

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

Plant a Sapling, click a picture with it and send it to us on
datewithhealth@gmail.com

We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue. So plant a sapling today as your contribution for a better tomorrow !!!!

PROTECT, PRESERVE AND PROSPER: GO GREEN

Saint Basil said, "He who plants kindness gathers love". To commemorate World Environment Day which fell on June 5th 2023 CAGR (Charitable Association of Greens Residents) organized a drive within their complex for senior citizens & children below the age of 16 years.

The purpose of this activity is to inspire the younger upcoming generation regarding: 1. How trees are important for our everyday living 2. How to enhance the earth finite resources

plants and animals are also important survival tools. Plants help to purify the air around us.

Considering the manifold ben-

Residents have been actively involved in organizing tree plantation campaign in the residential complex. The involvement of

planter to keep track of how the plant is growing, to water it, to treat it as something of their own. This was done to give them a sense of belonging. Drives like these leave a lasting impact on everyone and



Krina (volunteer) added, "The fact that I can plant a seed and it becomes flower, share a bit of knowledge and it becomes another's, smile at someone and receive a smile, are to me continual spiritual exercise".

The Environment is one of the most important tools for our survival on planet Earth. It nurtures us and helps us survive. We cannot imagine life without air, water and soil. The biotic components like

benefits of trees, including that they release oxygen into the air, absorb unpleasant odors as well as harmful gases such as carbon dioxide, carbon monoxide and sulfur dioxide from the air and purify it, protect us from dangerous ultraviolet rays, provide us with food and the pivotal role played by trees in preventing soil erosion, maintaining ecological balance and most especially in lessening the effects of global warming.

Tree plantation is not just something that should be done; instead, it is a necessity, the urgent need of the hour. Planting of trees is especially important to protect our environment against air pollution and global warming. Volunteers of Charitable Association of Greens

grandparents & grandchildren was observed in this plantation drive. As they say "Until you dig a hole, you plant a tree, you water it and make it survive, you haven't done a thing" Braving the harsh weather more than 300 residents turned up right from a tender age of 5 till the age of 85. The enthusiasm shown was commendable. The drive took more than 4 hours but by giving a small part back to the environment everyone left with lot of happiness and gratitude. Each sapling was given a tag no which can help the

are infectious. CAGR's vision is to conduct such activities in future too and be a torch bearer.

"We thank everyone for sparing their valuable time and assisting CAGR to conduct this plantation drive which has added more green to a already green community we live. We are filled with gratitude for all the support you all have been giving us since our inception a few months back" Nilanjan, one of the volunteer said.



PLEASE NOTE: Vol. 6, Issue - 9 (June 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

MOBILE GADGET STATIC BEINGS

Man made electronic gadgets for making his life easier. But his creation has made God's creation static. Today human being can literally go without food and exercise but going without a mobile is simply unthinkable.

There was a time when instruments which aided human beings were static and man would be mobile in carrying out his activities but today the gadget has made his "master" rest to the extent that he has become a bundle of diseases and various ailments.

The Mobile is so "mobile" that it has reached the next generation with lightening speed. A toddler who barely is able to speak has become totally addicted to this very mobile gadget. Children refuse to have their food without this gadget being in company.

Time has come to take care of our health and also the health of our loved ones. Mobile has to be left some time in static mode and human beings should become mobile (and active). Mobiles are a good way to keep in touch, but they should be used properly. Why should mobile be a medium of connection when walking a few hundred metres can connect you in person with your friends and relatives. This way a man can remain active, share the emotions of his loved ones in person. Personal touch is the best healer so use it as frequently as one can. Otherwise a time will come when this "mobile" gadget will remain with you but won't be mobile to help you out in your hour of need Think !!!!

RELATIONSHIPS AND EGO



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"A relationship never dies a natural death. It is murdered by ego, attitude and ignorance"

The above is a very apt quote for the most important elements in our relationships and I have seen many beautiful relationships getting destroyed because of the most harmful part of our thought process that is EGO.

I would not like to give you the dictionary definition as I have seen ego and its effects thousands of times in my life and have also witnessed how relationship blooms when people have kept this animal tamed in themselves.

For a large part of my own life, I have suffered with the pain it has caused, but finally have managed to tame this in myself as well.

Recently, though have seen a very close friend suffering from the effects of this monster and thought

this would be the best topic for the article today.

