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**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 !!!!!**



FRUITS TO BEAT THE HEAT THIS SUMMER

Here are some of the fruits to consume during summer

Watermelon: Watermelons are big and are filled with water content. With over 90% water, watermelon is one of the finest summer fruits. Watermelons contain essential nutrients that benefit the body some of them are as follows

Anti-inflammatory properties, anti-cancer properties and antioxidant properties.

Watermelon also offers phytochemicals and vitamin C.

Watermelon hydrates the body during the summer season and helps in replacing the lost vitamins and minerals due to sweating.

Mangoes: It's called the king of fruits in tropical regions. Every bite of mango is no less than a feast. Mangoes are the favourite part of the summer season for many people.

Mangoes are not only used as an appetizer but are also served along with desserts to level up the taste.

Apart from their deliciousness mangoes are useful in helping the body with digestion. Mangoes contain up to 82% water. They are loaded with anti-

oxidants. Mangoes can also lower cholesterol levels in the body.

Mangoes can boost the immunity in our body. All these factors put together make mangoes the best choice of fruit in summer.

People who have diabetes need to be mindful of their consumption as mangoes contain natural sugar.

Orange: It has nu-



merous health benefits like improving heart function, reducing LDL cholesterol levels in the body and offering him an adequate amount of vitamin C

Oranges are beneficial for heart and skin health. The bright fruit contains just about 85% of water.

Enriched with minerals and water content, this fruit can keep the body hydrated and protect from the summer heat.

Cucumber: Cucumber is often considered a vegetable be-

cause of its usage in the culinary world. However, it grows from flowers and contains seeds, so botanically cucumber is a fruit.

Despite the debate about whether to be a fruit or a vegetable, cucumber is one of the best food a person can consume in summer. It contains an ample amount of water and also offers to find a

source of potassium, Vitamin K and antioxidants.

These properties of the fruit make it a great choice of summer fruit. Moreover, cucumber is also very low in calories.

Muskmelon: Rich water content keeps a person hydrated in a hot sunny climate. According to some studies, muskmelon is a fine source of magnesium and potassium helping a person stay hydrated.

Musk melon is also believed to have a few

medicinal properties like anti-inflammatory properties, anti-diabetic properties, anti-cancer properties and immunity-boosting properties.

Apple: Apple a day keeps the doctor away is a popular saying. Undoubtedly so due to the nutrient content of this popular all-season fruit. Apples offer great taste and a wide profile of various essential vitamins and minerals.

Kiwi: Kiwi is one of the finest summer fruits that helps with digestion, improve sleep and is also known for its depression alleviation properties.

They are loaded with essential minerals that are required by the body. These fruits offer vitamin A, vitamin B6, vitamin C, and minerals like potassium, iron, and magnesium.

Guava: Guavas are nutritious foods and are rich in water content. Along with water, they offer an adequate amount of fibre, vitamin D, and calcium.

This fruit has some medical properties like an antioxidant that is considered to boost immunity.

Importance of summer fruits

Summer in India

can be extreme. The heat can make a person lose a lot of sodium, potassium, and other minerals due to sweating.

All the fruits mentioned above play a crucial role in reducing various symptoms induced by excessive heat. Some of the symptoms are

- Headache
- Diarrhea
- Weakness

- Nausea and Vomiting

Fruits with high water content are essential to relieve dehydration and its symptoms. It is also helpful in balancing the acidity levels in the body, thus improving digestion.

Some of the fruits have medicinal properties that boost the immunity system in the body and prevent various diseases.

TREE PLANTATION ISN'T JUST FOR OUR NEXT GENERATION BUT THEY ARE EQUALLY ESSENTIAL FOR THE SURVIVAL OF ANIMAL AND BIRDS ... DON'T MISS AN OPPORTUNITY TO PLANT A SAPLING



PLEASE NOTE: Vol. 6, Issue - 7 (April 1-30, 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

- Editor



Editorial

STAY SAFE AND ENJOY YOUR VACATION !!!!

We get carried away when things are going fine, many throw precaution out of the window thinking only of the good days and enjoyment during vacations. With exams over and all planning trips either to their native place or cooling off at a hill station one would like to remind that summer otherwise also is a time which due to change in weather brings in health issues. This year isn't different but then a word of extra caution, Covid cases once again are going above 10K so you need to be extra careful. Don't lower the mask when in public place, keep hand sanitizer and use it too when required. Avoid overcrowding. Precaution and careful approach will keep not only us protected but will also lessen the chances of any infection being spread.

Tourist places and public transport can suddenly turn out to be the most vulnerable places so enjoy and live every moment of your vacation but if one has to have a wonderful vacation these precautions will have to be followed strictly.

Apart from taking precautions to prevent the spread of Covid we also have a responsibility for the future. Each year the heat is becoming more severe. If we don't wake up now it may be too late. Plant more saplings to have a wonderful summer vacation in future. Our next generation should thank us for the greener environment in future instead of cursing us for not planting saplings.

