

Date with Health

Monthly Newspaper on Health & Fitness

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March 1 - 31, 2023

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Saniya Mukri: 9552096084
@bake_by_sm

**COVID WAS CRUEL BUT STILL IT TAUGHT US SOMETHING IMPORTANT AND USEFUL
KEEP YOUR MASKS ON WHEN GOING OUT IN PUBLIC PLACES !!!
LET US KEEP THIS GOOD PRACTICE GOING ON !!!!!**



FUEL FOR YOUR FUTURE

March is the National Nutrition Month

Nutrition should not be restrictive, but the small changes that you make in your daily diet can have a cumulative impact on your health over a period of time.

The healthy choices you make are steps in the right direction.

So how do we go about it

- Adequate diet
- Balanced diet
- Moderation

evening meals a week in advance.

Buy and keep the right ingredients at home, this makes it easier to stick to your plans.

Make your ginger garlic pastes, curry base pastes, condiment powders in advance so that daily cooking gets quicker and easier.

READ LABELS

Before picking up any packaged and processed foods / sauces/ biscuits/ museli etc, read the label of ingredients



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um content, preservatives, artificial sweeteners

dishes

FOLLOW the principle of

- Cereals (millets, oats, rice, roti etc)

- Include probiotics in your meal

ALMOST FULL
Eat to 80% of your capacity.

Our stomach is our fist size and it expands to our palm size.

We need to leave some space for our digestive juices and churning of food for mechanical and chemical breakdown.

Imagine an over packed washing machine, the clothes will

rotting of food and formation of toxic wastes leading to bloating and backtracking of food into the esophagus.

BE MINDFUL

Have a relationship with your food. Do not be distracted with mobile phones or Netflix serials .

Chew slowly

TIME OF MEAL

Our metabolism increases as we get up in the morning and reaches its peak at noon. After 4pm our metabolism drops.



- Variety Planning your meals is an essential part of this process.

MEAL PREP

Plan your breakfast, lunch, snacks and

dients in detail. Look for hidden sugars like corn syrup, malt syrup, barley malt, galactose, glucose, evaporated cane juice etc.

Check for the sodi-

BE CREATIVE

Adding colors (fresh vegetables) to your dish makes it appealing to the eye

Try healthier versions of your favorite

- Fibre first (salads)
- Protein (meats, eggs, fish, soya, tofu, tempeh, yogurt)
- Pulses (Preferably whole, sprouted)

not come out clean and there will be a load on the compressor.

Similarly an over packed stomach decreases the efficiency of digestion causing

Choose your meal timings accordingly. Avoid late night meals

EAT RIGHT WITH EVERY BITE

PLEASE NOTE: Vol. 6, Issue - 5 (February 1-28, 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

MARCH A MONTH OF CHANGE !!!!

It is not just the financial year that comes to an end this month but also the academic year comes to an end. Businessmen are busy giving final touches to their account books and children are drowned in the syllabus and notes preparing for the exams that would bring to an end the academic year.

One thing that people don't pay much heed to is the coming to an end of a season which was cold and pleasant. Northern India which already has started to see a change in the day and night temperatures, where the former gets warmer and the latter, though pleasant but the temperature doesn't remain as it would had been a month back. As one goes down South the rise in temperature is more warmer, but still there are days where the mornings are still cooler. This temperature variation is very harmful, more so because many people don't take much precaution of the cooler mornings falling prey to cough cold and in some cases fever too. This could be bad especially for children who would be a few weeks away from their final exams. Falling sick would mean a weak body which may find the pressure of studies and classes too much.

Let us keep a strict vigil and add extra precaution while going out especially in the morning (children going to school). Also one should add food items which boosts the immune system.

Wishing the students all the best for the exams and also for their health. Take care and stay safe !!!!



Summer fruits give you energy and nutrients your body needs, help cool you down and stay hydrated, and can even help protect you from the sun.

RELATIONSHIPS AND MENTAL HEALTH

Month of March tells me that we can now start a new topic and many friends and acquaintances have been asking me to write on the above topic. Relationships are very important to us. We Indians teach our children the value of relationships even before our birth. Good bonding, being together in times of happiness and also in times of need and sorrow is ingrained into us.

Then why are there so many issues in the area of marriage or couple relationship.

Recently a client was sharing her deep rooted scars regarding how hurt she was when her husband humiliated her in front of all her friends and actually asked her to leave the party. In the next breath she was justifying his behaviour by saying how wonderful a person he was and how kind and generous he was. But she added that he lacked the skills of expression of love to her. I heard her and helped her in building her strength.

