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Saniya Mukri: 9552096084
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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 !!!!



Maharashtra State Olympic Games 2023

The Maharashtra State Olympic Games 2023 were organised by the Maharashtra Olympic Association in Pune from 2nd Jan 2023 to 12th Jan 2023. The event saw participation from over 10,000 athletes in 37 various disciplines.

12 Swimmers from the Fr. Agnel Swim Team, Vashi, Navi Mumbai representing their respective districts participated at the mega event and won a total of 52 medals.

Leading the tally was 15 year old Rishabh Das, a Std IX student of Fr. Agnel School, Vashi who won 5 Individual Gold medals and 5 relay medals. He was awarded the Trophy for the Best Male Athlete of the Games among 37 disciplines. 15 year old Pratishtha Dangi representing Thane district also won 5 individual gold medals but narrow-

ly missed the coveted Best Female Athlete award to a gymnast with an equal tally.

Other swimmers who did well are Heer Shah from Mumbai district who won 10 medals including 5 relay medals, Hiba Chougale from Avalon Heights with a total of 5 medals, Anshuman Jhingran and Taesha Fernandes with 4 medals each.

Suchit Patil from Raigad district and his training partner Rakshit Shetty won 2 medals each.

Nidhish Mhapsekar from KBP college Vashi bagged 3 medals while Shlok Khopade and Vanshika Parti both from Navi Mumbai got 2 medals each. Rasika Nadar, also from Fr. Agnel, Vashi won a lone Silver medal in the freestyle relay for women.

The Agnel swimmers medal tally was undoubtedly the highest medal haul from a single club in the whole of Maharashtra. The Agnel team is Coached by Shiv Chhatrapati awardee Gokul Kamath, Amit Awale, Sandeep Yadav and ex swimmer Rutuja Udeshi who is also a Shiv Chhatrapati awardee in swimming.

Contd. to page 4



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

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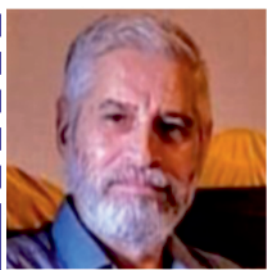
So plant a sapling today as your contribution for a better tomorrow !!!!



PLEASE NOTE: Vol. 6, Issue - 4 (January 1-31, 2023) 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

LEAD BY EXAMPLE !!!

What is the best way to make youngsters do positive activities and bring them back from a static life to an active and fit one ? Well many would start giving health and fitness sermons preaching health and fitness quotes. Youngsters would be tortured with lectures on how to stay fit and active.

Today's younger generation is so much addicted to mobile and electronic gadgets that they have lost all mobility. Walking jogging and exercising too seem to have been confined to these gadgets. Health has become a terrible casualty as man has stopped doing physical activities and has started over relying on electronic and other comfort equipments.

The problem with bringing the youngsters out from their comfort areas isn't easy because elders today themselves are continuously busy on their cell phones and asking the former to leave lethargic life and go out for physical activities. Preaching has an impact but then if what is being preached isn't being put in practice by the preacher himself / herself, it will have no significant result.

One looks up to practical advice, if what is spoken verbally doesn't match with the action the result in majority of cases would be zero. Children at home imitate their parents, and so it becomes important how they behave. One practical advice is better and more effective than hundred theoretical advices.

So next time you watch your actions before asking others to follow good things, then be it on health or social front !!!!

ALL THE REASONS WHY STRAWBERRIES ARE WONDERFUL!
HERE'S WHY STRAWBERRIES ARE GOOD FOR YOU



- Improves complexion
- Strengthens teeth
- Great for eyes
- Rich in nutrients
- Boosts immunity
- Promotes hair growth
- Improves brain health
- Reduces inflammation

TEENAGE AND CAREER CHOICES



SALMA PRABHU
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This is one of my favourite topic as I have done more than 4,00,000 career profiles in my life and I can write on this topic volumes and volumes.

Why I have selected this topic for teenagers is because all the career choices get concrete during this age. During childhood everyone plays games which are related to some career. Either they want to be an engine driver or pilot or sail on a boat. Or even become a chef.

Many girls want to be fashion designers, makeup artists, doctors, painters, teachers etc,

And creativity along with fantasy is very high during childhood, but when they enter teenage, this is the time concretizing of what they want to be in their life happens.

I would like to share a very personal information that my parents always gave me.