Happy Vacation 😊😊😊

RELATIONSHIP AND MENTAL HEALTH - RESPECT THE OTHER INDIVIDUAL



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One of the many pillars of a successful relationship is having respect for the other person whether spouse, siblings, children, colleagues or associate. Whether the member is from the family or from the community, a neighbour or gardener. It is very essential that we learn to respect everyone the way we would expect others to respect us.

Most relationships go haywire when one person does not respect the likes and dislikes of the other and tries to convert them into themselves.

Many cases I have counselled where the parent does not respect the likes and dislikes of the child and in the process as the child grows older, he also does not respect the parents. When parents do not respect each other, again the child role models the same and does not respect any author-

ity or elderly figure which includes family, school authorities and at times even the Law.

Similarly in a marriage also when one of the spouse does not respect the other one, slowly a feeling of dissatisfaction sets in and the root cause is lack of respect but small small irritants become huge conflicts and leads to separation and even divorce.

I always recommend, before getting into another relationship, learn to respect the other person.

Parents try to change their children and do not accept their limitations. Similarly spouses try to do the same, this makes the other person feel, incapable and unworthy.

There is no one in this world who would like to be made to feel repeatedly unworthy of their role or position in the family, office or environment.

Many people can change their jobs or place of living, but in a relationship it is not so easy to just leave and walk away. Therefore to attain a beautiful harmonious relationship it is essential to learn to respect others, their opinions, their shortcomings, their strengths, their choices etc.

Some of the steps

which one can start developing would be to begin by

1. Being kind, loving, humble and courteous. I realised that sometimes I lose my cool and keep affirming that "I am kind, loving, courteous and humble to one and all at all the time".
2. We can be consciously polite and speak in a very harmonious tone with everyone. Recently a friend told me that she is consciously practicing this as she has realised that she speaks very harshly. I have noticed that she has succeeded as I have observed a great change in her voice.
3. In my last article I had written about listening skills and to be able to respect others, this skill would be a great tool as listening to others views, opinions calmly without reacting immediately would also be very helpful.
4. It is also very helpful to think before speaking especially when we are upset or angry. Sometimes it is essential to be assertive. But often people let go for sometime and then pour out in a fit of rage, which

may become very disrespectful.

5. A very big contributor to being disrespectful is talking negative about others and forming opinions and sharing them with others. Always give benefit of doubt and avoid spreading rumours.
6. Respecting others includes respecting their personal space and practicing courtesy by using the word Please before just walking into their lives or their spaces. Do not take undue advantage of your proximity to the person, even if it is your child
7. Respect the experiences and beliefs of others and understand them and where they are coming from, instead of proving that you are right because you have more experience or are senior.
8. Softly put a stop to others of you feel they are being disrespectful.
9. Last but not the least is to accept ones mistake and apologize. Very important aspect of this is be serious and genuine about your apology and not just do it for the sake of doing it.

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MENTAL HEALTH AWARENESS

MENTAL HEALTH



AWARENESS



May is recognized as the

“Mental Health Awareness Month”

Types of Mental Health disorders

- Mood disorders (Depression or Bipolar disorder)
- Anxiety disorders
- Personality disorders
- Psychotic disorders
- Trauma

- Eating disorders
- Substance use disorders

Mental health includes our emotional, psychological and social well being.

It affects how we think, feel, act.

It also helps determine how we handle stress, relate to others and make healthy choices.

Mental health is



important at every stage in our life. Adolescence (Studies, career, friends) From... Childhood (home and school atmo- sphere) Adulthood (Family life, workplace,

finances)

Geriatric age (Loss of loved ones and loneliness)

Associated signs and symptoms

- Difficulty in sleeping
- Low energy and motivation
- Sadness
- Nervousness
- Difficulty in concentrating
- Questioning ones abilities
- Feeling easily annoyed or irritated
- Children may show defiance, disrespect, complaining, fighting, clinging to parents, ignoring.
- Practice Self Com-

passion

Remain hopeful
Be grateful
Eat healthy

Exercise
Focus on what you can do

Set a routine/ structure to the day

- Do not smoke/ drink alcohol or use drugs

Mental stress can impact our immune system in many ways and increase physical illness.

Mental health awareness benefits EVERYONE

A person is truly fit when he / she has the fitness of mind body and soul.

RYAN GROUP OF INSTITUTIONS AWARDED NAVABHARAT CSR AWARD 2023 FOR CHILD EDUCATION AND UPLIFTMENT

20th April 2023, Mumbai, Maharashtra: The Ryan Group of Institutions was honoured with the prestigious Navabharat CSR Awards for Child Education and Upliftment at the 2nd edition of the CSR Summit held on Wednesday, 19th April 2023. The award was presented to Dr Grace Pinto, Managing Director of the Ryan Group of Institutions, by the Governor of Maharashtra, Shri Ramesh Bais in the presence of Deputy Chief Minister of Maharashtra, Shri Devendra Fadnavis, at Raj Bhavan, Mumbai.

