

# Date with Health

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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 !!!!!



## GRAND GALA GRAND ENTERTAINMENT ON WOMEN'S DAY IN SANPADA

MILLENNIUM QUEENS OF MILLENNIUM TOWERS SAHYADRI HOUSING SOCIETY,  
SANPADA CELEBRATED WOMEN'S DAY IN A VERY GRAND MANNER



The advent of Holi followed by Women's Day was celebrated in a very grand fashion and it was the total participation of women in a day-long programme. It all started with a morning walk to D-mart Juhi Nagar and back fol-

lowed by exercises to start with a fitness journey followed by morning breakfast. The stage A-8 parking was well decorated for the evening programmes on the stage and well attended. It all started in an auspicious way with Haldi Kum-

Kum. The International Women's Day was celebrated in a very entertaining, enchanting way by the women's wing. Evening the women participants enjoyed games, fun and frolic by forming groups. A question answer session on cyber

security was arranged as the star attraction. Prizes were distributed to winners and a sumptuous dinner was provided and in the end Kulfi and a memorable gift was given for all the queens to conclude the day-long activities.

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

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

We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue.

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



**PLEASE NOTE:** Vol. 6, Issue - 6 (March 1-31, 2023) Print Edition was not printed due to Covid-19 related problems, the inconvenience caused is regretted. You can see the same digitally on our website:

[www.datewithhealth.com](http://www.datewithhealth.com)

- Editor





## Editorial

### RESPECT NATURE

**W**e seem to have played too long with nature and now it is the turn of nature to play with us. One hasn't seen such things in past which have become so frequent in the last couple of years. Gone are the days when a farmer standing in his land could predict the advent of monsoon, and here today the mood of the climate changes so sharply that even MET Department is a mile away from its prediction targets. Natural calamities slowly are becoming routine and a time will come when sadly all that will be remembered will be the casualty figures.

People are taking things so casually as if they can change the growing deforestation and climate change with the click of a mouse. We need to realise that cutting a full grown tree takes years to grow but bringing it down takes a few minutes. One tree lost is taking environment a step back. Planting a tree will nullify that but it will take atleast a decade to replace that one which was chopped down. Will we wake up when people will have to go miles to fetch a bucket of water !!! Will we realise how shamelessly reckless were we in felling trees and making the land barren. Those days aren't far when to get protection under a lush green tree man will have to sweat it out for many kilometres.

**WAKE UP before it's too late !!!**

**Planting more and more saplings is probably the only option .... PLANT MORE SAPLINGS.**

### SUMMER HEALTH TIPS



## RELATIONSHIPS AND MENTAL HEALTH LISTENING SKILLS

### Relationships and Mental Health

**L**istening is a very big part of any successful conversation and also very important for every successful relationship.

I often hear the statement from many clients and friends that my child just does not listen to me, or my husband does not look at me when I am talking, or my father has not time to even hear about my school.

Being heard is one of the major need of every individual. Many a times when I am telling or narrating an incident, If I notice that the other person is not paying attention and I just stop talking and start thinking that they have short attention span or they must be finding my narration boring. Here I am not talking about the ones who have low attention span or have any kind of disorder. I am talking about individuals who have good span while watching TV or doing things. They just lack listening skills.

There are other kind of people, the most dangerous one who make an analysis or jump to diagnosis or make a conclusion from the beginning of your statements. They do not wait for you to finish and have a solution or a piece of advice ready for you. They have all good intentions, but they are not aware that at times they may miss out on important details and miss the bus while trying to catch a plane.

The moral of the story today is be a good listener. Make every effort to listen, comprehend patiently and then let it process in the brain. Then let the brain give you the right words to speak.

Being a good listener will help you in all types of relationships, whether personal or at work, with friends or with colleagues.

Being a good listener will put you in a powerful safe place and help you be a person who is part of the solution and not part of the problem.

Being a good listener will actually shorten your efforts and increase your joyful moments and create a sense of understanding around you.

Listening happens with ears, eyes, body and brain.



**SALMA PRABHU**  
Clinical Psychologist Career  
Counselor and Author of  
Parenting book  
Mom Dad U R Wonderful  
and You are My Star  
salmaprabhu7@gmail.com  
Call 9322851484

It is not just ears. As there is verbal and non verbals which are active in any and every conversation.

### How to be a good listener

1. It begins with observing yourself first. Observing your level of patience, your body language, your ability to stay focused on the topic. Observe when anyone is talking, are you in a hurry to say what you think and feel, or you wait for the person to finish. There might be people who never finish, there you shall have to develop other skills like manouvering the conversation and keeping it short. But this can happen when you are in control of yourself and your responses.
  2. After your observation, make a conscious effort to listen with eye contact and your body telling the other person you are listening. Many people continue to do what they are doing and still say, yes go ahead, I am listening. Listening means you are totally there with not just all ears, but with eyes, body and brain.
  3. Make it a point to listen and understand the feelings of the other person and give a reflection of feeling like I understand how you feel, or it must be so good or difficult. For this you shall need a good vocabulary of words and appropriate intensity of words.
  4. Watch people who are good listeners around you. Watch how they listen, how they are attentive and actually listen with patience.
  5. Listening means not taking for granted. Be there, be available to your near and dear ones, friends and even strangers who are talking to you.
  6. If possible get yourself recorded while listening, so you can observe your own non verbals. This would help you to improvise.
  7. Practice relaxation and Shavasana. These are very helpful to help our own minds to calm down to be able to not jump ahead of us all the time.
  8. Say the positive affirmation "I am a good Listener"
- Practice the above step and you shall find yourself being calmer, feeling good to be called a good listener.