As a child, they said, I would stand on the teapoy and give lectures. I still have that teapoy with me and it reminds me of what my parents told me. Most of you know that all my life I have done that. I have done seminars, workshops, trainings, lectures, teaching an audience.

So we can say that what we are going to be in our life does begin in the childhood and gets concretized in the teenage and then it is implemented for the rest of the life.

While the teenagers are growing up, what parents need to do is to ensure that they do not try and push their dreams into the children.

Every child, every teenager has their own dreams and they need to be encouraged, motivated, guided, mentored by the parents and the teachers.

During my many career counseling sessions, I have observed that children do not talk much. It is the parents who are very anxious and seek more Information regarding the careers, which they feel are going to give more money and more stability.

However my experience from the last 30 years of my life doing career counselling is that it is the interest in

work, the joy which brings about stability and money in life, because money flows, when you are happy. And when you are happy in the career that you like and you are interested in you shall be keen to make it a success.

This is the one and only mantra to become successful and happy in life.

Happiness in work results in being energetic even after a long day at work. When that person returns back from work, that person is also ready to contribute to the family and to the society and to the world. Because the person has had a good day at work, feels satisfied with the work, feels joyful, feels happy.

So once again I repeat. For all the parents that.

1. Do not pressurize your children to get into careers which are only for money and stability
2. Respect their interest and try and find out what their interests are because if they go in for the careers where they're interested in, they are just not going to be successful but they are going to do some exceptional work.
3. Do not worry about them being in a

wrong career, there is nothing like a wrong career, even careers, which are into sound and music are also very amazing and we need people in all different types of careers and not just engineers and accountants.

4. Encourage your teenagers Find out more about their passion, their interest and help them join small courses and groups so that they can confirm that this is the field they want to be for the rest of their life.

5. Help them with contacts you have, who can give them more knowledge and more understanding of what it is going to be for not one day or two day for the rest of their lives in that profession. We all have friends or contacts in various fields.

6. Let your children, your teenagers, bloom. Fly. Soar high. And succeed and be proud of whatever they do. Whatever they like, whatever their interests are.

I am sure the above tips will create successful careers and happy people who are going to leave their footprints behind on this earth.

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DETOX YOUR BRAIN IN 2023

What Is a Brain Detox/Brain Cleanse?

A brain detox, or brain cleanse, is intended to help protect against neurodegenerative diseases and decrease symptoms related to poor brain function.

Why do people try brain cleanses? Usually to help manage symptoms such as:

- Fatigue
- Brain fog
- Anxiety
- Depression
- Memory loss
- Brain injury and stroke
- Addictions

This type of cleanse usually involves steps such as prioritizing sleep, taking certain natural food supplements that will help support brain function, eating an anti-inflammatory diet, exercising and fasting properly.

How do you do a mental detox?

1. Get Enough Sleep

Getting enough sleep each night is one of the best ways to support your brain's natural detoxification processes.

Quality of sleep is more important than the quantity of sleep. Even if you sleep for 5-6 hours at night and you get sound sleep, this is enough. Stick to the sleep timings. 10:30 pm – 5:30 am Here are tips for helping you get the best sleep you can:

- Go to bed and wake up at approximately the same time every day, including on the weekends/your days off. This helps regulate your circadian rhythm, which controls your energy, motivation, ap-



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Nutritionist & Founder of AAKANKSHA: Desire For Wellness.

- Sleep in a dark and cool room.
- Read something relaxing to calm your mind. If racing thoughts keep you up, try meditating before bed.
- Establish a bedtime routine that is calming, such as by tak-

petite and more.

mation, which can alter how well your organs work, including the brain, and can contribute to issues such as depression, fatigue, anxiety and lack of concentration/focus.

Your brain needs a steady supply of nutrients — including protein, healthy fats, antioxidants, omega-3 fatty acids, and essential vitamins and minerals — for you to feel your best. Emphasize these “brain foods” in your diet in order to fight free radical damage and boost your nutrient intake:

- Vegetables, such as leafy greens, beets, broccoli, bell peppers, carrots, etc.



ing a warm shower, stretching, lighting candles, etc.

- Exercise during the day to help you sleep better at night.
- Spend time outdoors each day in the sun and in nature, which is beneficial for boosting vitamin D levels, relaxation and controlling stress.