The Navabharat CSR

Awards, organized by Navabharat Group, is an initiative to recognize the exemplary work done by corporate organizations to-



wards their Corporate Social Responsibility (CSR) initiatives. This year's theme was “NEW INDIA-through CSR”, and the summit brought together eminent

personalities from various fields to discuss and share their insights on the same.

The Ryan Group of Institutions has been committed

to serving society through various initiatives focused on education and uplifting children. The institution has been instrumental in providing quality education to

children across various socio-economic backgrounds through their network of schools spread across India. They have also undertaken several initiatives to empower and uplift underprivileged children, providing them with opportunities to succeed in life.

Expressing her gratitude on receiving the award, Madam Grace Pinto, Managing Director, Ryan Group, said, “We are grateful to God Almighty Jesus Christ for His blessings and guiding hand in fulfilling the vision to make affordable education accessible in all parts of our country. We are thank-

ful to Navabharat Group for recognizing our efforts of serving the needs of the nation. It inspires us to continue our work towards building a better society through holistic education.”

The Ryan Group of Institutions is founded on the principles of equality, empathy, tolerance, and care for others. Ryan Group of schools undertake various social projects based on six parameters, namely compassion, environment, education, healthcare, economic empowerment, and local leadership development, to transform society in a positive way.

PRANIK FOOD

Food, clothing and shelter are the basic needs of life. Food comes first as it is the most important thing for survival. We know very well that “Food is fuel”. Today people are suffering from so many diseases. Obesity stands top in the list and risk of other diseases like cardio vascular disease, hypertension. Type II Diabetes, cancer are increasing. There is a segment of people who have enough money to spend on good food but they suffer more from such chronic diseases. The reason is we are not eating food in the right way and in right amount. There are so many apps nowadays which calculates how much carbohydrates, fats and proteins you have consumed. But just calculating carbs and proteins is not enough. Most importantly one should know what he is eating is good for his body. As per Ayurveda Nutrition, food is far beyond carbs, proteins and fats. It says food should have “Prana” (Life) that gives energy to the body. But in today’s time, most of the food which we are eating is either low in prana or almost dead food we are consuming.

In this article, I would like to share the importance of pranik food and

how pranik food provides energy to your body and regular consumption of pranik food will keep you away from diseases thereby leading a healthy and happy life. Pranik food is divided into three categories :

- 1. Positive Pranik Food** (gives energy)
- 2. Negative Pranik Food** (these have medicinal benefits but may have harmful effects if consumed for a very long period of time)
- 3. Zero Pranik Food** (creates lethargy in the body)

To begin with the negative pranik food, the list consists of all the food items that human beings like the most. Example : garlic, onion, asafetida, green chillies, coffee, tea. Tea and coffee addiction is at its peak now. People cannot imagine their lives without a cup of tea/coffee right from getting up in the morning till evening. Some people keep drinking coffee even at night while working because coffee is a great stimulant and it keeps you awake to work efficiently. Anything in excess is harmful for health and do not make coffee



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Desire For Wellness.

and tea as compulsion. Garlic has lot of medicinal benefits but It should not be consumed daily as it stimulates the nervous system. We should not make food as religion or not associate food with religion. But all these negative pranik food, even though have medicinal benefits, is not suitable for daily consumption.

On the other hand zero pranik food are tomatoes and potatoes. They are extremely good to taste but they create lethargy. Your tongue would be very happy with the zero pranik food but your stomach would not be happy with it. Ultimately your stomach is going to take care of your whole health as all the ailments start from improper digestion or weak digestive power.

Now lets us look at the positive pranik food list. Ashgourd, honey, nuts, dry fruits, leafy vegetables, black pepper, sprouts. These foods have a very positive effect on our body. They are high energy foods. Include more of the positive pranik food in your diet. Most importantly cooking destroys lot of enzymes and the nutritive value of the food goes down. Hence make a practice

of including 40-50 percent of raw food in your diet. Non vegetarian foods have excess protein which may cause cancer. Even vegetables and fruits have protein but when cooked most of the protein gets destroyed. Hence to get a good amount of protein consumption of raw food is good.

Let us go more deeper to understand the pranik food. Freshly cooked food is considered as satwik food. It means consume cooked food within 1.5 hours after it comes out of the stove. If you refrigerate it and reheat and eat it after 8-10 hours then the properties of food will change. It becomes tamsik food which means it is not going to provide positive prana rather it will have a negative impact. Eating properly is also an important aspect of health. Eating properly means eating in a good and peaceful environment keeping away all the gadgets and just concentrating on the food which you are eating. Also eating in a happy state of mind.

Remember, “Our body is the accumulation of food, not just protein, carbohydrate and vitamins”.

MANAGING A DIABETIC FOOT

DIABETIC FOOT CARE

Most people with diabetes can prevent serious foot complications. Regular care at home and going to all doctor’s appointments are your best bet for preventing foot problems. This will help in stopping small problems from becoming serious ones. Wash your feet every day in warm (not hot) water. Don’t soak your feet. Dry your feet completely and apply lotion to the top and bottom—but not between your toes, which could lead to infection. Never go bare-foot.