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Shalini Mukherji  
FITNESS & NUTRITION

mukherji.shalini@gmail.com

Master Functional  
Trainer

Muscle Rehab  
Practitioner

Blackroll & Barefoot  
Specialist

Mobility Specialist

Nutrition Consultant  
For  
Weight management  
Sports & Clinical  
Nutrition

WhatsApp  
+918591288168



## ENERGY VITAMIN



**V**itamin B12 / Cobalamin is a water soluble vitamin

It is involved in RBC production, brain health, DNA synthesis and Metabolism.

It is needed for the production of Serotonin, a chemical responsible for regulating mood.

- Lack of coordination
- Frequent mouth ulcers
- Inflamed tongue
- Blurred vision
- Decline of cognitive abilities
- Behavioral changes
- Anxiety & Depression
- Digestive problems

(Milk, yogurt, cheese, paneer)

- Kefir drinks
- Fortified cereals and drinks
- Unsweetened Soy milk
- Nutritional yeast
- Shiitake mushrooms

• Bananas etc

**FERMENTATION**  
It's an ancient technique for preservation of foods and drinks and has been practiced since long before the days of refrigeration.

During fermenta-

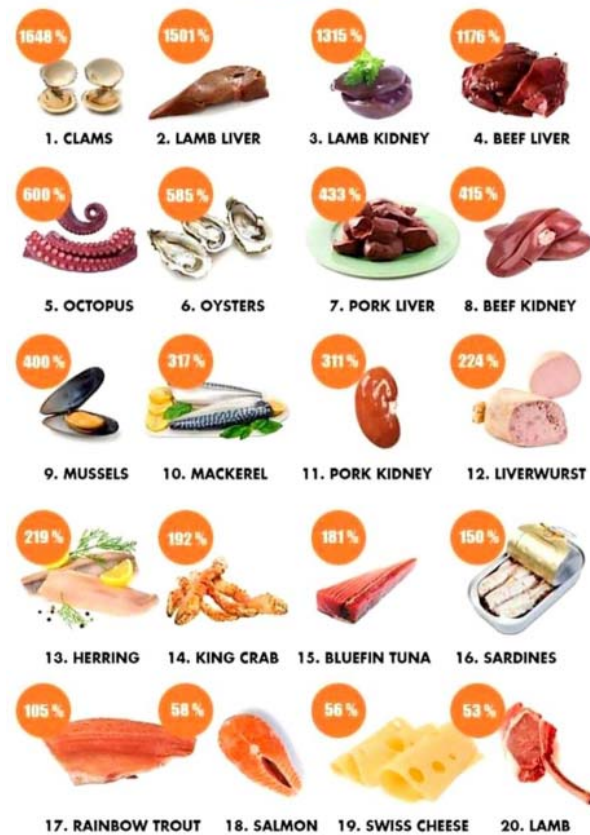


- rooms
- Nori (edible sea weed)
- Tempeh
- Fermented foods like Misi, Khimchi, Sauerkraut, pickles, Fermented Rice/ Millets

tion, micro organisms like bacteria, fungi and yeast, convert organic compounds like sugar and starch into alcohol and acids.

These act as natural preservatives and improves the taste and

## THE 20 BEST SOURCES OF VITAMIN B12



texture of fermented foods, leaving them with a strong salty and slightly sour flavor.

- Good source of lactic acid bacteria which helps improve GUT HEALTH and has a probiotic effect.
- Easier to digest as natural sugars and starches have already been broken down.

- Improves the availability of nutrients
- Improves Vit B12 levels

Supports heart health as it controls Blood Pressure and improves Cholesterol balance. Check your Vitamin B12 levels every 6 months

**“BE HAPPY AND HEALTHY WITH OPTIMUM B12 LEVELS”**

## DEFIBRILLATOR - What is the need for AEDs in public spaces?

**E**mergency services in India unfortunately are known to take way more time than they should and therefore, first-aid tools have a crucial role to play for saving lives. With a large population size and densely crowded public spaces, there are strong indicators for the growing incidence