According to French Psychoanalyst Jacques Lacan, the ego is born out of fear and isolation. It creates our identity and separates us from those around us when we were small children. Ego could be a strength to achieve our goals but it becomes a weakness when we want others to see what we see and believe that the vision of the world we have is accurate and best. The problem arises when we want to stick to unrealistic visions forever.

Role modelling also plays a major role in formation of ego. For example, if a child witnesses his parents or caregivers facing life and solving conflicts with ego driven solutions, then the possibility of the child growing up to be egoistic is also high.

Ego and Self respect is often misunderstood and thought as one and the same.

Let me give an example here. A person is being treated badly but the person continues to take it saying I have no ego, that treatment does not affect me. This would be actually not having respect for self. One needs to stand up

to the atrocities and not keep taking bad treatment from others including the loved ones. This is not about having or not having ego, this is about not having self-respect.

So how does one tame this ego.

Here I shall mention my personal opinion first. I feel that the master class for taming ego needs to begin in childhood first by the parents and then by the school. This would be ensuring that the children are taught self-respect and guided to have a good self-esteem. They are not shamed or trained to grow up to please others and are encouraged to have their voices heard which would be in humble and peaceful format. Training children to have a calm conversation, a healthy debate, and knowing when to move away from a useless conversation is much more important than training them to have high intelligence. The child who grows up to be a teenager and knows how to communicate with one and all is the one with high emotional intelligence.

The second step is to equip the children, teenagers, adults with the ability to calm down and observe themselves all the

time. The ability to do this helps to balance the thoughts, feelings and behavior.

This if also reiterated by teachers as a part of the school syllabus would make wonders in creating confident individuals with a good level of self-esteem. For this our teaching population has to first master it themselves.

After three decades of training myself, now I find myself aware immediately of what is happening to me when someone praises me, or talks to me in a rude tone. I observe the thoughts which lead to feelings and that leads to the behavior. This learning takes longer if there is no guide or mentor who himself or herself knows to do this easily. Today I am very happy when I get the response that I do not any longer react like I use to earlier. I also observe that I respond only when necessary and it is automatic, and I am not actually making an effort. This change is internal and not only external.

Therefore, it is very important that we teach our children to calm their mind and observe internal and external movements all the time,

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Protein plays a key role in creation and maintenance of every cell in our bodies.

It fuels our cells and powers our bodies.

Our bodies "DO NOT STORE PROTEIN" so it is important for individuals to consume adequate amounts of protein every day.

Proteins are made up of Amino Acids which are known as the building blocks.

Protein is a MACRONUTRIENT

REASONS to make sure you are getting enough Proteins every day

1) BUILD - Proteins help in building bones, cartilage, skin, muscle mass and strength. In fact our hair and nails are comprised mostly of proteins. It is especially important for women due to their increased risk of osteoporosis post menopause.

2) REPAIR - Our body uses Proteins (Amino acids) to repair the damage caused to our cells due to inflammatory factors, exercise, injury, disease etc.

3) OXYGENATE - Our Red Blood Cells contain a protein compound (Hemoglobin) that

carries oxygen throughout the body and helps supply our entire body with the nutrients it needs.

4) DIGEST - About half the dietary protein that we consume each day goes into making enzymes which aid in digesting food and make new cells and body chemicals.



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- Helps speedy recovery after exercise or injury
- Reduces muscle loss
- Building lean muscle mass
- Maintaining healthy weight

9) IMMUNITY- Proteins are the backbone of the body's defense system. Immune cells that



Strong
Muscles
Bones
Nails
Hair



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5) REGULATE - Protein plays an important role in HORMONE regulation, especially during the transformation and development of cells during puberty.

6) IMPROVES SATIETY - Protein reduces appetite and hunger levels as it fills you up faster. It reduces cravings and desire for late night snacking.

7) BOOSTS METABOLISM - Protein increases fat burning as it has a higher Thermic Effect of Food (TEF)

8) FITNESS BENEFITS

are benefited by proteins include leukocytes, cytokines, phagocytes which are necessary for normal immune function and to stave off infections.

PROTEIN RICH FOODS

Eggs, walnuts, almonds, pecans, soy, low fat yogurt, legumes, seeds, lean meats, fish, spirulina, spinach, mustard greens, lime beans, green beans, broccoli, asparagus etc.

Include protein rich food in "EVERY MEAL"
STAY HEALTHY AND STRONG WITH
RIGHT AMOUNT OF PROTEIN INTAKE

WORLD ENVIRONMENT DAY

Planted a Tagar.