Nerve damage, along with poor blood flow—another diabetes complication—puts you at risk for developing a foot ulcer that could get infected and not heal well. If an infection doesn’t get better with treatment, your toe, foot, or part of your leg may need to be amputated to prevent the infection from spreading and to save your life.

Diabetic foot care is essential as diabetes can be dangerous to your feet—even a small cut can produce serious consequences. Diabetes may cause nerve damage that takes away the feeling in your feet. Diabetes may also reduce blood flow to the feet, making it harder to heal an injury or resist infection. Because of these problems, you may not notice a foreign object in your shoe. As a result, you could develop a blister or a sore.

When you check your feet every day, you can catch problems early and get them treated right away. Early treatment greatly reduces your risk of amputation. Check your feet every day for cuts, redness, swelling, sores, blisters, corns, callus-



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es, or any other change to the skin or nails. Use a mirror if you can’t see the bottom of your feet, or ask a family member to help.

Wear cotton socks that fit well, and be sure to change your socks every day. Select shoes that

are snug but not tight, with a wide toe box, and break new shoes in gradually to prevent any blisters. It may be helpful to rotate several different pairs of comfortable, well-fitting shoes to avoid consistent pressure on one part of your foot. If you have foot deformities or ulcers, ask your foot care provider about customized shoes; this can reduce your chances of developing foot ulcers in the future. Shoe inserts may also help cushion your step and decrease pressure on the soles of your feet. Take care



of varicose veins in your foot, which may lead to a number of complications as the blood flow to the foot is in a reduced phase.

Following the tips above can help you to avoid foot problems. As stated above, high blood sugar levels over time can cause nerve damage and circulation problems. These problems can cause or contribute to foot problems. Left unnoticed or untreated, sores, ingrown toenails, and other problems can lead to infection. Poor circulation makes healing an infection difficult. So it’s best to avoid them if possible. Infections that do not heal can cause skin and tissue to die and turn black. This is called gangrene. Treatment can involve surgery to amputate a

Contd. to page 7

FATIGUE -HINTS FOR A HIGH ENERGY LIFE

Be honest, when you first heard the word “energy crisis”, you thought about the world or yourself. If you thought of yourself-struggling to start your inner engine in the morning, desperate to keep it humming after lunch in the afternoon, too willing to let it sputter to a stop in the evening, or perhaps you’re going to bed earlier each night but still waking up feeling like you haven’t had enough sleep, may be you simply don’t have energy to do things you’d like to do.

Welcome to modern day living- you’re not alone. Everyone at one time or the other feels fatigued. And who wouldn’t like to have more energy than they have now.

Fatigue refers to a feeling of tiredness or weariness. It can be temporary or chronic. Almost every person has to work overtime on certain occasions, sacrificing rest and sleep, which may cause temporary fatigue. This condition can be remedied by adequate rest. Chronic fatigue or continuous fatigue however is a serious problem which requires a comprehensive plan of treatment.

Chronic fatigue can result from a variety of factors. A specific character trait, compulsiveness, can lead to continuous fatigue. Many people constantly feel that they cannot take rest until they finish everything that needs to be done at one time. These people are usually perfectionist, tense and can’t relax unless they complete the whole job no matter how tired they may be. The chief cause of Fatigue is lowered vitality. The habitual use of refined foods such as white sugar, refined cereals and white flour products as well as processed, tinned and preserved foods have a very bad effect on the system in general. Foods denatured in such ways are deprived to a great extent of their invaluable vitamins and minerals. Such foods lead to nervousness, tiredness, obesity and host of other complaints prevalent today. Certain physical conditions like anaemia, insomnia or lack of sleep, intestinal parasites can cause fatigue. Other ailments such as low blood pressure, low blood sugar, any kind of infection in the body,

liver damage, sluggish thyroid and allergies to certain foods and drugs can also cause fatigue. Mental tension is also a major cause of fatigue. Unresolved emotional problems result in a feeling of tiredness and low energy. Other emotional factors like stress, worry, a feeling of boredom and a defeatist mentality also results in the same.

Unfortunately, having more energy is a lot like having more money- it’s easy to talk about it than to get it. Yet, it’s also easier to increase your energy than you probably realize. Ofcourse, the broad prescription from doctors is still the same: Get plenty of rest, eat a balanced diet and exercise. But here physicians and other authorities on fatigue go beyond these generalities and offer more specific, high- octane suggestions. So, ladies and gentlemen, please start your engines.

- **WARM UP-** Give yourself extra 15mins in the morning before you start your day. That way you don’t start off feeling rushed and tired. While on bed, meditate, stretch, practice controlled breathing.

- **KNOW WHERE YOU’RE GOING-** if you don’t, you’ll probably be too tired to get there. Take time each morning to set specific goals for the day. Determine what you want to do. Don’t let the routine control you.