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

of sudden cardiac events in the country. This makes instal-

## HEALTH- NEED OF THE HOUR

lation of AEDs in public places important and they should be placed alongside fire-extinguishers or at similar locations. In large buildings, possibly every floor can have an AED, in markets, malls, and public places, they could be placed centrally and at entry and exits. The device may be installed at security guards rooms and surveillance centres as

well. In recent times the incidence of deaths due to sudden cardiac arrests outside home is increasing. Various Indian cities need to install Automated External Defibrillators (AEDs) in public spaces to address this issue. Automated External Defibrillators or AEDs are portable electronic medical devices to detect life-threatening cardiac ac-

tivity such as irregular heartbeats and pulse less ness. It can revive the heart by defibrillation or application of electricity to restore effective cardiac rhythm. Cardiac arrest is taking place in a Gym or while he is playing squash in a health club. The doctors feel that a chance to survive happens if only there had been a defibrillator in the gym. It's a small portable device that saves lives. Timely aid could save

many lives and the objective of installing the AED was to empower a common man to do his bit to save a life. An Automated External Defibrillator (AED) costing Rs. 1.5 lakh to save the lives of those who suffer from Sudden Cardiac Arrest (SCA) was installed at the Airports as part of the project to save a life. The machine was installed at the security check area in the departure areas in the airports across

**Contd. to page 6**



## LISTENING TO YOUR BODY



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

About of body the general attribute is

- All parts are in right place
- Self regulated
- No part complaints, goes on with its function
- Dynamic
- One part sick, other part, cells comes to help

### Our body is talking but are we listening?

Just taking a minute to listen to your body's needs can reveal a lot about how you're reacting to your environment, diet, and other factors. Here are some signs and symptoms that indicate you need to stop, listen, and then give your body what it needs.

### Our body has a fantastic self curing capability.

#### So Cure naturally

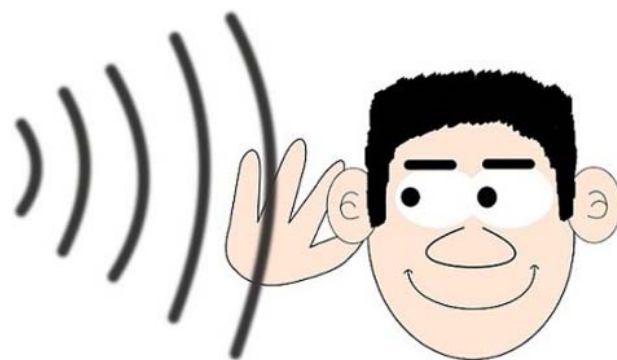
- The key here is to slow down, instead of popping pain-killers, (self medications) say you stopped for a moment, turned off your phone, closed your eyes, and centre your thoughts on what's going on. Is your neck stiff? Analyse self within.

This does not mean don't take medical advise. We all need treatment and most of the time we ignore when our body says "hey give me treatment".

We are not going to talk on Medicines and treatments. Here we are talking of alternative safe methods with absolutely no side effect. Most importantly it is all about mind and body connection and heal with Creative Art Therapy which includes Movement Therapy, Arts, be it music, movement, colouring or painting,

drama, meditation etc. It is a parallel therapy which can be joined with counselling or any other treatment to accelerate wellness process. This happens by the participant's volition and involvement and receiving benefits accordingly.

You may not have thought about this be-



fore, but the way you feel on a given day is actually your body talking to you. Whether you know it or not, your body responds to everything you encounter, day in and day out. How we turn deaf ears! Your remarkable body has various signaling mechanisms in place to let you know that something's

wrong, but you were never taught how to "tune in" to these signals.

Stress may cause one person's stomach to churn and another to start sweating excessively. How does your body communicate with you and demand your attention?

Anyone can learn

to communicate better, and a great place to start is with your own internal communication. When the internal signals you receive from your body match your values and the actions you take, you will likely to feel calm, peaceful and aligned. When you're not aligned (in other words, when you override your body's

signals and take action that is different from what you really want) you may feel overwhelmed, upset or disconnected. How could you possibly communicate effectively with others when you are ignoring what your own body is telling you?

#### Friend Yourself:

To "friend" another nowadays takes the click of a mouse. To friend yourself is a much more difficult task. It means considering your own needs and wants as you engage with the world. It's a delicate balance and a constant negotiation. It's also learned behaviour, because it's not something we typically learn growing up.

When your foot hurts, you pick it up and give it a squeeze. Stomach ache? Rest your hands on your belly. Unsure what to eat, say, work on, or create? Take a very deep breath, relax, feel, and then do it. Just like giving your

foot a squeeze: don't think it, just do it.

Unfortunately, if you aren't in touch with what your body is saying, you are missing out on a key component to your health - intuitiveness. We are talking about intuition or Gut feeling.

That feeling in your body is where you'll find your intuition, and your capability to act. You already know it's not on your shelves of how-to books, or waiting for you in the next guru-convention. So it's time to look somewhere else.

Your body is sending you messages, core, gut feelings, all the time. You don't need to reason them, logic them, or intellectualize them. You just need to act on them. Sometimes calming movements helps to handle tough situations. Your wellness is in your hands.

- Shh. .... Do you hear it? PLEASE DO & DO NOT IGNORE.

## WOMEN: ARCHITECTS OF SOCIETY

March 8 is annually celebrated as International Women's Day around the world to draw attention and support to women's equality and their empowerment. It exhorts everyone to stand for change for women of our society and help them achieve their ambitions and fulfill their aspirations. This day celebrates all women and applauds women achievers for their contribution in diverse segments. It also recognizes challenges to spur needful action to address the gaps that still deprive women of their right to live a dignified life with freedom. In this direction the UN theme for the women's day "DigitALL: Innovation and technology for gender equality" is focused on empowerment of all women and girls through education in this digital age.

