. Forcing yourself to breathe slowly convinces the body that the stress is gone, whether it is or not. The correct way to breathe? Abdominally feeling the stomach expand as you inhale and collapse as you exhale.

- **Stretching and yoga:** essentially everything we feel has a physical manifestation. A lot of us respond to stress with muscle tension. Ideally we'd prefer to

eliminate the cause of stress but stretching and yogic asanans at least reduce the sensation of stress from the muscles, they relax and feel less rigid. And given that sometimes we can't do anything about the cause of stress, this is important. And for many of us, that's what we need.

- **Massage your target muscles:** most of us have particular muscles that knot up under stress. It's sort of a cycle. Stress produces adrenaline, which produces muscle tension, which produces more adrenaline and so on. A good way to break the cycle is to find out your target muscles, the one that are tensed under pressure and massage them for a couple of minutes.

- **Take a hot soak:** hot water works by defeating the stress response. When we are tense and anxious, blood flow to our extremities is reduced.

Hot water restores circulation, convincing the body it's safe and it is okay to relax. Cold water is a no no for the opposite reason. It mimics the stress response. An office alternative is to run hot water over your hands until you feel tension starts to drain away.

- **Move around:** Regular physical exercise plays an important role in the fight against stress. Exercise of-course builds stamina that can help anyone battle stress. But even something as casual as a walk around the house can help you throw off some of the tension that you carry. Exercise is what your body instinctively wants to do under stress-run or fight. And it works. One, it burns off some of the stress chemicals that produce and two, a tired muscle is a relaxed muscle. It not only keeps the body fit but also provides recreation and mental relaxation

- **Tune in to music or relaxation**

podcasts: relaxation podcasts or cassettes work, but they aren't the only options for stress. Music soothes as perhaps nothing else does. Music is an enormously powerful tool to fight off stress. You can use it to relax and to inspire.

- **DIETARY MODIFICATIONS:** In dealing with stress, diet plays an important role in prevention and healing of stress induced diseases. Certain foods associated with stress and anxiety should be scrupulously avoided. These foods include caffeine in coffee and soft drink; which causes nervousness, irritability and palpitations, salt which has been associated with heart diseases, cigarettes which cause tension, irritability and sleeplessness and has also been linked with cancer, alcohol which depletes vitamins of the B group considered essential for reducing stress.

Certain nutrients are beneficial in re-

lieving stress. These are vitamin A, B and minerals such as calcium, potassium and magnesium which reduces the feeling of irritability and anxiety. Vitamin A is found in green and yellow vegetables. Some of the valuable sources of vitamin B are cashews, green leafy vegetables, yeast, sprouts and bananas. An element of vit B complex, pantothenic acid is especially important in preventing stress. It has a strong effect on the adrenal glands and the immune system. Adequate quantity of this vitamin with vitamin A can help prevent many stress related ailments. Potassium deficiencies are associated with breathlessness, fatigue, insomnia and low blood sugar. Potassium is essential for healthy heart muscles. Nuts and grains are a good source of potassium. Calcium is a natural sedative. Deficiency causes fatigue, nervousness and tension. Dairy products, eggs,

almonds and soybeans are rich sources of calcium. Magnesium is known as the nature's tranquilizer and is associated with prevention of heart attack. Deficiencies may lead to excitability, irritability, apprehension and emotional disorders. Magnesium is also responsible for absorption of calcium and potassium and is found in many fruits, seeds, vegetables, dates and prunes.

Have holidays at regular intervals. Take good care of your body each day, stay connected to people that make you happy and provide emotional support. Above all, keep your lifestyle simplified to avoid unnecessary stress. It's natural and normal to be stressed sometimes. But long term stress can cause physical and emotional symptoms and unhealthy behaviors. Try relieving stress using a few simple strategies. But if you feel overwhelmed, talk to your doc!