Tagara or Valerian Wallichii is a hairy perennial herb that has been used widely in traditional medicines for ages, owing to its incredible medicinal and therapeutic properties. It is a kind of valerian, known as Indian valerian, that belongs to the Valerianeaceae family and holds an important place in the Ayurvedic manuscripts. Tagara grows up to 40-45cm in height in temperate regions of the Himalayas from Kashmir to Bhutan. The leaves are pinnate bearing unisexual flowers that are white or slightly pinkish in colour. There are mainly two varieties of tagara -Nighantus Tagara and Pinda Tagara.

Tagara is known by other vernacular names such as Tagar Ganthoda in Gujarati, Mushkabila in Kannada, Tagarai in Tamil, Tagaramool in Marathi, and Sugandha Bala in Punjabi.



Salma Prabhu
Vashi, Navi Mumbai

RELATIONSHIPS AND EGO...

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thus learning to move and respond accordingly. The same behavior in another person which was causing me irritation and a feeling of being disrespected does not bother me any longer. It is not that I have given up or learnt to cope or accepted. It is that I quickly observe what thoughts come and before the negative thought turns to negative feelings and response, I change that thought into posi-

tive. Thus, the feeling becomes positive and the response is balanced.

The third step is practicing mind relaxation and using various tools and practices like Yoga, Meditation, music, affirmations and reading and acquiring knowledge.

Along with the above, it is also very important to keep understanding self, needs, childhood conditioning and keep a goal to

release one by one the chains we have created for ourselves which become compulsions and letting go becomes difficult or impossible.

I have already written about control and letting go in my past articles.

I can tell you how free I feel today when I have mastered almost to 90% the art of taming ego.

Wish you all can achieve the same much earlier in life to enjoy the bliss of life and be free of all the miseries.

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DATE WITH HEALTH

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FOODS TO KEEP YOU COOL DURING HOT WEATHER!!

A big scoop of ice cream may sound great when you're battling summer's scorching temperatures, but it's only a quick fix that will leave you hotter than before. Once your body starts digesting and storing those calories, your temperature will rise.



Sahrish Akhtar

However, there are foods available that can actually help you beat the heat by triggering cool-off nerves, causing you to sweat, providing essential fluids and more.

FOODS TO KEEP YOU COOL:

1) Mint: By triggering the cold-sensitive nerves in your mouth, mint works wonders to cool you off – especially when it's eaten fresh, and it doubles as a digestive aid.

2) Chile peppers: In hot-climate countries such as India and Thailand, spicy foods are a mainstay. Why? Because one of the chemicals found in them, capsaicin, triggers a reaction in your body that makes you sweat, a process that helps your body regulate its temperature.

3) Water-rich vegetables: It's a well-known fact that veggies are good for you, but in the hot days of summer, certain types are even better than others. Water-rich vegetables such as cucumbers, radishes, and leafy greens, are a sneaky source of hydration, a crucial thing for your body since you can't cool off by sweating unless you are properly hydrated.

4) Fruits: Naturally sweet and refreshing, the fruit is a welcome – and easy – swap for sugar-laden frozen treats when temps run high. The key to cooling off is choosing juicy fruits that have high water content, such as apples, melon, and watermelon.

5) Chickpeas: You might be tempted to be at the beck and call of the grill during the summer months, but beware: Meat takes a lot of work to digest. Consuming it stokes the fires of your stomach and, as a result, your body heats up. If you want to keep your cool, opt for a protein that's less taxing on your stomach like chickpeas. These legumes are also chock-full of fiber and vitamins.

6) Yoghurt: Perfectly apt for summers, this protein-packed and controlled food satisfies your hunger

and helps to keep you away from overloading on salty, high-calorie snacks. It also contains probiotics, which will keep your digestive system healthy.

7) Basil Seeds (Sabja): This is a natural coolant, and it helps alleviate acidity, constipation, and skin health. It can be soaked for 4–5 hours in water and then consumed by adding it to water or any beverage.

8) Buttermilk: Buttermilk, similar to curd is one of the very few protein-rich foods that cool down the body. It is also a refreshing beverage and also provides relief from gut issues that may be triggered due to the weather.

9) Ghee: is rich in healthy fats and many vitamins. Several Ayurveda practices insist on ghee as an ingredient during the summer



months. It cools your body during summer and serves as a great addition to a host of traditional Indian cuisines.