2. Eat an Anti-Inflammatory Diet

Due to the gut-brain connection, your diet plays a pivotal role in managing your cognitive health. Gut-related and intestinal problems, such as leaky gut syndrome, can increase inflam-

(fruits and veggies are both high in bioflavonoids, carotenes, polyphenols, thiols, anthocyanins, and other vitamins and minerals that fight free radical damage)

- Fresh fruits, including berries, oranges, etc.
- Herbs and spices, such as ginger, turmeric, garlic, rosemary, etc.
- Fermented, probiotic foods like yogurt, kefir, kimchi and sauerkraut
- Nuts and seeds
- Legumes and beans
- Complex carbs like whole grains and sweet potatoes

Contd. to page 4

Vit D - A Magic Bullet

Vit D receptors (VDR) are there in many different cells.

Epidemiological studies have found association between low plasma levels of Vit D and prevalence of many diseases.

Vit D is a fat soluble vitamin that plays an important role in calcium and phosphorus homeostasis and bone health.

After the discovery of VDR in many tissues, the possible role of Vit D in different diseases have been studied extensively.



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- High blood sugar
- High blood pressure
- Day time sleepiness

sium Deficiency
Vit D deficiency and NAFLD have direct and indirect association with obesity and sedentary lifestyle.

Vit D plays an important role in glucose homeostasis via different mechanisms. It helps improve insulin sensitivity, sleep regulation, controlling inflammatory conditions, and improving cholesterol levels.

Vit D is able to cross the blood brain barrier and helps improve cognitive function and memory.

Don't be SUN SHY !!



www.shalinimukherji.com



The role of Vit D in cellular proliferation, differentiation, apoptosis and immune response has been recognized.

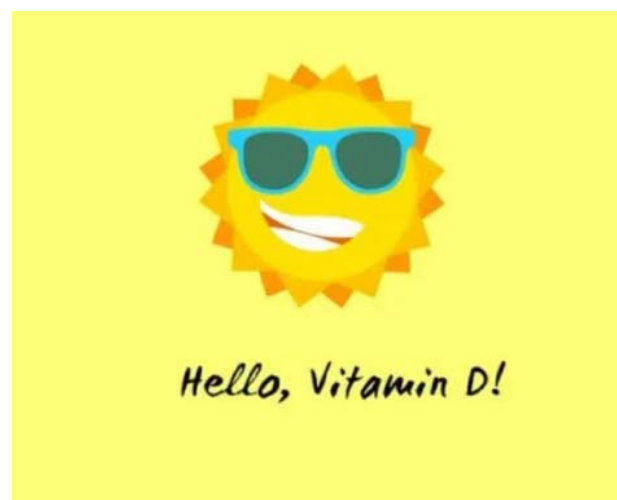
Vit D deficiency has been linked to Alzheimers disease and other forms of Dementia

Cell culture studies have revealed that Vit D appears to prevent cancer development and retard its propagation and development of metastasis.

Low levels of Vit D are common in critical illnesses and inflammatory conditions.

WARNING SIGNS OF LOW VIT D

- Low back pain



- Recurrent viral infections
- Skin allergies
- Joint pains
- Fatigue
- No Alcoholic Fatty Liver Disease (NAFLD)
- High Cholesterol
- Obesity
- Insulin Resistance
- Zinc and Magnesium

Regular sun exposure without sunscreen application, having a nutrient dense diet, an active lifestyle and supplementation in case of deficiency as prescribed by a health practitioner will go a long way in maintaining a pain free, disease free life.

Glimpses of Maharashtra State Olympic Games 2023



DETOX YOUR BRAIN IN 2023...

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- Foods high in copper, vitamin C and manganese, which are all important for their roles in detoxification, such as citrus fruits, leafy greens, mushrooms.
- Healthy fats, such as almonds, ghee, coconut oil

In addition to eating a diet that includes lots of foods with anti-inflammatory, antioxidant and anti-carcinogenic effects, you want to avoid foods that can aggravate inflammation, autoimmune reactions and oxidative stress. These include processed meats, foods with processed vegetable oils and

trans fats, added sugar, and highly processed foods in general.

You may want to consider trying an elimination diet if you deal with digestive issues, brain fog or acid reflux/heartburn. If this sounds like you, it may help to avoid these aggravating foods:

- Large and heavy meals, especially close to bedtime
- Spicy and acidic foods
- Caffeine from coffee and chocolate
- Alcohol

3. Exercise

There's some evidence suggesting that exercise may increase lymphatic activity and also improve brain

plasticity, which plays a role in learning and memory. Additionally, exercise can help you cope with stress, sleep more deeply and have more energy in general.