Another client shared a similar experience of his wife always rebuking him in front of others and how he felt like she was always putting him down and he said the same that she is a very wonderful woman, who is caring, full of affection and does a lot for every one, but she does not know how to express it softly or with affection.

My question to the world is when a human being has tremendous capacity to learn to be an engineer, doctor, musician, astronaut etc. Why would he or she not have the ability or determination to learn to express love and understanding to the most beloved person.

Somewhere in our upbringing are we missing out on teaching our children that it is a part of life to be able and comfortable to express their feelings to their loved ones.

I am sure when you read this article, you shall feel or remember more than one person who is wonderful but has difficulty on expressing.

One reason given by many is my spouse knows I love her or him, it is not necessary to say.

It is understood. But the better half does not feel that way. He or she is suffering because their lives depend of the words which are spoken.



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I would recommend the following to those who would want to learn the skills of expression

1. Do not take any relationship for granted. It is important to consider that every day is a day to love and respect each other.
 2. Small gestures like morning hugs with a loving good morning and holding each other even if in silence would release a lot of oxytocin.
 3. Non verbals create intimacy. For eg. A naughty look, a wink, a gesture of kiss etc.
 4. If you can remember your meetings, then make it a point to message or call your spouse just before that to say how much you are looking forward to the evening and the quiet dinner at home or a quiet moment together if living in a large family. It does not require a lot of time when you have habituated into giving moments to each other. Relationships are precious and we need to keep their value and keep on making them more and more valuable. If you are a beginner and feel that it is too late, let me tell you it is never too late and also better late than never.
 1. You don't have to spend thousands on gifts. For your spouse, or partner a special touch is valuable
 2. Begin with small messages of love.
 3. Go down memory lane to relive the lovely moments and no harm in visiting them again
 4. Be creative in your expression of words.
 5. Observe your spouse or partner and give genuine compliments.
 6. Let them know you appreciate their presence in your life.
 7. Give them respect in your heart and in front of everyone family or friends.
 8. Indulge in hobbies together
 9. Definitely read and watch movies or series together.
 10. Keep days and time to be together without anyone other than you both
 11. Be consistent and you shall never be unhappy in relationships.
- Thank you. May you all be blessed with loving relationships full of joy and feeling of being content.

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BUSTING THE MYTHS ABOUT ORAL LICHEN PLANUS

Oral lichen planus is an autoimmune condition that is chronic inflammatory in nature. The name lichen comes from a plant that grows mostly on rocks and has a mossy, web-like appearance. Oral lichen planus appears like red and white lacy patches or opens sore, which cause a burning sensation and pain.

The condition causes swelling, irritation, and redness, primarily in the mucous membranes inside the mouth. People suffering from this disease also have difficulty in eating and swallowing their food. The lesions appear on the gums, inner tissue of the lips and most commonly, inside the cheeks. It rarely occurs on the tongue.

Lichen planus is a type of skin disease and is not only limited to the mouth but can also occur in different body parts like hair, nails, ears and even the genital parts. Lichen planus is very common in mouth. It is rarest in the ears.

As per modern medicine practitioners, oral lichen planus can only be suppressed and cannot be completely cured or treated.

However, homeopathy and acupuncture have a treatment for the ailment.

Myth: Oral Lichen planus can be cured.



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Fact: Oral lichen planus cannot be cured. It can only be suppressed. However, homeopathy seems to have a cure.

Myth: It can be passed on from one person to another.

Fact: This is an autoimmune disease and is not communicable.

Myth: It can only happen in adults, children are not at the risk of developing it.



Fact: Oral lichen planus can happen to people of all age groups, irrespective of their age and gender.

Myth: It is hereditary.

Fact: There may be a genetic basis, but it is rare for more than one member of a family to be affected by this disease.



Rotary Club of Satellite City Navi Mumbai had organised a motivational talk for its members and youth of Navi Mumbai on Sunday, 12th February 2023. Reputed Paediatric Surgeon Dr. Lucky Kasat was the speaker. Total of 50 participants attended the program.



JAYANTHI SUBRAMANIAM
Navi Mumbai

Do people, on rare occasions, die while exercising or running? Yes. Is that cause for worry? No. Doctors, professors, and yours truly tell you why: From marching and running to cycling and swimming, the National Police Academy trains future officers meticulously to ensure that they have the training, skills, and attributes necessary to be India's finest IPS officers. Good balance helps you 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

THE ART AND SCIENCE OF FITNESS

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 5-6 stairs. 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 broken a few bones and if so, where — in my spine, ribs or hip. It hurts to stand, turn, bend, cough, talk, laugh, sit, lie or do any movement or activity. I began to empathise with all the people who came

to me with aches and pains during all my years of treatment. And for that reason, as strange as it may sound, injuries can be humbling.