10) Fish: Meats are generally not recommended during summers, as the body produces a lot of heat while breaking them down. But if you still insist on it, stick to fish! Make sure you use cooling herbs and spices during the cooking process, such as lemons and peppermint. Be sure to avoid deep frying your meals instead bake it in a Air fryer or grill in a pan with Olive oil.

Remember to drink plenty of hydrating fluids and moderate your body temperature. In conclusion, in summer your body might require more water than you can comfortably consume. To keep your water intake high and body temperature normal, you need to consume foods that are high in water. Besides this stay indoors as much as possible, especially from 10 am to 5 pm.

Stay Happy, Stay Safe

Stay healthy & Enjoy the summer season !!!

EXERCISES FOR BETTER MEMORY

The brain is a complex organ that controls thought, memory, emotion, touch, motor skills, vision, breathing, temperature, hunger and every process that regulates our body. It regulates multiple bodily functions, interprets incoming sensory information, and processes our emotions. It is also the seat of memory, intelligence, and creativity.

Although the brain gets plenty of exercise every day, certain activities may help boost brain function and connectivity. This in turn may help protect the brain from age-related degeneration.

The brain is always active, even during sleep. However, certain activities can engage the brain in new ways, potentially leading to improvements in memory, cognitive function, or creativity.

Following are the 7 brain exercises that may help boost memory, cognition, and creativity.

1. Meditation

Meditation usually involves focusing attention in a calm, controlled way. Meditating has multiple benefits for both the brain and the body. Meditation may benefit the brain by slowing brain ageing and increasing the brain's ability to process information.

2. Visualization

Visualization involves forming a mental image to represent information. The mental image may be in the form of pictures or animated scenes. Those images that gives a sense of happiness is to be created in the mind. People can practice visualization in their day-to-day lives. For example, before cooking, people can visualize what they are going to cook, and imagine what they ingredients they need to keep ready, how the dish is going to look and taste. The key is to imagine the scenes vividly and in as much detail as possible.

3. Practicing Crossword puzzles

Crossword puzzles are a popular activity that may stimulate the brain. Some researches show that the crossword puzzles may delay



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the onset of memory decline in people with preclinical dementia.

4. Playing Chess

Researches prove that chess and other cognitive leisure activities may lead to improvements in memory, executive functioning, which is the ability to monitor and adapt behaviour in order to meet set goals, information processing speed.

5. Exercising Regularly

Regular physical exercise is beneficial for both the brain and the body. Exercise improves the following aspects of brain health:

- memory
- cognition
- motor coordination

6. Dancing

Dance is a form of exercise that may also engage areas of the brain involved in rhythm and balance.

7. Engaging in Hobbies

Taking up a new hobby can be mentally stimulating and exercise the brain in new ways. Hobbies that require coordination or dexter-



ity will activate a person's motor skills. Such hobbies may include:

- knitting • embroidery • drawing • painting • dancing • learning a musical instrument

Conclusion: Brain exercises can be as simple as actively engaging the brain in everyday tasks. Others are targeted workouts for the brain, specifically designed to enhance memory, cognition, or creativity. Exercising the brain may help improve brain function and boost connectivity between the different areas. This may help protect the brain from age-related degeneration. People are likely to differ in terms of the brain exercises they find most enjoyable. It may be a good idea to try a range of brain-training activities at first and to stick with those that provide the most enjoyment or reward.

CHOLESTEROL – WAYS TO STAY ON THE LOW SIDE

It's not bad enough that your cheeks are chubby and your waist's a tad wide. Now your doctor says that even your blood is too fat! Well, that's not exactly what he said, but he might as well have. When your cholesterol levels are high, you've got too much of a mushy, yellow, fat-related substance circulating in your bloodstream. If the excess builds up on artery walls, it can clog your arteries and restrict blood flow, possibly leading to a heart attack, stroke, or angina pain. And you don't need a medical degree to know that's not good.

Funny thing is, cholesterol isn't all bad. Your body naturally produces it, and it performs some pretty vital jobs—helping to build new cells, produce hormones, and insulate nerves. Only when you've got too much do you have a problem.

Unfortunately, there's a lot of confusion surrounding this substance. And it's no wonder, with similar terms like dietary cholesterol, serum cholesterol, HDL cholesterol, and LDL cholesterol being bandied around. You may have trouble telling the good from the bad and the ugly. Here's how to keep them all straight.