- **MAKE SURE THE WELL DOESN’T DRY-** When you’re busy all day, it’s easier to forget to drink enough water. When you don’t get enough fluids, cells throughout your body, including your brain begin to run dry which can sap your energy. Don’t wait until you’re feeling thirsty. It is suggested to drink at least 8 glasses of water a day. Incidentally, don’t count coffee or cola towards your daily total. These drinks contain caffeine which is a diuretic- meaning it removes more fluid from your body than it puts in. If you do drink coffee or other beverages with caffeine, you need to drink even more water to



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keep yourself hydrated.

- **SEE THE LIGHT-** When winter arrives and days get shorter, many people start getting tired and fatigued. Studies have shown, however, that you can give your energy a boost by getting more sunlight. Even if you only get outside for an hour or two a day, the extra light may help put extra zip in your mood.

- **SHAKE THINGS UP-** Fatigue can be caused by being in a rut. Sometimes it seems like everything is the same. We go to work, go home, cook meals, do the households, go to bed. It’s no wonder that we sometimes feel a little tired it unmotivated. Doctors agree that one of the best things you can do to fight fatigue is to put more variety into your life. Going for walks, taking educational or fitness classes, or simply reading some new books will help you feel more motivated and energized for life.



- **ADD SOME COLOURS TO YOUR LIFE-** Studies have shown that people who spend their time in dark houses with dull, muted

colours tend to have less energy than those who are surrounded by visual zip- bright ombres, soothing greens or vibrant yellows. Even if you don’t feel like painting your house, it’s a good idea to liven up your surroundings. Add plants, use colourful decors, add in lights.

- **ARREST THE ENERGY ROBBERS-** If it’s a problem on the job, or if it’s a family feud, you’ve got to resolve it. But if you can’t resolve a problem, atleast take a vacation from the situation. In most cases, taking an actual vacation is almost mandatory. If you haven’t had a vacation in a long time, taking one can be a perfect energy booster. That’s a real good advice. Learn to delegate. Just say NO. If too many obligations or commitments are wearing you out, learn to say I might not be able to serve on the commitment.

- **TURN OFF TO TURN ON-**

Television is famous – make that infamous – for lulling human beings into lethargy. Try reading instead or listening to music. That has to be more energizing.

- **WORK OUT TO REV UP-** Exercise actually gives you energy. Even when your energy is so low you don’t want to lace your sport shoes, it’s worth making yourself stay active. Exercise helps burn off your stress and frustration, while at the same time increases the amount of energizing chemicals in your body. No denial, that people who exercise regularly feel more ambitious, optimistic and energetic. Giving yourself a dose of energetic exercise- brisk walking is enough- three to five times a week, for 20-30 minutes each time and no later than 2 hours before bedtime.

- **TACKLE ONE THING AT A TIME-** Make lists. Many times, people feel fatigued because they think, ‘I have so much to do I don’t know where to start.’ By setting priorities and charting your progress as you make your way through the list, you can remain focused and energetic.

- **PUT OUT THE FIRE-** It is advised to give up smoking, but add this to your list of reasons: smoking adversely affects the delivery of oxygen to the tissues. The result is fatigue. When you first quit, however, don’t expect an immediate energy boost. Nicotine acts as a stimulant, and withdrawal may cause some temporary tiredness.

- **SHED-** As in kgs. If you’re obese, you need to drop 20% of your weight or more. Losing weight will be of great help. Make sure you follow a sensible diet in combination with exercise. Losing a lot of weight quickly isn’t healthy and will wear you down.

- **GET FEWER Zzzzzzz-** You can get too much of a good thing, even sleep. If you oversleep you tend to be groggy all day. Usually 6-8 hours of sleep per night is enough for most people.

- **BLOW OUT THE CANDLE-** Burning the candle at both ends- not going to bed by 2 am and getting up at 5 am for example- will leave you feeling burned out. Don’t shortchange yourself on sleep. Go to **Contd. to page 6**

Ryan Christian School, Vashi PARENT ORIENTATION PROGRAMME



Ryan Christian School, Vashi organized an orientation programme on 1st April 2023 for the new set of parents to familiarize them, “as partners in progress” with the curriculum, rules and regulations of the school, teaching methodologies and the co-scholastic activities.

The Orientation began on a thought that was as follows:

“A parent is a teacher at home and a teacher is a parent in school and the child is the centre of our universe.”

Welcoming parents to the new academic session, the Principal Seema Selvaraj, spoke at length about the benefits of effective communication between parents and teachers; she laid emphasis on a strong connection with the school patrons. She even sought support and suggestions from the parents to provide best education and growth opportunities to the children of the school, and shared few tips on good parenting. Moving further, she also spoke in detail about different ways of nurturing a child with love and

care to build a strong foundation for a glorious future.

The parents were briefed keeping in mind the 12-point vision of our dear Chairman Sir Dr. Augustine Francis Pinto, about the rules and regulations of the school. An overview of the various subjects and the activities which would be undertaken in the year ahead was displayed. Not to forget, the co-scholastic activities were also discussed that gave the parents an idea of the curriculum which is self-directed with hands-on learning activities that not only give our students a medium to fully utilize their creative talents and energies, but also help them in their all-round development.

