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Saniya Mukri: 9552096084
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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 !!!!!**



SHIVAJI PARK - NO PLASTIC ZONE

A PROJECT BY MGP, DADAR MAHIM BANDRA VIBHAG

Mumbai Maharashtra. MGP is been providing quality food and non food products at reasonable price to its members on 'No Profit No Loss' process by offering

suggestions and objections to ensure consumer protection.

class action to protect consumer interest and has been successful in

of tour during the Covid pandemic with the Central Consumer



est Voluntary Consumer Organisation (VCO) in Asia with over 26000 member families across Ma-

Awareness and Protection activities since last 48 years. Through our unique distribution system, MGP has

price to its members on 'No Profit No Loss' MGP participates in the rule making process by offering

MGP also represents consumers on various regulatory bodies, to name a few. MGP was instrumental in setting up the MahaRERA Conciliation Forum enabling speedy and affordable dispute resolution to the aggrieved home buyers. MGP has filed

providing relief to the 800 aggrieved consumers after fighting a legal battle for 24 years against Paranjape Construction and provided relief to 4,22,000 consumers of LML Company. Presently MGP has taken up the issue of refund cancellation

Protection Authority (CCPA).

MGP is invited by various government departments offer it's views and also have representation on many Committees to the consumer rights. MGP provides

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PLEASE NOTE: Vol. 6, Issue - 8 (May 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

- Editor



Editorial

AS YOU SOW SO SHALL YOU REAP

Man desires the best for himself then be it at any cost. He has destroyed the environment for having more space for his luxury. He cannot have everything and if he tries to he will have to pay a heavy price for it. One has to be prudent enough to realise what he is gaining and at what expense. If the price exceeds the benefit it is an absolutely useless deal. The greed of man has left the green shrinking now to the extent that in a few decades even normal survival would be difficult.

Even if man gets the best comfort to stay build a luxurious Villa for himself what does he achieve and what does he leave for his next generation ? Concrete jungle ? Even if he leaves behind the best of Villa what remains in the surrounding region ? Probably barren land or may be artificial greenery. But will that be sufficient for his healthy survival. With no greenery around there won't be clean air scarcity of water harsh and unpredictable seasons that would be detrimental to his very existence.

“As you sow so shall you reap” simple but such a deep meaning phrase ... Isn't it. We just can't imagine of greener surroundings if the trees around are felled for new construction. One needs to replace one cut tree by planting atleast four saplings. Man has to maintain a right balance so that Creator's design isn't disturbed.

Changing seasonal patterns rise in global warming is just the beginning. If man doesn't mend his ways the next generation is sure to be doomed WAKE UP BEFORE IT'S TOO LATE !!!!

RELATIONSHIPS AND MENTAL HEALTH – LET GO OF CONTROL



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“Live and let live” a very small quote but very meaningful if you want to have harmony in your lives. Whether it is parents, siblings, friend's or within spouses, relationships can become very dissatisfactory and at times even ugly and leading to separations when one or more people in the family have control issues and they try to control the lives of everyone around them.

Separations are not just within spouses, but often the children are waiting to grow up so they can move away from their homes and live a life in hostel or even move to another country so that they do not have to go through the ordeal of having a controlling parent or an older sibling. Recently I met teenagers who confided how they did not want to be in their family environment and they

have been planning to seek education and then employment in another city or even abroad.

The people who have a need for controlling everyone do not realize how miserable others are around them and how it is hampering the growth of others to take independent decisions and evolve into a personality of their own.

What is the profile of the person who wants to control everything and everyone?

Firstly they are known as control freaks and they have a compulsive habit to not only control their own families, but also constantly feel the need and strong urge to advise everyone how to go about and do things or even take decisions for them. They have a habit to criticize and comment on everything and everyone. They may be even criticizing people who are not even close to them and just bystanders. It is the compulsive urge to criticize everyone.

They do not take into consideration the opinion of others and are stubborn and always want to prove they are right. They are not just stubborn but also pushy. It bothers them a lot and

get very angry and upset if their schedule or routine is disrupted sometime. The level of patience is very low and they also suffer from anxiety till the task they are doing is not complete. They may also be having addictions to substance to handle the level of stress and would justify their addictions with a strong explanation.

In case you identify with the above personality or wish to help someone who is a control freak, the following steps would be very helpful

Delegate

The biggest nightmare for a person who likes to control is to let others do some of the work. They want to do it all by themselves as they feel they know the best way to do it. Delegating and trusting others would be beginning steps to not just let go off the load of work, but also begin to get comfortable with letting go of that urge to do it all by self. Of course after delegation it is also necessary that constant instructions are not given. I have had teenagers complain that their mother is a control freak and though she gives a task, she constantly hovers around with

instructions to see to it that it is done right.

Stop Criticism

Here it would be helpful to practice mindfulness and become aware of how criticism is ruining all the relationships and in many cases also personal health. Finding faults in others constantly and expecting everyone to be perfect according to personal benchmarks needs to change. Consciously watch your words, actions and gestures and bring about a change with the help of practicing mindfulness, meditation, positive affirmations and yoga.

Respect the Opinion of others.