Dietary cholesterol is what's contained in food (mostly of animal origin). One egg, for example, has 275 milligrams; an apple has none. The American Heart Association (AHA) recommends that you limit your daily intake to 300 milligrams.

Serum cholesterol is what's in your bloodstream and what your doctor measures with a cholesterol test. A reading under 200 is desirable. HDL (high-density lipoprotein) cholesterol is a subdivision of serum cholesterol that is considered good for its artery-scouring ability. The higher your levels of HDL, the better.

LDL (low-density lipoprotein) cholesterol is HDL's artery-clogging evil twin. The lower your levels, the better. Here's how the experts say you can lower your serum cholesterol levels.

- **Watch your weight:** The more overweight you are, the more cholesterol your body produces. A 20-year study concluded

that body weight is the single most important determinant of serum cholesterol. Every 2.2 pound rise in body weight elevated cholesterol levels 2 points. And the famous Framingham Heart Study also found a definite link between blood cholesterol and body weight. So if your weight is up, this is one more reason to bring it down. But do so in a healthy way. Strive for a diet that's composed of two-thirds fruit, vegetables, cereals, and whole grains. Only one-third of your calories should come from meat and dairy products, which are often high in fat and calories.

- **Cut the fat:** Three principal dietary factors have an impact on blood cholesterol levels. They

are, in order of importance. Saturated fat, which elevates blood cholesterol. Polyunsaturated fat, which lowers blood cholesterol. Dietary cholesterol, which can contribute

to elevated blood cholesterol to a lesser degree than saturated fat. Of these, saturated fat has by far the greatest impact on cholesterol levels. The effect of saturated fat is about three times worse than that of dietary cholesterol. So you'd be wise to cut back on such sources of saturated fat as meat, butter, cheese, and hydrogenated oil. Wherever possible, replace these items with fish, poultry, low-fat dairy products and polyunsaturated oils, such as corn, safflower and soybean.

- **Switch to olive oil:** Olive oil and certain other foods like nuts, Avocados, canola oil, and peanut oil are high in still another type



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of fat: monounsaturated. Previously thought to have no real effect on cholesterol levels, monounsaturates may actually lower cholesterol. Studies by cholesterol researchers found that a diet high in monounsaturated fat lowered total cholesterol levels even more than a strict low-fat diet.

What's more, studies also showed that monos selectively lowered the (bad) LDLs while leaving the (good) HDLs intact. So strive for a low fat diet, then supplement it with 2 or 3 table spoons of olive oil (or an equivalent amount of other mono-rich food) each day. Just make sure you're replacing other fats with monos and not simply adding to them.

- **Go easy on eggs:** But don't

feel you have to cut them out of your diet entirely. Although eggs have a whopping 275 milligrams of cholesterol. Study says that about two-thirds of the population can

handle extra dietary cholesterol without experiencing a rise in their serum cholesterol levels. That's because their bodies adjust to a high intake by producing less of their own cholesterol or by excreting the excess. If you'd like to eat eggs but still play it safe, limit yourself to three whole eggs a week. Since only the yolks contain cholesterol, you can use egg whites freely, substituting two whites for every whole egg, for example. And you can make omelets and scrambled eggs using one whole egg with two, three, or even four whites.

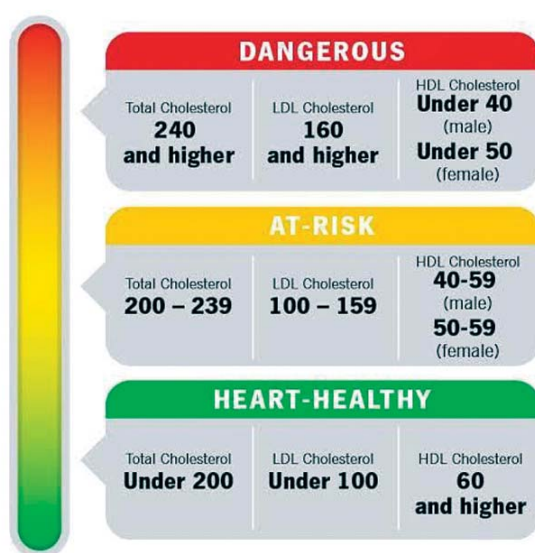
- **Be full of beans:** Nutritious and inexpensive, beans and other

legumes contain a water-soluble fiber called pectin that surrounds cholesterol and chaperones it out of the body before it can cause trouble. Numerous studies by cholesterol researchers and professors of medicine and clinical nutrition have shown just how effective beans are in lowering cholesterol. Most people would do well to add about 6 grams of soluble fiber to their diet each day. A cup of cooked beans fits the bill nicely. And you needn't worry that you'll get bored eating beans because navy beans, kidney beans, pinto beans, lima beans, soybeans, black-eyed peas, and lentils all have this cholesterol-lowering ability.