Of course, exercise-based rehabilitation plays an important role in functional recovery, both, with and without surgery. In the last few years, I've been hearing anecdotes of ACLs being repaired through exercise alone. And then, earlier this month, a study was published in the British Journal

of Sports Medicine claiming the same findings.

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.

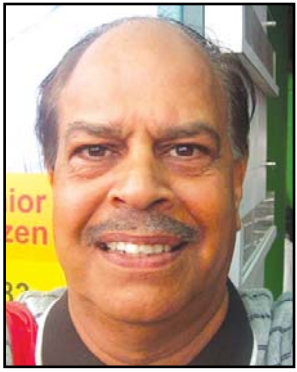
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Sd/-
Syed Abdul Monim
(Signature of Publisher)



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Freelance writer
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It is a great beginning that this year's World Cancer Day theme is 'Close the Care Gap'. The theme aims to raise awareness about the vast difference in cancer care and prevention that people from different sections of society can avail. Cancer can be described as the uncontrolled growth of abnormal cells that can take place anywhere in a body. These abnormal cells are known as cancer cells, malignant cells, or even tumour cells. Myths about cancer increase the patient's stress and even stop them from taking timely treatment.

World Cancer Day was initiated in the year 2000, when the Union came up with a positive movement to unite everyone to face one of the greatest challenges in history. The day was born on 4 February at the World Summit Against Cancer for the New Millennium in Paris. The UICC aimed to promote research, raise awareness, improve patient services, prevent cancer and mobilise the global community to make progress in its campaign. While observing the day, communities and organisations every year organise several activities and events to remind people of their role in reducing the global impact of cancer. However, due to the pandemic, this event has gone virtual and people are celebrating it online.

CLOSE THE CARE GAP WORLD CANCER DAY 2023

All scriptures say, "There is only One God, worship Him, Ekam Evaditiam. He is One only without a Second. There is no deity but God. Lord our God is One". If all the people in the world follow their religious scriptures honestly to worship only One God then this Cancer can be defeated soon. So it is time to stop dialing the wrong numbers and beating around the bush but time to Call for help to Almighty God by worshipping Him alone. Like Corona causing concern in recent times, Cancer kills people in various forms and we failed to get a final remedy for cancer.

The "C" word is a

end of treatment your body is still struggling to restore the damage caused by radiation/chemotherapy. Your mind reels, for a very long time. It is a very long process to recover. Please, in honor of a family member, a friend who died, is still fighting cancer or even had cancer but beat it. To all those who have lost someone or are in the battle against cancer, here's a hug for each and every one of you and your loved ones. Cancer bloody sucks.

For cancerous growth of tissues that have not yet begun to spread, an everyday remedy of consuming heated buttermilk will take care of subsiding the danger-



hard pill to swallow and harder to take when it's just you and the doctor sitting in the office. I am afraid that I have some very personal reasons for this post. It is in the most difficult moments of life you realize who your real family, friends or people are that really have your back. People's true colors come out when the attention is not on them. Unfortunately, some friends are going to feel sad, but not really deem fit to pay attention.

Now I look at those who take the time to go through the patient and feel sad about the cancer patient. Cancer is very invasive and harmful, even after the

ous multiplication of cells. Mix a teaspoon of Apple cider vinegar to a glass of thick buttermilk, heat it up to 40 degrees, let it sit inside a bottle for the night unrefrigerated, and you've got yourself the cancer killing live and raw probiotics that will eat away all your damaged tissues.

Buttermilk contains yeast and bacteria, which when heated up slightly, but not too much, will bring them to their live and active state. Heating it too much will kill these probiotics. Yes, there will be a trauma after consumption, yet a painless trauma, and you can sense a

fight clearly going on inside, if any part of your body requires healing, and the probiotics will gradually fight the damaging cells in the body. And with every dosage there will be more and more healing.

You might sense one of your eyelids twitching, which is the reaction towards the trauma of the fight going on inside. So don't panic if something like that happens. Unlike marijuana, which is a cell killer, this drink can be consumed in any quantities. If you drink too much, you will puke out the excess, and moreover, the yeast and bacteria from buttermilk, made from milk, is completely harmless and a remedy for cancer. The C factor makes us think and act carefully.

Many people believe that cancer can spread from person-to-person. This is a complete myth as cancer is caused owing to the changes taking place in the cellular DNA. Yes, it is no brainer that cancer can spread in your body but it cannot be transmitted from person-to-person.