High intensity exercise can also benefit brain health in various ways, such as by increasing blood flow to the brain, supporting mitochondrial function and potentially staving off dementia.

Ideally try mixing up your workouts to keep things interesting and to challenge your body, such as by running, lifting weights, walking, hiking, cycling, doing tai chi or yoga, dancing, etc.

4. Intermittent Fast

Fasting seems to

help protect the brain against neurological diseases by influencing certain proteins involved in brain aging and by decreasing oxidative stress/inflammation.

5. Minimize Toxin Exposure

While avoiding all chemicals and toxins may not be realistic, try to reduce exposure as much as you can, such as by avoiding smoking, drug use and unnecessary medications.

Cut back on exposure to contaminants by choosing natural/organic beauty and household products and buying organic food whenever possible. This limits the amount of pesticides,

herbicides and other chemicals you ingest.

DETOXING THE MIND THROUGH MEDITATION

A body scan meditation is a type of meditation where you focus on the sensations in your body for stress relief.

Most of the time we are caught up in our day to day lives that we don't recognize the stress stored in our bodies. It translates into headaches, back and shoulder pain and tense muscles due to a stressed emotional state. By developing a greater awareness of your bodily sensations, you can feel more connected to your physical self and gain greater insight

into potential causes of unwanted feelings. There are immense benefits of meditation.

It improves quality of life and can promote overall wellness through multiple ways:

1. Improved sleep
2. Anxiety and stress relief
3. Greater self awareness
4. Increased self compassion
5. Reduced pain
6. Greater ability to cope with unwanted emotions
7. Improved focus
8. Increased compassion
9. Increased positive emotions
10. Reduced symptoms of post-traumatic stress disorder.

DOSE FOR HAPPY LIFE

What is happiness? Is it situational? Are we confusing success with Happiness?

Happiness as a state of mind and is expressed best by body language and movement. Dance Movement Therapy is based on the undeniable connection between Body and Mind.

Let us see the connection and result of the Happy Harmones in our happiness. We are discussing only non medical aspect of the Stress hormone and four happy harmones and its benefits, specially related to movements.

CORTISOL is a stress hormone and It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. Stressors are a given incident and the way we react/respond creates stress. We are looking at how to counter stress in fact to fight the Stressful situation can be anything like a daily life situation of catching a train, any change in routine etc.

Stress steals our moments and reduces productivity. To counter the negative effect we have four lovely Happy Harmones, which can be activated through various means and enjoy a happy life with these DOSE. They are :

DOPOMINE

OXITOCIN

CERETONIN

SEROTONIN

- **DOPOMINE** increases our feelings of happiness When we receive an Award or Reward ,When we feel important and get appreciated. That is why we should not be miserly in appreciating anyone. It makes someone's day. Dopamine (DA) plays a vital role in reward and movement regulation in the brain

- **OXYTOCIN** is a Trust Hormone. is typically linked to warm, fuzzy feelings and shown in some research to lower stress and anxi-



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ety. Oxytocin has the power to regulate our emotional responses and pro-social behaviors, including trust, empathy, gazing, positive memories, processing of bonding cues, and positive communication.

- **SEROTONIN** Serotonin flows when one feels important. The brain we have inherited

seeks importance because it promotes survival in the state of nature. Sometimes people who look for importance and don't get, turn negative and give up

- **ENDORPHINS** help relieve pain, reduce stress and improve your sense of well-being. Some activities to enhance the release of Endorphin are exercise, music, Laughter, Dance, Meditation.

Endorphins are a group of peptides produced by your pituitary gland and central nervous system. Endorphin levels may also help reduce symptoms of stress, anxiety, and depression, improve moods.

WE CAN SUMMARISE THE HAPPY HARMONES

- Dopamine Pleasure – Motivational role in brain's reward system.
- Oxytocin Bonding – Love and trust.
- Serotonin Mood stabiliser – wellbeing, happiness.

- Endorphins Primarily helps one deal with stress and reduce feelings of pain.

DMT incorporates EXERCISE, MUSIC, DANCE & MOVEMENT to achieve the effects of DOSE. Such activities are woven into the sessions that will increase all the Happy Harmones.

SMILE So let us imbibe/adopt "Smile" as a first step towards happiness. Let us keep the KEY to our happiness with ourselves always.

WINTER AND THE WATER ELEMENT: A CHINESE MEDICAL PERSPECTIVE TO SEASONAL WELLBEING

Acupuncture helps us live harmoniously with the seasons.