Women play a very significant role in transforming society. Hillary Clinton had aptly said, "Women are the largest untapped

reservoir of talent in the world." Due to access to education, women are able to realize their potential and make positive contribution to socio-economic progress globally. Despite many obstacles, women in India are making every effort to break the glass ceiling. Indian women have definitely made a significant impact with their leadership at national and international levels. We have Indra Nooyi, former CEO of Pepsico, Kiran Mazumdar-Shaw – Chairperson of Biocon, Madhabi Puri Buch – Chairperson of SEBI, Dr. Soumya Swaminathan – Chief Scientist of WHO, Roshni Nadar Malhotra – CEO of HCL, Nirmala Sitharaman – Finance Minister of India, Kamala Harris,



**Dr. Grace Pinto**  
Managing Director  
Ryan International Group  
of Institutions

the first woman to be elected as US Vice President among many other women stalwarts who have made commendable contribution. These are just a few of the many shining examples that only show that women are truly the reservoir of talent who have all the potential to lead and make a difference in every sphere of life.

Women are the foundation of the family and of society itself. She is the architect of our society. Dr B R Ambedkar had rightly expressed, "I measure the progress of a community by the degree of progress which women have achieved." Being a woman translates into determination, progress and transformation. Determination to change every

challenge into opportunity, take on leadership to achieve progress and spearhead ideas to bring about social and economic transformation. As Maya Angelou would say, we need women who can stand up for themselves because every time they stand up for themselves they stand up for all women."

Today on this special day, I urge all the incredible, talented and wonderful women to realize your potential and achieve your aspirations in life. You are God's masterpiece, a symbol of virtue, strength, patience and above all resilience. Embrace your god-given abilities and talents, have faith in yourself and learn to use them fearlessly to contribute to the world around you. Develop intolerance for mediocrity and aspire for excellence even if the going gets tough. You are precious! And always remember, "Forward ever, Backward never..."

**Happy Women's Day!**

## KIDNEY STONES- SOME WAYS OF SELF DEFENSE

**T**he formation of stones in the kidneys or in the urinary tract is a fairly common disorder. These stones are hard masses made of protein or mineral crystals that separate from the urine and build up on the inner surface of the kidney. The stones are formed from the elements usually found in the urine such as uric acid, phosphorus, calcium and oxalic acid. They may vary in consistency from grit, sand and gravel like obstructions to a size of a birds egg. May be jagged or smooth. When the solubility of a particular substance in the urine exceeds in the urine, stones may form and grow. Although doctors aren't always sure of why some people form these crystals, one thing is crystal clear; they hurt!!!

The formation of kidney stone is usually the result of defects in general metabolism. Repeated urinary tract infection, kidney and metabolic disorders such as hyperparathyroidism and certain rare inherited conditions such as polycystic kidney diseases have all been linked to kidney stone formation. Certain diuretics, calcium based antacids and other medications can increase the risk of developing stones. Although some foods such as meat, fish, poultry may promote stone formation in susceptible people, no specific food causes stone to form in people who are not susceptible. Highly concentrated urine due to heavy perspiration or insufficient intake of fluids may cause stones. Lack of vitamin A or excessive intake of vitamin D are also in the list of things that may cause stone formation.

These stones cause severe pain in their attempt to pass down the ureter on their way to the urinary bladder. It is a sharp, recurring pain in the kidney area, from low back and side of the abdomen, into the pelvis. The pain is first felt in the side and thereafter in the groin and the thighs. Other symptoms include frequent desire to urinate, painful urination, scanty urine, nausea, vomiting, sweating, chills and shock. Possibly blood in the urine and fever in case of secondary infection. Sometimes, a stone remains in the kidney without causing any trouble and are diag-

nosed during a routine check up. Such stones are called silent stones.

For some people, it can take months of patients and pain to pass a stone. Hopefully, you won't be one of them. Doctors today have a number of strategies to help you get rid off that stone. What doctors can't always do is guarantee that you won't get another. Once you've had one stone, you are somewhat at a higher risk of getting another. Once you've had a second stone, your risk is markedly increased. Before you make any changes in your lifestyle, beware that there are several kinds of kidney stones, and only your doctor can tell one from the other. Some different types of stones are calcium, struvite, uric acid and cystine etc. Once your doctor is acquainted with your particular stone, the following tips will help reduce your chances of forming another stone.

- **Drink lots of fluids:** Regardless of what kind of stone you've had, by far the most important preventive measure is to increase fluid consumption. Water dilutes the urine and helps to prevent high concentrations of those salts and minerals that clump together to form stones. Coconut water is a of great help as it eases burning and scanty urination. Regular intake also flushes out small particles of dissolved stones through urination. Barley water can also be used for this purpose.