Another myth is that sugar can worsen your cancer. While it is important to restrict one's sugar consumption, it is not at all true that sugar can exacerbate your cancer. People with cancer will have to speak to an expert who will advise them about what to eat and delete from the diet. But eating only sugar cannot be related to the worsening of cancer. Furthermore, there is no evidence that shows that eating sugar will increase one's cancer or if one cuts down the sugar intake then cancer disappears.

Tips to Stay Safe in Summer Months



Sahrish Akhtar

Heat-related illness can be prevented. Learn these 4 simple steps you can take to keep from falling ill during hot summer months. With summer fast approaching, remember that hot, humid weather can be a hazard to your health. In fact, hot weather causes more deaths than any other weather-related hazard. In hot and hu-



mid conditions, your body must work harder—just to maintain a normal temperature. Older adults and those with illnesses are at greater risk.

The good news is that heat-related illness and death can be prevented. There are simple steps you can take to keep from falling ill.

1. Stay Cool

- Stay in air-conditioned locations as much as possible. If your home is not air conditioned find places in your community that are air conditioned. Find out if your community has a cooling center available

during hot months.

- Don't stay in a hot car (and don't leave pets in a hot car).
 - If you are outdoors, take breaks from the heat, especially during the hottest part of the day.
 - Take cool showers or baths to cool down.
 - Cover your windows with drapes to keep out the hot sun.
 - Consider using attic fans to clear hot air from your house.
- ### 2. Stay Hydrated
- Drink plenty of fluids, even if you don't feel thirsty.
 - If you are on a special diet or if you have end-stage re-

nal disease or advanced congestive heart failure, ask your doctor how to stay hydrated.

3. Stay Protected

- Avoid strenuous or high-energy activities.
- Wear loose and lightweight, light-colored clothing.
- Wear sunscreen.
- When outdoors, stay in the shade and wear a hat with a wide brim.

4. Watch for Signs of Heat Stress

On hot days, watch for signs of heat illness in yourself and others. Heat cramps, heat exhaustion and heat stroke are possible on hot days. Signs

MAINTAINING GOOD HEALTH? SCRAP THOSE QUICK FIX DIETS



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

Diet culture feels more ubiquitous than ever before. Gone are the days where most people would grab a slice of bread, slather on some butter, and get on with their lives. Now, there's a seemingly endless number of ways one can eat to lose weight, gain muscle, boost focus, and feel healthier in general. And a lot of people are following different diets.

We all wish there was a fool proof method for maintaining health. Every day, another celebrity brags about how switching to X or Y diet gave them more energy and younger-looking skin. We all know there isn't a magic bullet. However, there are some types of diets that, when combined with other healthy lifestyle choices, can help you with good health. There are also fad diets that will do you no good and may even put your health at risk.

Different people need different diet plans. According to the basics of dietetics, there is no common diet plan that can benefit everyone. There's no one-size-fits-all plan that's perfect for everyone. Every person has a differ-

ent lifestyle, different eating habits and thus their BMI are all different. Keeping in mind individual body structures and metabolic rates a suitable diet plan can be chalked out only after doing some basic tests and consulting a nutritionist or general physician.

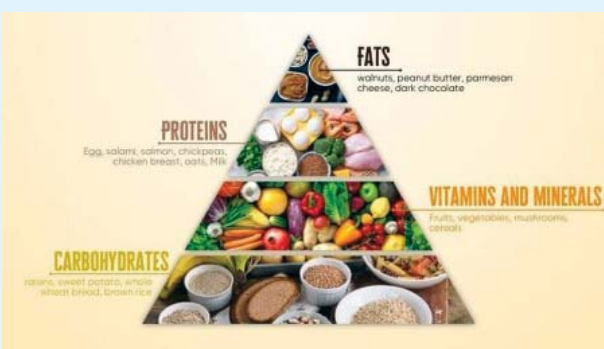
Clinical dietitians believe that fad diets are short lived. Extreme diets that promise a quick fix up front, which of course is difficult to attain, aren't always sustainable. You may end up overeating or even binge eating if you feel deprived. It would be wise to avoid magic foods as well as statements that imply that a particular food can change your body chemistry. Also, any diet plan that excludes or strictly restricts food groups or nutrients should be kept far off. Diets that impose rigid rules to focus only on weight loss can be harmful. Consider, if the diets habits are ones you can continue throughout your lifetime, not just 21-30 days.