In Chinese Medicine theory, there are five natural elements that exist within us, as they do in nature. Each season belongs to a particular element and has unique correspondences. When we study nature's patterns and cycles, we can learn how to support our own health and stay well year-round.

SEASONAL SELF-CARE

During the Winter months all things in nature wither, hide, return home, and enter a resting period, just as lakes and rivers freeze and snow falls. This is a time when yin dominates yang. Therefore one should refrain from overusing the yang energy. Retire early and get up with the sunrise, which is later in Winter. Desires and mental activity should be kept quiet and subdued, as if keeping a happy secret. Stay warm, avoid the cold, and keep the skin covered. Avoid sweating. The theory of the Winter season is one of conservation and storage. Without such practice the result will be injury to the Kidney energy. This will cause weakness, shrinking of muscles, and coldness; then the body loses its ability to open and move about in the Spring.

Maintaining an appropriate balance between activity and rest is crucial to the health of the water element. In addition to the advice from the classic texts, here are some self-care tips to follow for the winter months ahead:

Food therapy: focus on foods that share the qualities of the water element. Colors are dark, taste is salty, content is hydrating and nourishing. Examples include: nuts, seeds, legumes, shellfish, salt water fish, seaweed, dark colored berries, root vegetables, whole grains, stews and soups. We are also including mostly warm and cooked foods, and limiting cold and raw foods. Use warming spices like garlic, ginger, and cardamom.



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- **Adaptogenic herbs** strengthen the kidneys and adrenals, boost immunity, lift depression, ease anxiety, and help the body adapt to stress. Holy basil, ashwaghandha, astragalus, oat straw, and rhodiola are herbs that can be taken daily as supplements or tea.
- **Essential oils** like geranium, ylang ylang, jasmine, and basil can be used in a diffuser to strengthen the water element. The floral oils are mostly middle or base notes, resonating with the deeper layers of our selves. Basil is used in blends for fatigue, depression, focus, and memory.
- **Winter is time for internal work.** Schedule more time to discover yourself through reflection. Meditation, yoga, journaling, dreamwork, and breath work are great winter activities.
- We become naturally inclined to **seek out things that bring us light and joy** this time of year, like holiday parties, dinner with friends, and outdoor winter adventures. Keep your gatherings simple and relaxed. The season calls for making deeper connections with those close to you, but without overextending yourself. A mindful balance of Fire (yang, activity, joy) and Water (yin, stillness, introspection) can be helpful to our psyche and wellbeing!
- **Take care of the kidney and urinary bladder acupuncture meridians.** Important acupuncture points along these channels are at the feet, knees, low back, and neck. Keeping these areas warm and covered will maintain the integrity of the channels and keep you well physically, emotionally, and spiritually.

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DATE WITH HEALTH

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STRIKING BALANCE IN YOUR ROUTINE EXERCISES-THE ART AND SCIENCE OF FITNESS

Do people, on rare occasions, die while exercising or running? Yes. Is that cause for worry? No. Doctors, professors, and yours truly tell you to predict. From marching and running to cycling and swimming the future generations need training to ensure that they have the skills and attributes necessary to be

India's finest sportsman. Good balance helps you to perform better in every aspect of a healthy life. Here is how you can assess your ability to maintain your body's equilibrium, and how you can improve it.

Through determination and perseverance, it is possible to overcome injuries and continue living an active, adventurous life. Setbacks should not be allowed to stand in the way of pursuing our passions. Most people don't realise that when they walk or run, they are balancing on one foot before moving to the next one. Interestingly, when we walk, there is one foot on the ground at all times, one replacing the other, but while running, with each stride, for a moment, both feet are off the ground. This is why, when we run, we need even more balance control. If you don't have good balance, sooner than later, you are going to come tumbling down. These exercises might seem basic, but the truth is that they are underestimated. If you happen to be at a more advanced level, get going

I slipped and tumbled down while playing cricket with my grandson. Much like Humpty Dumpty had a great fall, I was in bad shape, and worried that I wouldn't be able to put myself together again. For two-three days, I didn't know if I had a concussion and lost memory for a specific period. When young girls are taken out of playgrounds and forced into gendered family roles,



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they lose out on a lot more than the health benefits that come with sport and exercising, leading to long-term negative effects. Of course, exercise-based rehabilitation plays an important role in functional recovery, both, with and without surgery.