- **Keep a cap on your calcium:** Of all the stones we see, majority are made of calcium or calcium compounds. If your doctor says your last stone was calcium based, you should be concerned about your calcium intake. If you are taking supplements, the first thing to do is check with your doctor to see if its really necessary. The next in line is to check the amount of calcium rich foods- milk, cheese, butter and other dairy products you eat on a daily basis. The idea is to limit and not eliminate calcium rich foods in your diet. And of all the calcium in your diet, majority should be from dairy products.

- **Check your stomach medi-**



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

**cine:** Certain popular antacids are enormously high in calcium. If you've had a calcium stone and if you're taking an antacid, check the ingredients on the box to make sure it's not calcium based. If it is, choose another brand.

- **Don't eat too many oxalate rich foods:** About 60% of all stones are known as calcium oxalate stones. If everything in your body were working right, the oxalate you consume when you eat certain fruits and vegetables would be excreted. But if you've had a stone, things obviously aren't working right. So you should restrict your consumption of oxalate rich foods. These include beans, beets, celery, chocolate, grapes, green peppers, peanuts, parsley, spinach, almonds, tea etc.

- **Try magnesium and B6:** Both magnesium and vitamin B6 are used by the body to convert oxalate into other substances. Vitamin B6 actually lowers the amount of oxalate in the urine, thus deficiency leads to increase in stones as a result of elevated urinary oxalates. Taking B6 with magnesium inhibits oxalate stone formation.

- **Eat vitamin A rich foods:** It doesn't matter which kind of stone you've had, vitamin A is necessary to keep the lining of the urinary tract in shape and help discourage the formation of future stones. Be sure to consume the RDA suggested for vitamin A. Foods rich in vitamin A are apricots, broccoli, carrots, sweet potatoes, cantaloupe, fish oils, eggs, tomatoes etc. Vitamin A supplements however should not be taken without a doctor's supervision. It can be toxic in large doses.

- **Take a look at vitamin C:** If you tend to develop calcium oxalate stones, you should restrict your consumption of vitamin C. large amounts of vitamin C can increase oxalate production and increase the risk of stones. It is highly unlikely that you consume larger amounts through food stuffs, so your concern should be high potency supplements. Don't take them.

- **Don't get too much vitamin**

**D:** Excessive amount of vitamin D can lead to excess calcium in all parts of the body. Increased vitamin D might progress to bone pain and kidney problems such as stone formation. You should never get it more than the RDA.

- **Lay off the salt:** if you've had stones, its time to cut down on salts. High sodium promotes stones. Sodium is a part of salt. This means reducing your consumption of table salt, pickled foods, salty foods such as snack chips, processed cheese.

- **Watch your protein intake:** There is a direct correlation between the incidence of kidney stones and the amount of protein eaten. Protein tends to increase the presence of uric acid, calcium and phosphorus in the urine, which in some people leads to formation of stones. Be concerned and careful about consuming excessive protein if you've had stones.

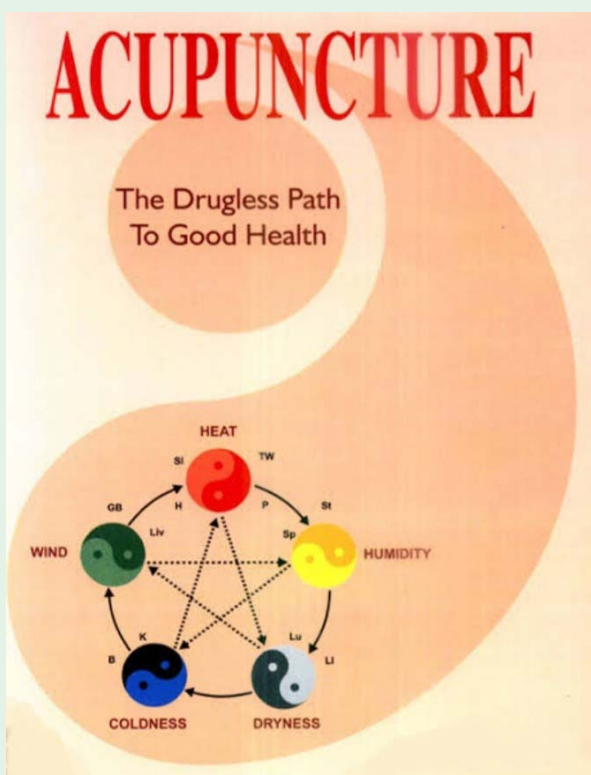
- **Stay active:** People who are inactive tend to accumulate a lot of calcium in the blood stream. Physical activity helps to pull calcium back into the bones, where it belongs. In other words, if you're prone to calcium stones, don't sit around all day and wait for it to form. Get up, take a walk, get going. Physical activity is always necessary for the overall well-being of an individual.

- **Eat fresh fruits:** Fruits like melons and grapefruits, watermelons and all citrus fruits are good in such cases. Watermelon contains good amount of fluid and is also rich in potassium. It is nutritive as well as safe diuretic. Other fruits rich in potassium are bananas, cantaloupe, papaya, orange etc. An apple a day not just keeps the doctor but also the stones away.