Celebrities all around the world have tried fad diets and some have even faced criticism for promoting the same without properly learning about the pros and cons of the same diet. Searching for diet advice online can be exhaustive, and it may lead you to unreliable sources. By having a better understanding of the most common types of diets, you can decide which one works best for your

lifestyle and overall goals (whether that's to slim down, bulk up, or be healthier). To lessen the confusion and get on the fast track to success, here's the skinny on some of the most popular diets out there today. So read on to see which plan might be best for you

planning and preparation. It is also known as the caveman's diet.

One past review suggests the diet could lead to weight loss, but also warns that the plan could leave you low on carbs, plus it doesn't allow for nutrient-dense foods like whole grains, legumes, and dairy.



– and which diets to run away from at full speed!

PALEOLITHIC DIET/ PALEO DIET

A lot of people think the foundation of a paleo diet is high-fat meat, but it's vegetables too. The concept is to eat only foods - including meat, fish, poultry, eggs, fruits, and vegetables that would have been available to our Paleolithic ancestors. This means grains, dairy, legumes, added sugar, and salt are all no-no's. With this eating style, you're looking at a lot of menu

You're also at risk of missing vitamins and minerals like calcium, vitamin D, and B vitamins.

MEDITERRANEAN DIET

Diets such as the Mediterranean diet are sustainable, have been shown to improve health, and aren't restrictive or short term. The Mediterranean diet is meant to reflect the eating pattern of people living in the Mediterranean. So think plenty of vegetables, fruits, olive oil, fish, nuts, beans, legumes and only a moderate amount of red wine

and dairy. This diet tries to incorporate traditional healthy living habits. The diet can be helpful for weight loss, as well as decreasing risk of developing conditions such as diabetes, heart disease, and Alzheimer's disease. However this diet can also result in low levels of calcium and vitamin D.

KETOGENIC DIET

Ketogenic diet involves consuming less carbs and sugar, instead moderate amounts of protein and healthy fats. By following this diet, individuals are said to be able to enter ketosis, through which the body burns fat instead of carbs. No matter what your current state of health, you should speak with your physician before beginning the ketogenic diet. One of this diet's biggest hurdles? Saying goodbye to bread and other carbs. It can be challenging to make sure to hit the low levels recommended for carbohydrates. This diet likely means a lot of planning ahead. You'll also want to be prepared for some of the plan's notable side effects,

like keto-related diarrhoea and constipation, fatigue, mood swings, headaches, and bad breath. These symptoms are a common part of the so-called keto flu, which happens as your body adjusts to burning fat rather than carbs for fuel. It may also lead to low levels of blood sugar, kidney stones

etc.

ATKINS DIET

The ketogenic diet may be the "it" low-carb diet for weight loss right now, but its predecessor, the Atkins diet, is the original version of this restrictive eating approach. Atkins and keto are both low-carb diets that may benefit weight loss, diabetes management, and heart health. In addition to keto being much higher in fat than Atkins, a main difference between Atkins and keto is that you gradually increase your carb intake on Atkins. This low carb diet involves eating meats, fatty fish and sea food, eggs, low carb vegetables and full fat dairy products like butter, cheese, cream and healthy fats such as coconut oil and extra virgin olive oil. The short term risk of following Atkins may include weakness, nausea and constipation. It can also lead to nutritional deficiencies in the body over a long period of time.

DASH DIET

The DASH diet is named after Dietary Approaches to Stop Hypertension. This is the best weight loss diet and made for people with blood pressure conditions and people interested in weight-loss. This diet focuses on healthy eating that includes a wide range of fruits, vegetables, vegan meat, nuts, and whole grains. Sugar and salt are restricted in this diet and

Contd. to page 6

WOMEN AND WELLNESS IN GENERAL & WITH DANCE MOVEMENT THERAPY



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

sure and for De- stressing too. As a group therapy DMT helps in opening up, sharing, understanding each other. The gain is self improvement ,gaining confidence and becoming more social. All these we will agree are needed for each woman for her well being.

Dance Movement Therapy or DMT as it is widely known as , is all about movement of our body according to our thinking. Body and Mind are inseparable & interconnected. Therapy is not necessarily for people who are sick or undergone trauma. It can be used as a preventive mea-

So on the occasion of "International Women's Day", we shall concentrate specially on healing for women. Women as we all know are the pillar of a family. Whether in city or in villages they take up on themselves of household, go out and work (whether field or offices) take care of

This picture speaks a lot



Struggle of a woman to reach her goal.

-life balance situation. Minimizing visibility in order to create work/life balance, though, came at the cost of making big career moves for some

sual speaks better than words as under the position of women and the road is.

Activities women can do with little time and in small groups as a general routine movement.