2022 IWTC W25 Ganesh Naik Initiative

ITF World Tennis Tour

WS - SINGLES MAIN DRAW



Week of	City, Country	Prize Money US\$	Tourn. Key	ITF Supervisor			
19 DEC 2022	NAVI MUMBAI, IND	25000	W-ITF-IND-08A-2022	Saman Hassani			
St.	Rank	Cnty	Round 1	Round 2	Quarterfinals	Semifinals	Final
1	255	SLO	JAKUPOVIC, D [1]	JAKUPOVIC, D [1]			
2	Q 856	IND	BAHARMUS, Humera	6-1 6-1	KUDASHOVA, Daria		
3	492		KUDASHOVA, Daria		3-6 6-3 6-3		
4	423	SVK	MORVAYOVA, Viktoria	3-6 6-2 6-3			
5	Q 1093	IND	ALEEN QAMAR, Farhat		SAVINYKH, V [6]		
6	453	IND	BHOSALE, Rutuja	6-2 6-1	6-3 7-6(5)		
7	Q 768	IND	LUIKHAM, Jennifer		SAVINYKH, V [6]		
8	330		SAVINYKH, V [6]	6-3 7-5	6-4 6-3		
9	300	IND	RAINA, Ankita [3]		SAVINYKH, V [6]		
10	559	BEL	VLASSELAER, Clara	7-6(3) 6-1	6-1 6-4		
11	Q 1275	JPN	OGATA, Haine		RAINA, Ankita [3]		
12	WC *1433	IND	ADKAR, Vaishnavi	6-4 6-4	6-1 6-2		
13	WC 1173	IND	BHASIN, Smriti		RAINA, Ankita [3]		
14	546	IND	CHAUDHARI, Vaidehi	4-6 6-3 6-1	6-2 6-7(4) 6-2		
15	Q 821	POL	BASZAK, Weronika		CHAUDHARI, Vaidehi		
16	380		YASHINA, E [8]	6-7(3) 6-3 6-3	6-1 7-6(6)		
17	374	UKR	STRAKHOVA, V [7]		SAVINYKH, V [6]		
18	393	INA	NUGROHO, P	3-6 6-3 7-5	6-2 7-6(4)		
19	653	IND	BHATIA, Riva		4-2 Ret.		
20	WC 779	IND	BHAMIDIPATY, S	6-0 Ret.			
21	460	IND	YAMALAPALLI, Sahaja		NUGROHO, P		
22	610	SRB	KOZAROV, Katarina	6-2 6-7(6) 6-4	5-7 7-5 6-4		
23	585	IND	BAVISETTI, Sowjanya		MARCINKEVICA, D [4]		
24	302	LAT	MARCINKEVICA, D [4]	6-4 2-6 6-4	6-4 6-7(4) 6-1		
25	306	FIN	KULIKOVA, A [5]		NUGROHO, P		
26	Q 784	POR	MURTA, Ines	7-6(6) 3-6 6-3	6-7(2) 7-5 6-3		
27	518		LASKUTOVA, Ksenia		KULIKOVA, A [5]		
28	WC 1124	IND	NITTURE, A	6-3 6-3	6-3 6-2		
29	432	NED	STEVENS, Lexie		KULIKOVA, A [5]		
30	612		KOVALEVA, Anastasia	6-4 6-1	5-7 6-3 6-4		
31	582	IND	DESAI, Zeel		CAVALLE-REIMERS, Y [2]		
32	279	ESP	CAVALLE-REIMERS, Y [2]	2-6 6-1 6-2	6-4 6-2		

* ITF Ranking

	# Seeded Players	# Lucky Losers	Replacing	Draw date/time: 19 DEC 2022 14:24
	1 JAKUPOVIC, Dalila			Last Direct Acceptance
	2 CAVALLE-REIMERS, Yvonne			ADKAR, Vaishnavi (IND)
	3 RAINA, Ankita			Player representatives
	4 MARCINKEVICA, Diana			ALEEN QAMAR, Farhat (IND)
	5 KULIKOVA, Anastasia			BHARDWAJ, Divya Harindra (IND)
	6 SAVINYKH, Valeria			Signature
	7 STRAKHOVA, Valeriya			Saman Hassani
8 YASHINA, Ekaterina				
	# Special Ranking: Name			

RYAN MINITHON... Contd. from page 6

Mr Vikkas Shetty(General Secretary Nerul Gymkhana). Following the well established tradition of the Ryan Group of Schools, the galaxy of guests hailing from different walks of life planted saplings after the mega Ryan Minithon 2022 kicked off.

Sporty students from U- 12 to U- 18 clad in P T uniform ran the race along the marathon route lined with a continuous human chain of teachers of all the participating schools. Ryan International Group of Institutions, India, has

been organizing such races in Bengaluru, Delhi, Chandigarh, Nagpur, Surat, Jalna, Jaipur and Navi Mumbai since 1998 to develop a sports culture in the country conducive for grooming young students for national and international sporting events. An average of 70,000 students and above 350 Institutions participate every year. Our Honourable Chairman Sir Dr. A. F. Pinto believes that this minithon is a tribute to all the athletes throughout India and such minithons promote an interest in sports in the minds of youth.

The winners of different age groups were awarded in a scintillating ceremony with a number of distinguished guests in attendance. The prize distribution ceremony got off with a prayer followed by welcome speeches, melodious songs and captivating dance performances. St. Aloysius High School, Nallasupara received the Championship Trophy of 23rd Ryan Minithon 2022 of Navi Mumbai division securing 36 points. The second position was secured by St. Joseph's Kalamboli with 33 points and St. Xavier's

High School, Airoli secured the Third Position with 29 points.

Six prizes in each category were awarded to students. The overall points of each race decided the Championship Trophy.

The second session of the event was an entertaining programme organized by various participating schools for the invited dignitaries. The programme began with a Lord's Prayer, Bible Reading, Prayer, Prayer Songs, Welcome speeches, dance performances followed by Prize Distribution.

CHRISTMAS – GOD’S GIFT...

Contd. from page 6

Jesus is born every time we share God's love with our fellow brothers and sisters. Jesus is the Prince of Peace who came to give hope, love, joy, peace and eternal life. With innumerable problems all around the world where peace seems so difficult, Jesus gives hope and his message of goodwill becomes relevant for every person on the earth even today.