The treatment for kidney stones varies depending on the type, size and causes of its formation. Most small kidney stones won't require invasive treatment and you may be able to pass it by drinking sufficient water, pain killers and medical therapy. Kidney stones that are too large to pass on their own or cause bleeding, UTI or kidney damage may require more extensive treatment. Procedures may include using sound waves to break the stone, surgical removal or using a scope for removal.



DRUGLESS THERAPY - ACUPUNCTURE



Acupuncture Is a System of Complementary medicine in which fine needles are inserted in the skin at specific points along what are considered to be lines of energy (meridians), used in the treatment of various physical and mental conditions.

As a natural form of healing, acupuncture has the following benefits:

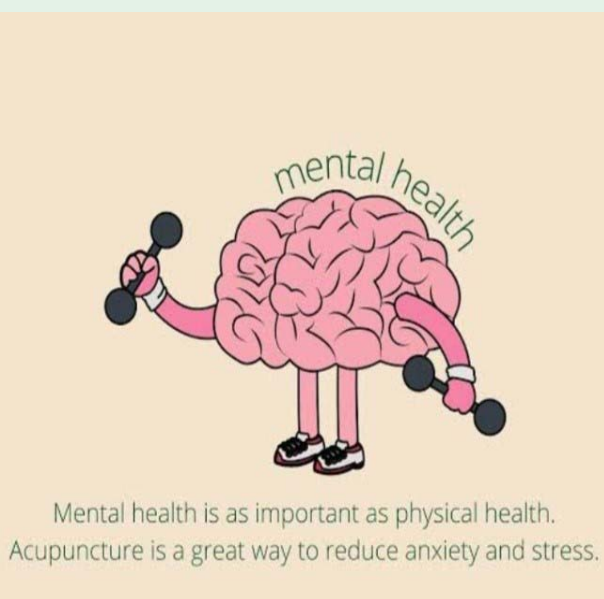
- Provides drug-free pain relief
- Effectively treats a wide range of acute and chronic ailments
- Treats the underlying cause of disease and illness as well as the symptoms
- Provides an holistic approach to the treatment of disease and illness

Acupuncture cures

- **Mental-Emotional disorders**  
Anxiety  
Depression  
Stress  
Insomnia



**Dr. SHABNAM ALI**  
M.D. Acupuncture  
(Colombo), M.I.A.Ac.S,  
C.S.G.M(Homeopathy)  
Mobile: 9892696700  
Consulting acupuncturist  
in Lohana Medical Centre,  
Koperkhairane.



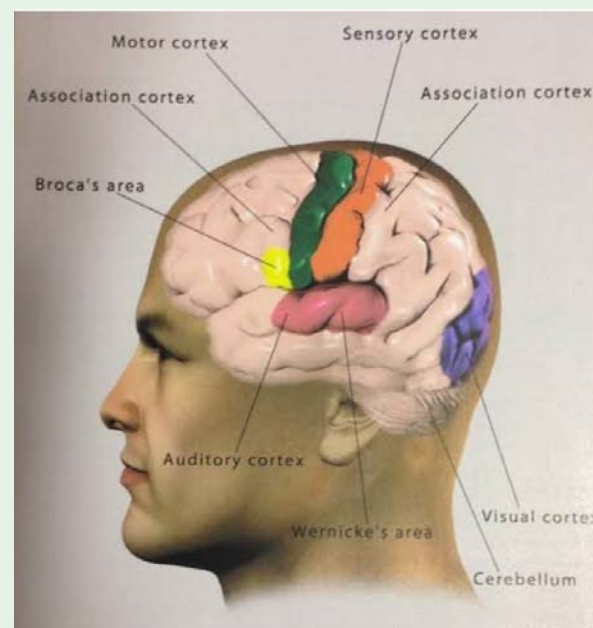
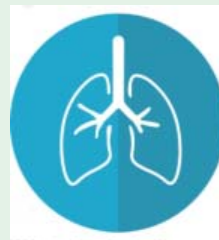
Respiratory disorders

- Acute sinusitis
- Acute rhinitis
- Common Cold
- Tonsillitis
- Bronchial asthma

Disorders of the eye

Gastro-intestinal disorders:

- Gastritis
- Hyperacidity
- Ulcers
- Colitis
- Dysentery
- Constipation
- Diarrhea
- Paralytic ileus



Neurological and Musculo-skeletal Disorders:

- Headache and migraine
- Trigeminal neuralgia (TMJ)
- Facial palsy (early stage, i.e. within six months)
- Paresis following a stroke
- Peripheral neuropathies
- Meniere's disease

How does acupuncture work?

Acupuncture improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites- commonly referred to as acupuncture points, or acupoints. The common method used to stimulate acupoints is the insertion of fine, sterile needles into the skin.

Acupuncture points are believed to stimulate the central nervous system. This, in turn, releases chemicals into the muscles, spinal cord, and brain. These biochemical changes may stimulate the body's natural healing abilities and promote physical and emotional well-being.

HEALTH- NEED OF THE HOUR...

Contd. from page 3

the country. One in 2000 Indians per year dies due to SCA.