- One need not go to a dance class or any class spending money. Just get together a few women . Do simple movements with hands, fingers for a start., even small percussion movements.
- Non verbal memory repetitions by adding each one's
- Making faces is a good idea for facial movements. Ex-

pressions of emotions. (women are great in expressions without doubt) What are Navarasas for ?

- Any creative movement can be devised by each one and do it together will help in expressing emotions and loosening up suppressed feelings too. The list is only enumerative and not exhaustive. A wonderful movement vocabulary can be created.

So a Happy , self empowered emancipated and fruitful years to all wonderful ladies out there. You are the most important person of your life.

PURPLE DAY AT RCS VASHI

The colour purple has been associated with royalty, power and wealth

Colours always fascinate us. It enlivens our environment and is an integral part of our life.

Purple Day was celebrated in Montessori section on 3rd February 2023 Ryan Christian School, Vashi to bring awareness of purple colour and how colours add beauty to things around us. Purple colour represents the future, the imagination and dreams, spiritually calming the emotions. The activity (making a Brinjal,



handprint, Grapes, colouring Umbrella) was thoroughly enjoyed by our little ones.

Tiny toddlers were beautifully dressed in Purple. It was a pleasant and lovely day for these tiny tots.

It was a special and colourful day for the

youngsters. They also brought many purple coloured objects-toys, fruits, vegetables etc. Colour recognition was done by displaying these items and encouraging children to speak a few sentences on each object. Children took part with

great enthusiasm in art and craft activities related to purple colour, thus reinforcing the concept of purple colour.

Painting activities and colouring worksheets helped children to explore their creativity.

MAINTAINING GOOD HEALTH?...

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automatically helps people lose inches.

INTERMITTENT FASTING

Intermittent fasting may not be good for all, according to health experts. Of late, many people seem to be taking interest in intermittent fasting. But it should only be undertaken with proper guidance. If at all someone is opting for fasting, he or she must follow it for a month or two under supervision. Some people who start with intermittent fasting not only lose weight but also end up with muscle loss, which overall compromises the immunity and general health of a person.

Intermittent fasting does not really restrict any food, but people who wish to follow this fasting need to eat healthy and nutritious food in a limited time frame. There are two most popular types

of intermittent fasting-16:8 and 5:2. The 16/8 type means that you need to fast every day for 16 hours and have an eating window of 8 hours. In 5:2 kind, you need to eat a standard healthy meal five days a week and reduce your calorie intake for two days. This is one of the best diets for weight loss and quick results.

Some other diet plans that are followed are GM diet, weight watchers diet, vegan or plant based diet, the dukan diet, raw food diet, gluten free diet, calorie deficit, HCG etc.

The bottom line being, the diet you choose needs to be safe and effective, well planned, under proper guidance while taking into account your lifestyle and food choices. Keeping in mind there's no one-size-fits-all plan that's perfect for everyone.

TIPS TO STAY SAFE IN...

Contd. from page 4

of heat-related illness include:

- Muscle pains, cramps, or spasms
- Heavy sweating, paleness, weakness, dizziness, headache

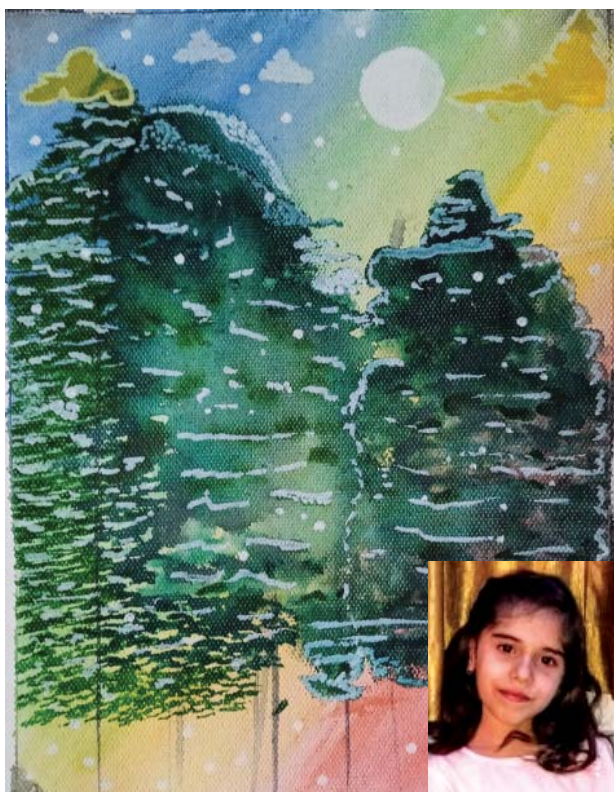
- Nausea or vomiting
- Confusion, fainting or unconsciousness
- High body temperature (over 103 degrees) with dry skin (not sweating)

- Rapid pulse
- If you feel sick and suspect it may be heat-related, sip a sports drink. Get medical help if you still don't feel better. If you experience very high body temperature, rap-

id pulse, or dizziness it can be an emergency. Get medical help immediately.