- **Eat more fruit-** Fruit also gets the cholesterol-lowering punch from pectin. Research says grapefruit pectin (found in the rind and flesh) lowered cholesterol an average 7.6 percent in eight weeks. Since a 1 percent reduction in cholesterol causes a 2 percent drop in the risk of heart disease, this effect is regarded as "quite significant." To get the amount of pectin you'd have to eat about 2 cups of grapefruit sections a day. But that's a little hard to swallow. Eat lots of different fruits. If you had half a grapefruit for breakfast, an apple at lunch, and some orange sections for dinner, for example, you could probably lower your cholesterol nicely. Bottom line, add as much fresh fruits in your diet.

- **Feel your oats:** Oat bran appears to lower serum cholesterol in a fashion similar to pectin-rich fruit. Numerous studies show, in fact, that oat bran does as good a job as beans. Although oat bran has more soluble fiber, oatmeal can also lower cholesterol. According to a research, when people in one study added cup of rolled oats a day to a low-fat, low cholesterol diet their cholesterol fell more than on the healthy diet alone. In response to all these studies, U.S. Department of Agriculture (USDA) scientists are breeding oat varieties that will have even higher levels of beta-glucan, the suspected cholesterol

Cholesterol Levels



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ALTERNATIVE THERAPIES GAINING IMPORTANCE



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In the current times there has been a tilt towards various Alternative Therapies as risk or side effects are nil or minimal. Let us understand an overview of Alternative Therapy with specific reference to Dance/Creative Movement Therapy. These are in effect Parallel Therapy and generally not in isolation.

Alternative therapies refer to non-traditional therapeutic approaches that can be used alongside or instead of conventional medical treatments. These therapies often focus on treating the whole person, including their physical, mental, emotional, and spiritual well-being, resulting in Holistic healing.

Dance Movement Therapy (DMT) is one such alternative thera-

py that uses movement and dance to promote physical, emotional, cognitive, and social integration of an individual. DMT is based on the principle that the mind and body are interconnected, and that movement can be used as a means of self-expression and personal growth.

Here are some reasons why Dance Movement Therapy is important:

1. Physical Health:

DMT promotes physical fitness, strength, and flexibility. The movement involved in dance therapy can improve motor skills, coordination, and balance. It can also help manage chronic pain, improve cardiovascular health, and enhance overall physical well-being.

2. Emotional and Mental Health:

DMT provides a safe and non-verbal outlet for expressing emotions, releasing stress, and improving mental health. Dance therapy can help individuals gain a deeper understanding of their emotions, improve mood and self-esteem, reduce anxiety and de-

pression, and manage mental health conditions such as PTSD or eating disorders.

3. Cognitive Development:

DMT stimulates cognitive abilities such

social interaction and connection with others. Group dance therapy sessions provide opportunities for individuals to build relationships, develop effective communication

DMT fosters creative self-expression, allowing individuals to explore and communicate their feelings, thoughts, and experiences through movement and dance.

importance of integrating physical sensations, emotions, and thoughts to achieve overall well-being. By promoting a positive body image and improving body awareness, dance therapy helps individuals develop a healthy relationship with their bodies.

7. Cultural and Community Engagement:

Dance is a universal language that transcends boundaries and brings people together. DMT encourages cultural inclusivity, promotes diversity, and provides a platform for individuals to connect, celebrate, and share their unique cultural backgrounds through movement. It can be applied across Strata, Gender, Generations.

In summary, Dance Movement Therapy is an important alternative therapy that offers numerous physical, emotional, mental, and social benefits. Its holistic approach can support individuals in their journey towards healing, well-being, and self-discovery. Most importantly the shift is from Illness to Wellness.



as memory, attention, executive function, and problem-solving. Participation in dance therapy sessions can enhance cognitive skills, improve brain connectivity, and promote neuroplasticity.

4. Social Interaction:

DMT encourages

skills, and improve social functioning. This therapy can be especially beneficial for individuals who struggle with social anxiety or have difficulty expressing themselves verbally.

5. Creative Self-Expression:

DMT encourages

This creative outlet can provide a sense of empowerment, self-discovery, and personal growth.