The orientation programme proved to be a sincere effort made by the school in educating the parents to look after and guide their children in a proper manner. It also helped in evolving a common teaching strategy and helped the parents in identifying suitable follow up methods to reinforce the learning process of their children.

GLIMPSE - ST. LAWRENCE HIGH SCHOOL-VASHI



On 1st April 2023, Pre-Primary of St. Lawrence High School, Vashi celebrated glimpse. The event was celebrated in the School Auditorium. Students and parents took part in this event with great zeal. The function began with melodious prayer song, dance performance by two students followed by welcome song. Students participated in various mesmerizing Dances. This celebration also included felicitation of the students. Who received awards

in Olympiads. The students were crowned as Best boy and Best girl of pre-primary section.

We walked down the memory lane with the glimpse of the activities and competitions held through the Academic Year 2022-23.

Our proud parents were happy to share their views with us.

Success is the result of hard work and learning this guidelines from our respected. Chairman Sir. A. F. Pinto motivated our entire team to make this event a Success.

PALVIT FOUNDATION, NERUL CELEBRATE WORLD AUTISM DAY



Autism is no longer classified as a single disorder, but rather an entire spectrum ranging in severity. Autism is the core of all of these syndromes, with its features

being prevalent to varying degrees throughout, and includes such disorders such as Rett Syndrome and Childhood disintegrative disorder.

A child **Contd. to page 7**

FATIGUE - HINTS FOR A HIGH...

Contd. from page 5

bed earlier. Its obvious advice, but a lot of us walk around like zombies simply because we try to squeeze too much out of a day.

• **PUT RELAXATION ON YOUR CALENDER-**Relieving stress should be a skill taught in schools. Most of us have difficulty making time for rest and relaxation, and we pay for it in lost energy. One of the best ways to recharge your batteries is to put aside a little time each day to do something you truly enjoy- playing with your

pet, outing, getting a massage or breathing in calm fresh air. Taking a break from life's stresses gives your body and mind time to recover, which will help you feel stronger the rest of time.

• **MAKE A SPLASH-** When energy starts to drop, stop. Hit yourself in the face with splashes of cold water. If at home, perhaps a cold shower would restore energy even better making you feel fresh.

• **TAKE ONE A DAY-** If you are guilty of missing meals,

dieting or not eating properly, taking one multivitamin and mineral supplement a day is a good idea. A lack of good nutrition can cause fatigue, and a supplement can help make up for the missing nutrients. But don't look to a vitamin to give you instant energy. It's a fallacy that when you're tired you just take more vitamins and feel better. Only eating proper meals can do that.

• **BAN THE BIG MEALS-** Everybody knows that the lowest energy time of the day is right after lunch, when just about

everyone is nodding off. This is due in part of the body's natural need for rest. But studies have shown that people who eat four or five small meals a day tend to have more energy than those who eat two or three big meals. Try to eat a good sized breakfast, one or two healthy snacks during the day, and a good meal at supper. Eating frequent smaller meals helps keep your metabolism burning steadily, rather than working hard all at once. Eating regularly also keeps your blood sugar steady, which

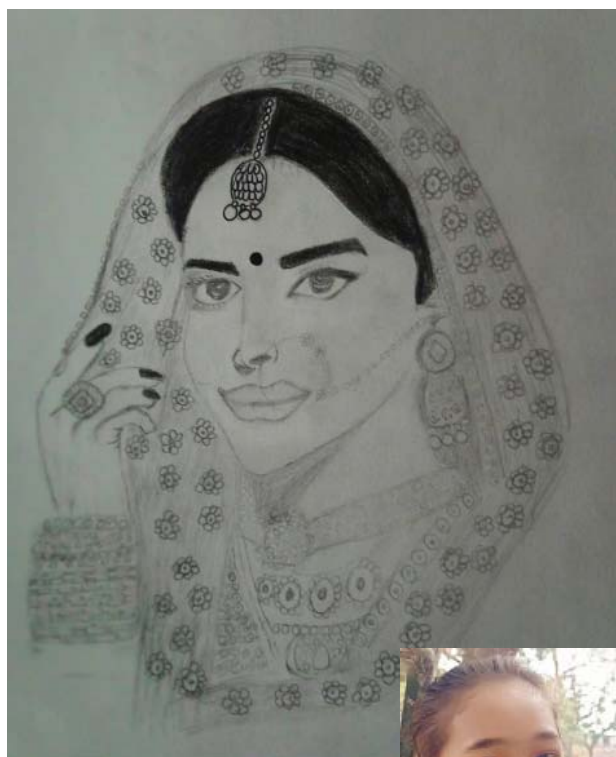
can be very powerful in fighting fatigue.