By following these tips, you can reduce your risk of heat injury. Have a safe and enjoyable summer!

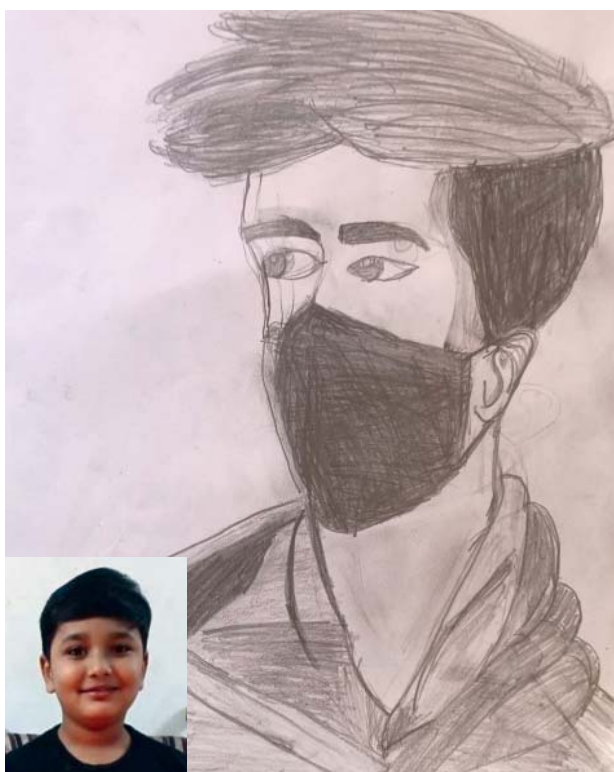
CREATIVE SPACE



Filzah Syed, 12 years, Vashi Navi Mumbai

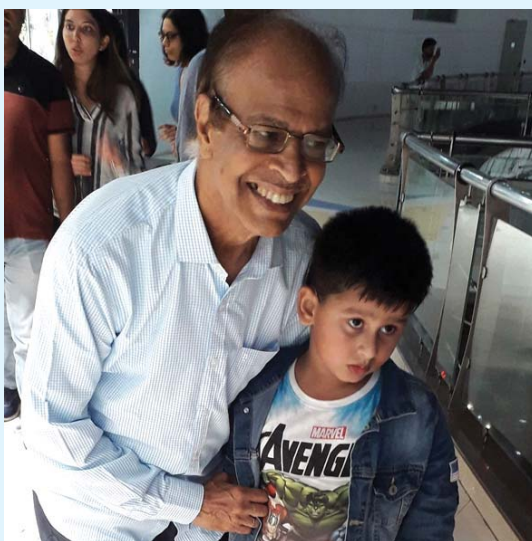


**Dabeer Ali Khan (5th Std.)
Eden Public School, Shahjahanpur (UP)**



**Aarav Shetty (4th Std.)
Fr Agnel Multipurpose School, Vashi, Navi Mumbai**

WHO IS A DAD

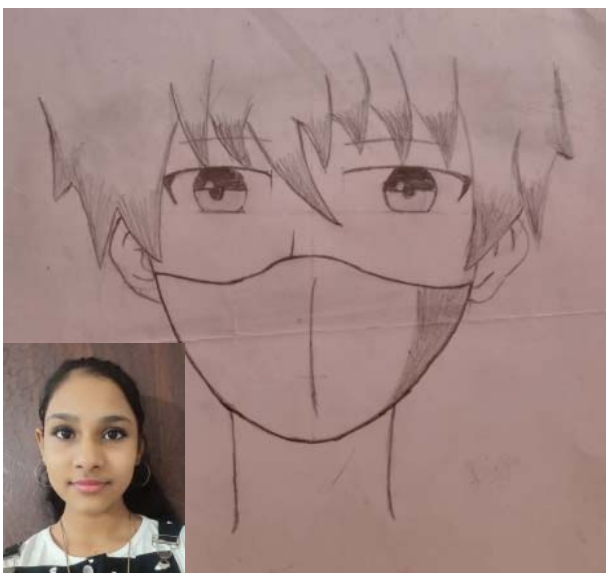


A dad is someone who wants to catch you before you fall but instead picks you up, brushed you off, and let's you try again.

A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence, when you get hurt.