6. Body - Mind Connection:

DMT recognizes the interconnectedness of the body and mind. It emphasizes the im-

CHOLESTEROL – WAYS TO STAY...

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fighter. Corn bran is also as effective as oat bran and beans in lowering the levels of cholesterol in the body.

• **Call on carrots for help:** Carrots can lower cholesterol, also by way of their pectin content. In fact, It may be possible for people with high cholesterol to lower it 10 to 20 percent just by eating two carrots a day. That could be enough to bring many people's levels into the safe range. Incidentally cabbage, broccoli, and onions also contain the ingredient thought responsible for carrots' success (calcium pectate) and may produce similar results.

• **Exercise:** It's possible that exercise can decrease the build-up of cholesterol blockage inside arteries,. One of the best ways to raise

your levels of protective HDL, is through vigorous exercise, which also modestly lowers your levels of undesirable LDL. Exercise might also increase the body's ability to clear fat from the blood after meals. If the fat doesn't stay in the blood for long, it has less opportunity to stay on the arterial walls. It is found that runners are able to clear fat from their system 70% faster than people who don't exercise. So get moving!

• **Take garlic:** Researchers have long known that large quantities of raw garlic can reduce harmful blood fats. Unfortunately, raw garlic can also reduce your circle of friends. Worse yet, garlic that's been "deodorized" by heat treatment loses its cholesterol-lowering effects. Recommended by natural healers, a clove of garlic consumed everyday helps much in keeping the fad fat at bay.

• **Try this special seed:** Fiber-rich psyllium seeds, the main ingredient of the bowel regulator Metamucil, may also lower cholesterol. Metamucil and other psyllium-seed products may be a good auxiliary treatment when diet alone doesn't bring blood cholesterol levels down.

Eat food rich in omega 3 fatty acids, add in nuts and seeds, fresh vegetables, skimmed milk, barley and whole grains, eliminate trans fats, quit smoking.

A few changes in your diet and lifestyle can reduce cholesterol and improve your heart health. Sometimes healthy lifestyle changes aren't enough to lower cholesterol levels. If your doctor recommends medication to help lower your cholesterol, take it as prescribed while continuing your lifestyle changes. Lifestyle changes can help you keep your medication dose low.

CREATIVE SPACE



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BEATING THE HEAT



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Heat stroke, urinary tract infection, skin infection such as boils are common during summer. Drink water. The best way is to boil water, cool, filter it and store in a pot. Whether children or adults, a minimum of three liters of water is adequate for a day. Most importantly, avoid aerated drinks. It can do more harm than good. Even chilled water is not good for the body. It actually tends to raise your core body temperature since the in-

ternal organs tend to maintain an optimum temperature of 98.6 degree Fahrenheit. Moreover, going out under the sun from 11 a.m. to 3 p.m. should be avoided. Children can develop skin rashes. Water-borne diseases such as hepatitis A, typhoid, and acute gastroenteritis can occur. Chicken pox is also common during summer. Some people suffer from herpes also during the summer season. Dehydration is another problem during summer. The symptoms of dehydration included headache, dizziness, drowsiness and lethargy. Doctors added that dryness of tongue, sticky mouth, perspiration, fast heartbeat, blurred vision, nausea, vomiting — all signs of severe dehydration — required immediate medical at-

tention. At times, the body temperature of children can be more. This is nothing but environmental temperature. When compared to adults, the skin of children easily absorbs heat. Parents should be reassured if the child is active, and then there is no need for medication. Parents should ensure that the children have been vaccinated appropriately as per the routine immunization schedule as it could protect them from hepatitis A. In case of chicken pox, medical help should be sought as quick recovery is possible with medication. It is important to avoid unhygienic water besides keeping away from water sachets. If you follow wellness secrets during the summer season, we can protect ourselves from heat and exhaustion.

MY CONTRIBUTION TOWARDS KEEPING ENVIRONMENT GREEN AND HEALTHY

Prophet Muhammad (pbuh) has said, The Earth is green and beautiful, and Allah has appointed you his member over it.

The best time to plant a tree was 20 years ago. The second best time is now.



Sana Nisar Mukri,
Khopoli, Raigad



1. Keep the environment clean and safe.
2. Care for the animals and birds.
3. Plant trees as a means of good deeds.
4. Practise sustainable consumption.
5. Protect our resources as much as possible.
6. Avoid throwing the waste everywhere.
7. Using eco-friendly bags that can be recycled.
8. Plant trees to make our environment beautiful.