Conventional wisdom suggests that extraordinary targets are only limited to a chosen few. However, this isn't always true. Is there then no way for rookies to excel in life? Yes, for even the best champions were once novices who started small and then achieved great things. Here are four tips to striking balance in your exercise regime: Mix up the intensity of your workouts. Planning your training schedule to incorporate a mix of hard, medium and recovery sessions will allow you to adapt and progress, eat a Mediterranean diet, practice mindfulness and breathe deeply and Prioritise sleep.

You will have heard of the term burnout, but have you met its exercise-induced cousin overtraining syndrome? Overtraining syndrome is often re-

ferred to as burning out, and they have similar potential outcomes. This can include reduced performance, excessive fatigue, high emotion, insomnia, loss of appetite and experiencing a loss of motivation, commitment and confidence. If you are poorly recovered and highly stressed in your daily life then this will impact how hard you can workout before you end up overtraining. Conversely, if you workout too hard too often then it will increase your chances of burning out. Although intense workouts do have their benefits, it is important to find the right balance between work and recovery. Planning your workouts to match your current state of mind is crucial to your health and performance.



REPUBLIC DAY AT RYAN CHRISTIAN SCHOOL, VASHI



"Blessed is the nation whose God is the Lord, the people whom He has chosen for His own inheritance"

- Psalms 33: 12

Republic Day is a remarkable day in the history of India, as the day when finally, the Constitution of India came into effect on 26th January, 1950.

It was celebrated with great pomp and show in Ryan Christian School, Vashi. It was a matter of great pride for all of us. Needless to say, the school wore a beautiful look with decoration everywhere.

The day began with the Tree Plantation by the guest, giving importance to the environment followed by the unfurling of the National Flag by the guest of honour. Then there was a grand parade by the four houses-The Newton, The Aryabhata, The C.V Raman and the Einstein and the scouts and guide and the school band.

A chain of events were organized which added a great value to the day. The program began with the Lord's Prayer, Reading of the Scripture portion from the book of Psalms followed by songs of praise and worship to glorify God. Welcome speeches were delivered in three languages and group dance to welcome the dignitaries. The guests

were felicitated with potted plants by the council members. The cultural events included the patriotic songs, feet tapping folk dance on patriotism. Then there were speeches through which the speakers invoked the precious contribution of great freedom fighters. The prize winners of various competitions were awarded with medals and Certificates as an appreciation for their achievements. Our dear guest, Bishop Babaji Jadhav – Faith Global Ministries, Ms. Rachana Sabu, Renowned Psychologist, CEO of Centre for Assessment and Remedial Therapy, Captain Javid Modak – Captain, Master in Merchant Navy and Mr. Vikram Mittal – Founder MAVI's Pantry congratulated the management, students and staff on the occasion of the Republic Day and encouraged everyone to continue to give their best to see our country's name higher in the world. The guest motivated the students to strive earnestly for a better future. Mr. Javid Modak spoke about the importance to be more responsible towards environment because of the threat we are facing due to global warming. Bishop Babaji Jadhav prayed for the nation.

The function came to an end with the vote of thanks and singing of the school anthem.



Cotton Suits and Phulkari Kurties and Stoles

Contact : **99308 13821 (Navi Mumbai)**



JAYANTHI SUBRAMANIAM
Navi Mumbai

Traditionally, the doctors to whom families visited regularly were called family doctors. You went to the same doctor irrespective of his/her specialisation. The doctors would give primary treatment and refer you to a specialist for further care. Covid care resulted in having a family doctor concept for all the ailments and that includes specialised treatment.

Family physicians possess unique attitudes, skills and knowledge which qualify them to provide ongoing, comprehensive medical care to each member of the family. A family physician is a doctor who has received at least three years of specialty training (beyond medical school) in the broad disciplines of primary care. These include in-depth coverage of adult and pediatric medicine, preventive care and OB care. Because of their training, family physicians are uniquely qualified to serve as Primary Care Providers.

Family physicians, through education and residency training, possess distinct attitudes, skills, and knowledge which qualify them to provide continuing and comprehensive medical care, health maintenance and preventive services to each member of the family

A FAMILY DOCTOR CONCEPT

regardless of gender, age, or type of problem, be it biological, behavioral, or social. These specialists, because of their background and interactions with the family, are best qualified to serve as each patient's advocate in all health-related matters, including the appropriate use of consultants, health services, and community resources.

The covid19 pandemic has taught us many important lessons and has changed our priorities in life in the last 15 months or so. Covid19 has taught us that health plays a major role in our life, as it is seen that healthy people are able to fight the coronavirus more effectively. Our health is directly linked to the environment.