A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fall.

**NIKHIL KRISHNAN, 9 years
RELIANCE SCHOOL, KOPARKHAIRNE**



**Diya Shetty (8th Std.)
Fr Agnel Multipurpose School, Vashi, Navi Mumbai**



**Saalim Samad Kureshi
Janta Vidhlaya College, Khopoli, Raigad**

CHOCOLATE BANANA FUDGE



**Filzah Syed,
12 years,
Vashi, Navi
Mumbai**

Ingredients:

- 1 cup + 1/4th cup of all-purpose flour
- 1/4th cup of cocoa powder
- 1 cup of powdered sugar
- 1 teaspoon of baking soda
- 1 cup of cold water
- 1/2 cup of oil
- 1 tea-spoon vanilla extract
- 1 table-spoon vinegar/curd
- 1/2 cup of butter, melted
- 2/3 cup of cocoa powder
- 1/3 cup of milk
- 3 cups of powdered sugar
- 1 teaspoon of vanilla extract.



Steps:

- In a mixing bowl add all purpose flour, cocoa powder, baking soda and sugar
- Now add water, oil, vanilla, vinegar/curd
- Now stir
- For icing add melted butter, cocoa powder, milk, sugar, vanilla.
- Bake it for 20 – 30mins and check with toothpick
- Top it off with bananas and sprinkles and chocolate syrup.

Enjoy! With family and friends

I hope you liked my recipe if yes then keep reading our monthly paper for more such tasty recipes and I will write next time.



**Nikhil Krishnan, Age 9 Years
Reliance Foundation School, Koparkhairane**

HOW WINTER AFFECTS THE INDUSTRIES IN KASHMIR



MUSAIB BIN NISAR
Managing Director
Himaliyan Peaks
Wood Industries

Industries in Kashmir have suffered time and time again, be it the unstable conditions of past, the pandemic that left us devastated or the backlash that followed in the form of bank loans and dead market. We industrialists have been suffering for a while now.

I add one more thing to the list and it is the winters, we all have been talking about the effects of

these variables a lot, but we often omit talking about how winters in Kashmir affect the growth and development of our units and industries in Kashmir. May be because we are so used to the seasons changing that we have adapted to it and don't even consider it an alien thing.

Our work schedules are made according to the conditions and the weather changes, and we have become accustomed to the breaks that winter brings us.

Let me state that I am not saying winters are a bad thing or the season should disappear altogether God forbid, we need winters like a fish needs water. But we should also be able to accept the fact that winters

slow our businesses down. The weather conditions are such where it gets hard for the workers to even get their hands out let alone work with the tools and operate machines.

In my field of work, I would say My workers are literally fighting a war with cold every day, First it is extremely hard to reach the unit at given time, the reason being that roads are frozen due to snow and rain, It gets hard to drive and then once you reach the unit, It gets even harder to work without due to minus temperatures here in Kashmir, Then they spend some time warming themselves up, And before you realise it half of the day has already

passed because of the days being shorter, Then the remaining time which we work in is hardest because in summers where it takes us three days to complete a project in winters the time doubles up, Sometimes it triples up. The paint gets harder to dry, the fillings take longer to set, the tools take more effort to work with, And due to the sub zero temperatures it gets hard to keep on working for hours altogether, the workers take frequent breaks and that cuts the working time. Which results in delays. Then there is the issue of power cuts, Even when we are situated in Industrial estate we still face the issue of electricity owing to the weather condi-

tions and other factors in the environment.

Almost all of the units make sure to take less orders during these three months, all because of the above mentioned reasons, the customers are skeptical of work as well as everyone knows that their orders will either be delayed or cancelled altogether as winters bring a hint of unpredictability with them.

This is however a natural phenomenon and as I said we have adopted to both the weather conditions as well as to the unpredictable nature of the season also, There is not much we can do about it as we can fight against all odds but nature.

Furthermore, winters are more like a

breather to us industrialists as well, We take some time out for ourselves, Enjoy some quality time with our families, But let's not forget that as much as they are good for us, Winters are equally disastrous as there is this wave of gloom all around us, The cold brings more deaths And the news takes a toll on our mental health as well, All the things that we have worked hard upon in the months are slowed down and they progress at a very low pace, Which makes us feel low sometimes. I hope that we would be able to bring more innovations in our industrial sector that will provide and enable us to work efficiently even in these harsh cold days.

DENTAL HEALTH
TIP OF THE MONTH

Clean in between your teeth at least once a day using dental floss or interdental brushes

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MAY WE KNOW THEM, MAY WE BE THEM,
MAY WE RAISE THEM

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