SMART CITY WITH A PLAN TO PLANT MORE TREES

GREEN CLEAN NAVI MUMBAI

Proper planning is required to plant more trees and give the people best environment in the satellite city. Navi Mumbai is developing in leap and bound and it is of utmost importance to plant more trees. Both NMMC and CIDCO are doing their best. Now it is up to the citizen of Navi Mumbai to do a world of good and plant more trees. The process of cleanliness begins from within. Proper planning is required to plant more trees and give the people the best environment to make a satellite state. Now it is up to the citizens of the state to do a world of good and plant more trees.



JAYANTHI SUBRAMANIAM
Navi Mumbai

is a will, physical constraints are of no consequence. God's precious gift of nature is being destroyed by the complacency of the people. Let us have a pollution free satellite city.

All of us desire to live in a conducive environment. "Cleanliness brings happiness" says a proverb. If we

keep our minds happy, our thoughts will be pure. Purity of thoughts will result in purity of speech. This in turn will result in the formation of clean habits. Clean habits will further good conduct. Good conduct is what ultimately matters. Just as nature adapts itself according to

the varying seasons, man must also learn to live in unison with nature. Man has made great scientific advancement, albeit, at the cost of our environment.

The main cause for environmental degradation is pollution. Toxic substances released by Industries pollute the air and contaminate water, causing hazardous diseases in humans and animals.

So, here is how we can save ourselves:

1. Plant Trees
2. Ensure better planning and location of Industries
3. Put in place automobile emission controls
4. Use renewable energy such as wind, solar and ocean currents
5. Protect ozone layer from further depletion
6. Educate farmers to use bio-degradable pesticides and safe chemicals
7. Fight water pollution by installing effluent treatment systems.
8. Encourage biogas production and usage.

We can save Planet earth from these 8 useful points. That is my clarion call.

The purity of the soul is reflected in the face, and purity of thought should be translated as purity of action. Ask what you can

do before telling others what to do. The environment around oneself should be kept clean, starting from one's own person. Do not abuse the environment around you. It should be protected with great determination and perseverance. This responsibility rests with each and every one of us. When you litter your surroundings, the wind will blow the same back to you. Stagnant water is the breeding ground for mosquitoes to keep your surroundings dry. If we are conscientious enough, the task of keeping the environment clean can be accomplished. Each one of us should plant at least one tree, considering it to be our duty. We can expect perfection from nature only if we protect it in turn. We should change our preferences from chemical products in favor of natural products. This would be the simplest way to make a beginning. If we protect trees, nature will do the rest. If we have a pollution free environment, we will lead lives of peace and happiness. Where there



INTERNATIONAL YOGA DAY



These pics consist of my family members across 4 generations, age group 8-88 Years.... We are a family for whom physical and mental fitness is of prime most importance.... Right from our childhood we are taught by our elders to focus upon good health and everyone in the family pursue some or the other physical activity regularly which has kept our family's health very sound and strong.... The elders in the family who are now aged around 85-88 years lead by example which really motivates all the four generations in our family to practice various physical activities consistently.... Yoga, Cycling, Cricket, Gym, Badminton, Dance, Skating and Walking, these are the forms that we follow regularly.... My Grand father who passed away last year at the age of 97 used to practice Yoga everyday since almost 8 decades.... Proud to be a part of such a wonderful and physically fit family....

DARSHAN CHITLANGE, Koparkhairane, Navi Mumbai

ST LAWRENCE SCHOOL VASHI

INTERNATIONAL YOGA DAY

Yoga is the subtle science of harmonizing the body, mind and soul. International Yoga Day is celebrated on June 21st every year to spread awareness about the importance and health benefits of yoga. Recognizing the importance of Yoga, St. Lawrence High School, and Vashi conducted different activities across all the sections (Pre-primary

Our Chairman Sir Dr. A.F. Pinto always emphasizes on good health, compassion and all round progress of the students, which can be easily



Section, Primary Section and Secondary Section). Professional Yoga Instructors were invited on this occasion, they taught simple but beneficial Yoga shastra to the Lawrencians. The students enthusiastically performed all the exercises shown and promised to do it daily.

achieved by Yoga.

Mrs. Saira Kennedy, the Headmistress, addressed that, "Performing Yoga serves myriad benefits including relieving mental stress, enhancing physical & muscular strength, maintaining balance, improving stamina, etc."