Incorporating small things into our daily routine, such as going for a morning walk or planting a sapling, can make a huge long-term difference in our lives and for our environment. Let us save earth from dying and plant more trees so that we are not deprived of oxygen during this trying time. Doctors form an essential part of an effective response to the covid19 pandemic. They have critical roles in diagnosis, containment and treatment, and their commitment to treatment despite increased personal risks is essential for a successful public health response.

The cornerstone of family medicine is an ongoing, personal patient-physician relationship focused on integrated care. Your family physi-

cian is trained to provide optimal medical care by looking at the whole person, rather than focusing on just one organ system. In addition to diagnosing and treating acute and chronic illnesses, your family physician provides routine health screenings and counseling on lifestyle changes in an effort to prevent illnesses before they develop.

As family physicians, we directly provide 80-90% of the medical care required by the patients we serve, but we are also trained to know when specialty care is needed. Every effort is made to communicate clearly with consulting specialists to coordinate care and minimize inconvenience to our patients. Our goal is to provide the right care by the right physician at the right time.

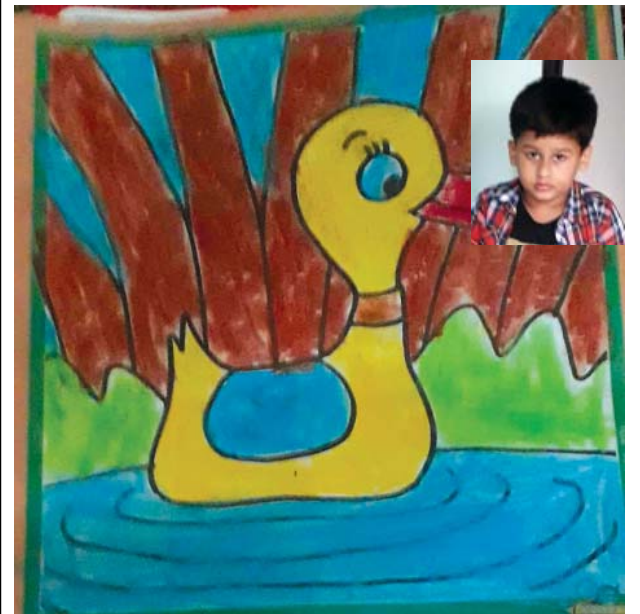
Pandemics take a heavy toll on human lives and the fear of going out is appropriately compensated with a virtual consultation with your doctor. A stomach upset, an Urinary tract infection or herpes on your body can be very well treated with remote guidance from your doctor. The medicine provided through a video conferencing can help you to take an immediate action. This provides best confidence as the family doctor is the really the guiding force before pandemic through personal consultations and now after pandemic we get proper treatment with remote consultations. Family physicians can very well prescribe medicines also see-

ing your earlier prescription sent through whatsapp and thereby reduce the time lapse.

But the best use of a family physician comes very handy when a senior person in your family gets a sudden heart ailment. A family physician is the best judge as he can analyse the body stature and check the senior's pulse level, check the blood pressure and finally an ECG can guide him whether the elder needs a hospital admission for treatment. Thus, instead of delaying the treatment process we can rush to the hospital of our preference and the family physician with his personal contacts guide a heart specialist to proceed to the hospital and in the meanwhile can very well arrange for the possible emergency treatment and thereby save the life of a person very well in a systematic way by way of administering stent or by doing an open heart operation. So everything is well planned and executed in the right time thanks to the family physician.

It is of utmost importance that at the time of death, the family doctor is the right person to certify the time of death and issue a death certificate. Some families just struggle to get a doctor to get a death certificate during this covid time. A family physician is a life saver on all counts with his timely treatment and comes to the family's rescue at the time of a senior's death as well.

CREATIVE SPACE



Nikhil Krishnan, Age 9 Years
Reliance Foundation School, Koparkhairane



Filzah Syed, 12 years, Vashi Navi Mumbai



Safwan Nisar Mukri
Anand Shala English High School, Khopoli (Raigad)

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WINTER BREAK AND PRIVATE SCHOOLS



SAIQA JAN
Operational Manager
at Himalayan Peaks
Wood Industries,
Psychologist, Kashmir

As the winter arrives here in the valley Private educational institutions become a hot topic, for one reason or another, they are always on top of the list of discussions in our homes. From parents complaining about the raised tuition fees to Teachers complaining about the hard work involved and the low salaries they are paid. And often the delayed winter salaries altogether. I guess it would be extremely safe to say that private schools have maintained an image and they are living up to their standards every winter. I am sure you all will get the sarcasm in the former sentence. From personal experiences and my cousin's continuous nagging about how this famous school in our area betrayed her and put her teaching career at stake only to save a few pennies, I felt obligated to pen down this piece of experience, so a few of my cousins, Friends, and family friends are working as teachers in private schools and all of their experiences have somewhat made me scared of working in a private school, the stories they narrate make me feel like this is the worst experience

one can ask for.