Nutritional measures are most vital in the treatment of fatigue. As rightly said in the book PRESCRIPTION FOR ENERGY, Regeneration must begin with food. They must be taken in their natural forms without processing and adulteration, any seed or root vegetable that will grow again will renew human vitality. The diet should be optimum made up of seeds, nuts and grains, vegetables and fruits, dairy, enough protein. Sprouting is an excel-

lent way to eat seeds, beans and grains as it increases the nutritional value of foods. Fatigue will disappear by correcting deficiencies. Make sure your minerals and vitamins are up to the required value. Having fresh fruits and vegetable juices, honey, dates, nuts like fox nuts, pine nuts etc help keep up with the immunity avoiding fatigue.

You can't turn your clock to simpler times, of course. Above are ways you can boost your energy, stay active and restore your enjoyment of life. Happy living!!

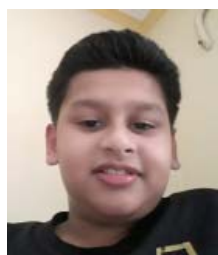
CREATIVE SPACE



ABIBA KHAN
(10 years)
Jawahar Navodaya
Vidyalaya, Bankura,
West Bengal



A CLEAN ATMOSPHERE GOOD FOR HEALTH



Nikhil Krishnan,
Age 9 Years
Reliance Foundation School,
Koparkhairane

WATER

Grand Father saw it in River.
Father saw it in well.
We saw in Tap.
Our children saw it in Bottle.
Where will our Grand Children
see it! In Capsule?
If we still neglect
It will be seen only in Tears.

KOREAN DISH
BIBIMBAP RECIPE



Ingredients:

1. Radish, carrot and zucchini
2. Salt
3. Chicken
4. Soy sauce
5. Sesame oil
6. Garlic
7. Honey
8. Pepper
9. Bean sprouts
10. Sesame seeds
11. Spinach
12. Red chili powder
13. Rice
14. A fried egg (optional)



Filzah Syed
(12 years)
Vashi, Navi Mumbai

Steps for preparation:

1. Slice the radish, carrot and zucchini thinly
2. Add salt to the radish
3. Fry carrots and zucchini separately and add salt
4. Cut the chicken thinly
5. Add 2tbsp soy sauce, 1tbsp sesame oil, ½ tbsp garlic, 1tbsp honey and a pinch of pepper
6. Fry the chicken till a nice brown color
7. Add 2 pinches of salt, 1tbsp sesame oil, ½ tbsp sesame seeds and some garlic to bean sprouts and spinach separately
8. Now add, 1tbsp red chili powder, 1tbsp soy sauce, ½ tbsp sesame seeds, 1tsp garlic, 1/2tbsp honey to radish
9. To a bowl add rice, all the fried veggies and radish kimchi, chicken and top it off with an egg
10. Garnish with sesame oil and sesame seeds

Last but not least ENJOY!

**For fresher and tastier, yummy recipes
keep reading our monthly newspaper
DATE WITH HEALTH**

MILLENNIUM TOWERS
RESIDENT'S DAUGHTER
WINS GOLD MEDAL IN
INTERNATIONAL
ENGLISH OLYMPIAD



Pallav Ghurde Hedau and Mayur Hedau, resident of Millennium Towers, have informed that their daughter has won a Gold Medal in the International English Olympiad. The family is ecstatic about their daughter Aarna Mayur Hedau's achievement. Kudos to Aarna for winning yellow metal.

PALVIT FOUNDATION, NERUL CELEBRATE...
Contd. from page 6

may develop unusual or concerning behaviors in response to these difficulties or differences. For example, a child may be so under reactive to sensation that they spin in circles in an attempt to increase their sensory input; another child, overwhelmed by the confusing information they receive about his world may withdraw, finding security in lining up their cars over and over again.

To celebrate World Autism Day, Palvit Foundation, Nerul have undertaken a joy trip to Alibaug near Panvel and the boys and girls enjoyed every moment of entertainment as they have never ever seen in their lifetime. It was total entertainment for the day long activities and the April 2nd World Autism day is well and truly remembered. It is a creditable achievement for Pratesh Barve, Principal- Surekha Barve and the team of Palvit Foundation trainers, Nerul and students.

MANAGING A DIABETIC FOOT...
Contd. from page 4

toe, foot, or part of a leg. A doctor should examine your feet at every visit and do a thorough foot exam once a year. If you have a history of foot problems, you should be checked more often. Your health care provider should also give you information on foot care and answer all your questions. Report any corns, calluses, sores, cuts, bruises, infections, or foot pain.

If necessary, your doctor can recommend a podiatrist who specializes in diabetic foot care or give you information about special shoes that may help. Remember: Diabetes-related foot problems can worsen very quickly and are difficult to treat, so it's important to seek prompt medical attention. Hot water treatment will increase the blood flow and keep your leg at a higher place to increase blood flow. T-bact is a good ointment for all injuries related to varicose veins.

HEALING IS A JOURNEY FROM NEGATIVITY TOWARDS POSITIVITY



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

How does dance movement therapy help build self-esteem and emotional wellbeing of people who are clearly coping with depression, anxiety, anger based on their traumatic experience of whatever magnitude?