Life and message of Jesus and his love is beyond the boundaries of time or culture. His life was a life of unconditional love, the love that seeks to offer something better for all. His love extends beyond our-

selfes and reaches out to others, and impacts the common good of all. This Christmas, let us strive to embody his love and share it with those around us in our own little ways that will certainly bring true joy in our lives. Let us be open to receive the gifts of love, joy and peace freely given by Jesus in our lives and spread the message of giving, sharing and caring for one another. W. T. Ellis had beautifully said, 'It is Christmas in the heart that puts Christmas in the air.'

WISH YOU A TRULY JOYFUL CHRISTMAS AND A PROSPEROUS NEW YEAR 2023.

CREATIVE SPACE



Nikhil Krishnan, Age 9 Years
Reliance Foundation School, Koparkhairane



Tarannum (Age: 12 yrs), Shahjahanpur (UP)

NEW YEAR RESOLUTION 2023

My New Year resolution is to spend more time with my loved ones. I want to spend more time with my family and friends. Spending more time with loved ones can help decrease feelings of loneliness or isolation and reduce depression symptoms, anxiety and stress. I want to focus on : • Showing love for the other person. • Talking about a future together. • Being a cheerleader for the other person. • Prioritizing the relationship and spending time together. • Having fun together doing enjoyable activities. I will try my best. Don't waste this coming year. If spending more time with family and friends is a priority for you, figure out what you need to do to make it happen, then do it !!!

NAYA SAAL MUBARAK !!!

Sana Nisar Mukri, Teacher, Khopoli, Raigad



Wishing u all a very happy New Year 2023. Enjoy every second, minute, hour, day. My resolution for the coming year is meditating and controlling my emotions which will help me level my BP. Without any disturbance concentrating on exercise.

Anita Tamse, Homemaker, Koparkhairane, Navi Mumbai



I want next year to be a different type of year, this year I wasted time on unreasonable things. Next year I really wanna try new things, find myself and try to excel in studies.

Maisha Syed, Student, Vashi, Navi Mumbai



My 2022 resolution was to work upon building better dancing skills. That resolution was successful. My resolution for 2023 is to start exercising daily and work on flexibility. Hope to successfully achieve it too.

Saniya Mukadam, Student, Koparkhairane, Navi Mumbai



Treat yourself to a road trip to a State you've never been to before! We are blessed to live in such a large, beautiful country and there's so much to see beyond our front yard. The message is spend time with yourself and your loved ones. Take out time for yourself and enjoy the little things in life.

Be adventurous and explore new opportunities.

Tanvi Agarwal, Student, Vashi Navi Mumbai



It would be keeping a check on my conspicuous consumption (or materialism). I want to reduce the dependence on buying the latest goods for my happiness because it's not healthy.

Hiya Shaji, Student, Koparkhairane

My New Year resolution is to have a healthier sleeping schedule. My sleeping schedule has not been great in 2022. I stayed awake late in the night and would get up around 6 am. Daily I used to get only 3-4 hours of sleep instead of 8 hours which is essential for a healthy mind and body. This affected my health and would fall sick frequently. I would also feel tired every now and then. So I have decided that in 2023 I'm gonna fix my sleeping schedule and sleep till 10 to complete my 8 hours of sleep.

Sanika Tambe, Student, Koparkhairane

RYAN CHRISTIAN SCHOOL – VASHI
16th ANNUAL SPORTS DAY 2022-2023

"I can do all this through him who gives me strength."

- Philippians 4:13

The much awaited 16th Annual Sports Day was held on Saturday 3rd December 2022 under the guidance of Respected Chairman Sir Dr. A.F. Pinto & Managing Director Madam Grace Pinto.

The fantastic turnout from the parents and the pleasant weather were the perfect boost for the students on their Annual sports day at the Ryan Christian School Vashi, school ground. The students entered into the spirit of the occasion in a grand way.

The Guests, Pastor John Ubalio, Mr. Rahul Rajput – State Level player – Taekwondo, Mr. Suyog Jadhav – National Boxing player & Mr. James Jones – Retired as a Foreman from B.P.T., National Football Referee, National Player were present for the day.

Programme began with the Lord's Prayer, Bible reading, Prayer and Praise and Worship.

Flag hoist, March past by all the squads and Montessori Toy Band.

Oath being administered by the students led by Mst. Faiz – Sports Minister in the quadrangle.

The events in the playground began with felicitation of the dignitaries, Tree Plantation was done by the Guests to mark the tradition of Ryan Group, school choir filled the environment with melodious Tree plantation song in 3 languages (English, Hindi & Marathi lighting of the torch then Mascot (Dolphin) was released by the guests. Various events like Cream on the cone race, Fruits in the orchards, spring in the ocean, pillar to post with hockey stick, Hoola hoop dribble, Hurdle, Santa in the town, save the balloon race etc., were conducted for the students and the parents as per the schedule.

The day concluded with our guests, congratulating the winners (Students & Parents) with medals, certificates & gifts. Vote of thanks, closing chorus & National Anthem

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REGULAR BLEEDING
WHICH ENGENDERS
PHANTOMS

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