First and foremost a teacher is thoroughly interviewed, their skills are evaluated by making them teach a demo class, some of the schools even make the teachers have an online demo class which in my opinion shall be enough to decide whether the aspirant is worthy of the position or not. But despite passing through every evaluation test the teachers are still betrayed and left as if their efforts meant nothing. My cousin recently quit her job in the school where she used to work due to certain health issues and the environmental conditions of that school contributed negatively to her health. Since she has had 8 years of experience in teaching, and she has this unending appetite to share her knowledge with the maximum number of people, she decided to go to this school where she felt that the teaching circumstances, as well as the environment, might be in favour of her health. So she went and got interviewed and she passed all of her tests with flying colours as she would narrate her amazing experiences. She was so high on excitement and joy of being selected that she even settled for a lower salary than what she was already being paid in the previous school. However, As the image goes, Private educational institutions have to have these issues or else they just might not survive. Now, Here let it be stated for the record that I am not blaming all of the private institutions but most of them are invested more in grow-

ing their name and the business they generate through their schools than the actual purpose of imparting knowledge and serving the society with the best of both, Be it teachers or the students.

Primarily problems arise with the intra-school politics going on. Believe it or not but as the narration from one of my friends proceed, private schools are the new political field, with the proprietor playing favouritism, the principal playing the puppet, and the teacher in charge playing the mighty kings and queens these institutions to me is no less than a political game where all the powers keep shifting between a selected number of people and they are the ones who make the decisions for others irrespective of how it affects other people around them, especially the hard-working teachers who dedicate their time and best efforts in developing the students so as to create a better future for themselves as well as for us as a society in general. Teachers who have no part in politics, whose sole purpose is to impart knowledge without bias and give society a product that they can rely upon in future are unfortunately often sacrificed.

As my cousin narrated there have been multiple teachers in this particular school working for up to 4 years now, putting in their best efforts, dedicating their time, investing their hard work and hard-gained knowledge and wisdom and yet they have been kicked out of the school without prior notice or even

without mentioning their shortcomings or warning them to improve their performance if they found them lacking. whereas these teachers were already compelled to complete the yearly work, be it syllabuses, Reading or writing materials. My cousin was working there for only 6 months now and she had to experience the same fate as them, along with many of these dedicated and hard-working teachers, she was also the one being sacrificed and so was her teaching career, And this all proved to be nothing but merely a well-planned strategy of the school owners to cut their salary expenses for this winter season. It came to be known that these establishments have been doing this for many years now trying to save themselves the 3 months' salary for the winter season putting at stake the careers and lives of many of these teachers who have did nothing but work themselves off for these very

schools.

As the narration goes one of the female teachers was so distressed and anxious about her sudden and enforced exit which threatened her career so much that she was having suicidal thoughts.

The irony here is, these institutions make these teachers do through hell only to be selected, then pay them pennies and peanuts in the name of salary, making them work as hard as their limits go, literally crushing them with the weight of responsibilities placed upon them and all that for what? Only to be dismissed with no explanation or prior notice. These very institutions charge the parents a hefty amount for the studies of their wards claiming that they have to pay the teachers on board. However, the teachers are rarely paid, their salaries have been blocked for months altogether, And the schools provide an excuse that the parents are not paying their dues.

On one hand, we often see parents protesting against increased fee structures, On another hand, we see teachers in despair due to their salaries not being reimbursed to them and meanwhile, the schools are seen complaining as well. I wonder where the money goes then?

My point here is, why don't the Education Ministry and authorities pay attention to the devastating state of these private school teachers?

When they are very quick to jump and solve other educational issues, where do they go when these teachers are being treated indifferently?

Why is no one tending to the fact that these teachers are being delivered peanuts for their hard work and dedication?

Where the youth of the valley are already suffering through unemployment and a lack of job placements is this system worthy of being another stressor in their life rather than being a refuge or a solution?

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