DMT also works as preventive therapy as we all go thru ups and downs in life.

Trauma manifests itself in negative thought processes and if there is no release for it, it will systematically destroy an individual's life and relationships.. We work towards redeeming the self-image and make a positive shift in the perception of themselves. The process

shifts the focus from illness to wellness.

Some positive points that aids in healing with DMT to name few

- moving their bodies in new ways,
- releasing tension

non-competitive setting,

The overall style is dance improvisation: where we each choose how we want to move and interact. Each session has a variety of guided activities and

fecting the individual..

All the self-hatred or self-sympathy is often manifested in raging anger. We try to give tools to release their anger through strong repetitive movements and beats and

can have and the direction it can take one person on is truly astounding. The power of our thoughts can guide us down a road of strength, empowerment and positivity or down a road of despair, defeat and self-destruction.

RENOVATION OF MINDS

Therapists work with many different types of people, people whose stories and struggle are each different and unique. One common thing I have noticed as a therapist is how powerful our thoughts truly are. Thoughts can either be your best friend or the toughest meanest bully you can ever encounter. The power however is in your hands, the power to make a transformation of your mind is possible. Look at your mind as a room that needs to be redone and revamped, we do not want to demolish the room. The goal is not to destroy, erase, damage or forget. The goal is to renew, re-

store and to Renovate.

What we discussed is just a few of the many different ways our thought process and ways of coping influence our perceptions, thoughts and actions. It starts with awareness and taking one small step towards change at a time, a step towards new behaviours, new actions, new thought processes and a step towards a new path. Once there is awareness then we can work to find compassion for ourselves, strength, hope and work to walk towards the roads of healing and positive thinking.

It is very common to allow negative thoughts to lodge into our minds and take over, that up all the space. Whether you are facing depression, sadness, bitterness, grief, eating disorders, addiction my belief is that if we can renovate our minds and clear up a lot of the negative junk then room for healing can truly begin.



and increasing fitness,

- nurturing self-esteem, confidence, and joy,
- feeling less lonely, bored and stiff,
- connecting within themselves and with the group,
- feeling accepted, lively and free,
- getting to laugh, have fun, and make new friends.
- Moving in a supportive, welcoming,

suggestions; however these are invitations – each participant is encouraged to interpret it however works for their own body and to be creative in the moment.

So while we also begin with movements, we use it primarily to tap deeper issues that are difficult to verbalize and so dance becomes a safe way to address those core issues that are af-

then encourage them towards overcoming that anger by channeling it into something positive in their lives. The journey through dance movement therapy is always one from Negative towards Positive. Through movement-based activities, the sub-conscious memories and feelings come to the surface and can then be addressed.

The power and magnitude one thought



JAYANTHI SUBRAMANIAM
Navi Mumbai

GRAVE GLAUCOMA DISTRESS

Glaucoma is sometimes called the “silent thief of sight” because it slowly damages the eyes and can cause irreparable harm before there is any vision loss. But this disease is stealthy in more

SILENT THIEF OF SIGHT

ways than one. Glaucoma has been known at least since antiquity, and yet, researchers today still do not know what causes it in most cases. There are treatments to delay vision loss, but no cure, making it a leading cause of blindness all over the world. Glaucoma is a group of diseases that damage the optic nerve, a cable at the back of each eye that connects it to the brain. It affects more than 2.7 million people in the United States

and more than 60 million worldwide. There are many forms of the disease, but primary open-angle glaucoma is the most common form and the most mysterious.

Most people do not realize any issue in vision until the damage is quite severe. The process of optic nerve damage is irreversible and that's why Glaucoma is called the “Silent Thief of Sight”. Only regular eye examination can detect the condition. Some-

times acute angle closure Glaucoma can present with severe headache, blurring of vision, severe pain and redness of eyes. How can Glaucoma be prevented? As stated earlier, it is not a preventable condition; but, it can be controlled.

Regular eye check-up is the best for people who do not realize any issue in vision until the damage is quite severe. The process of optic nerve damage is irreversible and that's why Glaucoma is called the “Silent Thief of Sight”. Only regular eye examination can

detect the condition. Sometimes acute angle closure Glaucoma can present with severe headache, blurring of vision, severe pain and redness of eyes. Glaucoma develops when fluids produced by the eyes are unable to flow out through the trabecular meshwork located between the cornea and iris, causing the channel to become blocked. This leads to the accumulation of fluid and an increase in intraocular pressure (IOP), which can compress the optic nerve and disrupt the conversion of light

into nerve signals. If left untreated, this can result in visual changes or even vision loss.

Glaucoma can be classified into two main types: open-angle and closed-angle (or narrow-angle) glaucoma. Open-angle glaucoma occurs when the eye's fluids are unable to effectively drain from the anterior chamber, even though the angle is unobstructed. This type of glaucoma is often asymptomatic and causes gradual vision loss, earning it the nickname “silent thief of sight.”