Timely aid could save many lives and the objective of installing the AED was to empower a common man to do his bit to save a life. Everyone was aware of Cardiopulmonary Resuscitation (CPR), which is an aid given physically while Ventricular Fibrillation is done using a device. The device would generate an electric shock to the heart muscle to reverse the effects of ventricular fibrilla-

tion.

In the absence of a trained medical professional, AED can be used by an ordinary educated person, as it is equipped by simple audio and visual commands. During a cardiac arrest, the heart stops functioning due to problems in the electrical system of the heart, disrupting the pumping action. As a result the blood flow to the brain and other parts of the body stops, within seconds, a person drops down unconscious and has no pulse, and within

minutes, a person suffers death.

It is estimated that the failure to administer life-saving defibrillation within 4 to 6 minutes of suffering cardiac arrest is a major factor for 95 per cent of sudden cardiac deaths. A person suffering from cardiac arrest except for timely administering of cardiopulmonary resuscitation (CPR) and AEDs, there remains no other way to save the life. It can revive the heart by defibrillation or application of electricity to restore effective cardiac rhythm.

Apart from a few initiatives, India is largely unaware of the need for installing AEDs at strategic locations in public places. The changing health scenario is causing a rethink and upgradation of such standards worldwide, and India needs to learn from the US, the need to make this device readily available. Keeping the trends of

public health in mind, the union and state governments need to lay guidelines for installation of AEDs.

Government should make installing AEDs mandatory in railway stations, airports, metro stations, and bus terminals. Security staff and emergency service personnel should be trained to administer first-aid services,

including CPR and AEDs. AEDs should be installed in traffic police vehicles and patrolling cars, and such officials should be trained to operate AEDs.

Stitch in time saves nine is true and AEDs serve the purpose of application of electricity to restore effective cardiac rhythm and save life with timely intervention.

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## CREATIVE SPACE



**Canvas Painting  
(Mixed Media)  
Yukta Rakesh  
Rajiwade  
Fr.Agnel School,  
Vashi, Navi Mumbai**



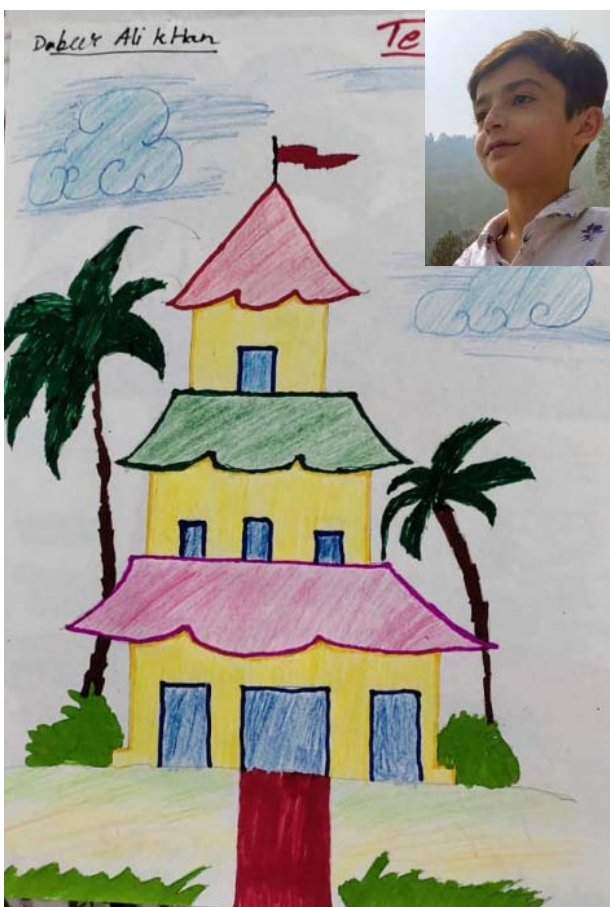
**Azah Khwaja,  
Grade 6  
The Millennium  
School,  
Barabanki (UP)**



**Arya Lad (14 years), Vashi, Navi Mumbai**



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



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

## BUTTER CHICKEN RECIPE



### Ingredients:

- 1 ginger
- 4-5 cloves of garlic
- 1 or 2 green chillis (I would prefer 2 as it will make your chicken a little spicy and good)
- 2 big onions
- 250g of boneless chicken
- 3 - 4 tomatoes
- ½ a teaspoon of cumin (put it as per taste)
- 3-4 dried red chillis
- 1 cup of oil/ghee/butter
- ½ cup of curd
- 1 teaspoon of coriander powder
- One/two pinches of turmeric
- Salt to taste
- 2 tablespoon of dried fenugreek leaves
- ¼ cup of cashews
- 2 -3 cardamoms
- 1 inch of cinnamon
- 4 cloves

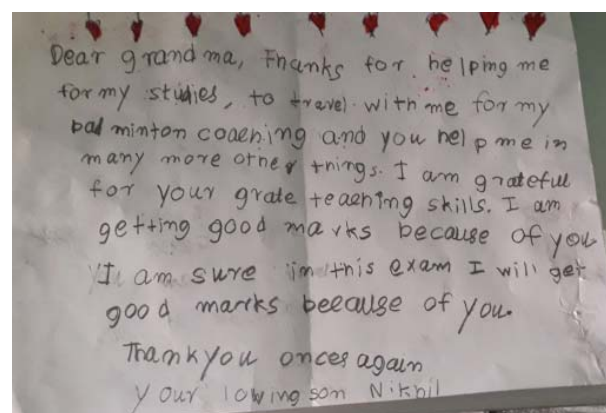
**Filzah Syed,  
12 years,  
Vashi, Navi  
Mumbai**

### Steps:

- First make a paste of ginger, garlic and green chillis
- In a frypan, add onions, tomatoes, cumin, red chillis, cashews, cardamom, cinnamon, cloves and oil/butter/ghee till they become soft
- Now take your chicken in a bowl and add curd, coriander powder, turmeric, salt, dried fenugreek leaves and mix
- In a pan or pot add the marinated chicken and let it cook
- Till that's going on take your mixture from step b and grind it into a gravy Till it is smooth
- Take the chicken mix it with the gravy
- Garnish with cream, coriander and lemon



Enjoy it with your family and loved ones and I will write to you next in another article and yep... for more such articles, recipes and yumminess keep reading Date with Health 😊



**Thanks giving Letter  
Grandson to Grandma on completing  
his 3rd std Annual Examination  
Nikhil Krishnan, Age 9 Years, Sanpada**

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## EXERCISING BRAINS AND EXUBERANT ENERGY



**JAYANTHI SUBRAMANIAM**  
Navi Mumbai

Often times after summer, we fall out of the fitness mentality and into the warm comforts of autumnal bliss. Sitting in front of the fire, we forget to move, and the idea of body awareness, movement and breath falls out the window. Instead of playing sports, we begin to watch them. This fall, what can we do differently? How can we break our habits and increase our mindfulness, and mind-body relationship with itself and our environment? Below are several ways to keep fitness at the forefront of your mind and body this fall with mindful meditation, exercise for the brain, body and breath.

Taking care of our brain is taking care of our body. A study led by Harvard researchers at Massachusetts General Hospital, found that meditating for only eight weeks actually changed the brain's grey matter. Grey matter is associated with processing information as well as providing nutrients and energy to its neurons. This is why it is said that meditation has shown to improve memory, empathy, sense of self and stress relief.

Meditation is key to prepare and react to your children's energies. When sitting in the car line to pick up the children

from school, arrive 20 minutes early to prepare mentally for the sprightly youth to jump into cars with inquisitive and ever-so exuberant minds and bundles of energy bouncing off the walls and in the car seats. Meditation lowers our stress, raises our endorphins and prepares us for anything that will ensue.

The beauty of yoga and life is that the choice is ours. Yoga provides us the freedom to practice it anywhere: outside, inside, by ourselves or with others. And, it all begins with the breath. Yoga begins with the relationship of the breath and body. We clear our minds on the mat and nothing else matters nor does it have to even exist. Only the here and now matter with our body and breath. This form of meditation is a beautiful practice synchronized with movements, certain "asanas" or poses that have specific benefits, depending on what we need during that moment. Yoga is a mental, physical and even for some, spiritual exercise that provides balance for our habitual imbalances, whether that imbalance is in our bodies or minds. Remember that breathing keeps us happy, lowers our stress, focuses our mind, and energizes our body. It is an empowering notion. So much can come from so little.

Exercising our brains and bodies, we fall in love with mindful meditation, our mind, our bodies and ultimately ourselves. Thus, this fall we begin our fitness journey and the rest of our lives with one breath at a time.

## St. Lawrence High School, Vashi NATIONAL SCIENCE DAY CELEBRATION



On February 28, we at St Lawrence High School Vashi enthusiastically celebrated the National Science Day. The day is celebrated to commemorate the birth anniversary of the great Indian scientist Dr. C. V. Raman. The keenness towards Science and to truly recognize the importance and understanding of the Raman Effect. It's still the foremost commendable science celebra-

tions in India organized by the school and students by showing different science ventures.

The theme for national science day 2023 is 'Global science for global well-being'. As India enters 2023, the theme indicates the coun-

try's emerging global role and rising visibility in the international arena.

As a part of the celebrations, St. Lawrence High School, Vashi conduct science fairs to demonstrate unique science projects created by students of all

the sections. Guests from the field of Science were invited to grace the celebration. Special assembly was conducted, where information about the Indian Scientists were proudly shared.

Our Chairman Sir Dr. A. F. Pinto says, "It is vital to make interest and awareness about Science and technology into students' minds from childhood." "National Science Day is certainly the simplest thanks to ignite the students' interest in Science and technology and appreciate the contributions of the many scientists to India's growing technology." addressed the Headmistress Mrs. Saira Kennedy.

### Top 5 Surprising Benefits of Mangoes

- 1 May boost immunity
- 2 Supports skin health and regeneration
- 3 Aids digestion
- 4 Supports healthy blood sugar levels
- 5 May help reduce kidney stones



**Cotton Suits and Phulkari Kurties and Stoles**

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