This is very tough for those who like to control as they feel that the opinions of others do not matter at all. As they feel their judgment is the best and they are oblivious to the opinions of others. It would be a good practice to become better listeners, allow others to put forth their viewpoints and weigh the pros and cons collectively before pushing everyone around. No one likes to be pushed and manipulated, so observe what the behavior is doing to the relationships. Here it

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CHRONIC FATIGUE SYNDROME

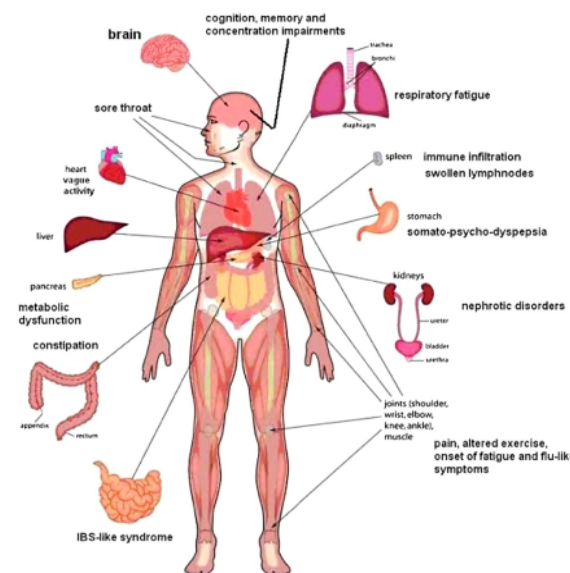
We need to rule out SLEEP APNEA which is characterized by brief interruptions in breathing during sleep. Symptoms include excessive snoring followed by tiredness in the morning.

It is quite common to experience fatigue post a strenuous activity or a stressful day at work. But this type of fatigue lasts for a few hours or a day and is mostly relieved after a good nights sleep or rest .

If the fatigue gets so severe that it interferes with your daily activities even after rest and continues for a month , it is a cause for concern.

The exact cause is unknown, but it could be due to....

- Heart disorders
- Diabetes
- Anaemia
- Side effects of medication
- Obesity
- Psychiatric illness (Depression)



CFS is a condition in which a person feels extreme tiredness which is not improved by rest.

The symptoms may persist for at least 6 months



- Extreme tiredness (Myalgic encephalomyelitis... ME)
- Recurring pain
- Headaches
- Throat ache
- Muscle Ache
- Joint pain (Arthralgia)
- Poor memory
- Difficulty in concentrating
- Sleep disturbances
- Anxiety
- Weakness
- Dizziness
- Intolerance to physical exertion

Chronic fatigue syndrome



- Severe deficiencies
 - Autoimmune disturbances
 - Post traumatic stress
 - Problems with the nervous system
 - Post an acute bacterial / viral / parasitic infection
- Our immune system, nervous system and energy metabolism plays a key role in CFS
- We need to rule out
- Hypothyroidism
 - Hepatitis

What can be done ?

Blood tests

- Vit B12, D3
- Haemoglobin levels
- HbA1c
- Liver function tests
- Thyroid hormone levels
- Kidney function tests

We need to incorporate...

LIFESTYLE CHANGES

- Eat at the right time in the right proportions
- Sleep and get up maintaining our Circadian rhythm
- Reduce stress
- Sun exposure at the right time
- Socialize physically
- Exercise
- Seek cognitive behavioral therapy
- Medicate as prescribed by the physician
- Spend happy times with loved ones

CHILDREN ENJOY MANGOES MUCH - MUNCH MUNCH MANGOES



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

With the onset of monsoon, the mango season may get an abrupt end and

the quality of mangoes then available in the market may not be of good quality. Yes, rush to market and get the best quality and taste it before the season ends. **MAKING MOST OF MANGO SEASON**

The mango season brings cheers to both the young and the old to enjoy the choicest king of fruits in the best time of the year. Appus mango provide the best taste and the mango

shake with plenty of Badami and Banganapilli mangos of sweet taste and good quality. Market is full of mangoes and one can pick and choose of his time in the busy season. However, chemical ripening of the fruits is causing ripples in the minds of people taking this delicious fruit.



Adulteration in food items is passed

used to grab one in the evening after coming from office and taste it for my evening tiffin. Ladies from Kerala prepare good pickles out of mangoes and preserve it for taking it with curd rice. Curd rice and mango pickle is the right combination. Mango means munch, munch and yummy and all ages like it in one way or the

fruit is just away from hands distance and I

shake with plenty of Badami and Banganapilli mangos of sweet taste and good quality. Market is full of mangoes and one can pick and choose of his time in the busy season. However, chemical ripening of the fruits is causing ripples in the minds of people taking this delicious fruit.

Adulteration in food items is passed

BENEFITS OF DANCE MOVEMENT THERAPY FOR GERIATRIC POPULATION



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

With increasing population of elderly people it is important to explore approaches which will improve the ability of older people to remain independent and active community member. It is not only for rehabilitation related to certain diseases but to improve overall quality of life. Dance movement therapy is a modality that concentrates on group dynamics and addresses individual needs through physical and emotional self-expression. It can enhance the wellbeing of older adults.

Dance Movement Therapy is often done in group settings, so it adds to their social inclusion, helping them

connect with people when otherwise they often have solitary lives without the 'workforce' as a regular socializing option.

Generally at this stage of life whether it is at home or in profession, they feel lost, unwanted, neglected and without power or importance. They start feeling useless. They experience a sense of helplessness. This results in having low self-esteem, stop taking care of self, does not have any self-worth. This is definitely a trauma to be attended to. Some develop age related physical ailments and circumstance related, some have depression, some are on their way to develop dementia and Alzheimer, Parkinson to name a few.

Dance Movement Therapy is based on the fact that Body and mind are inseparable. The integration of body and mind results in being in harmony. Dance Movement

Therapy in simple elderly people stuck words is integration within their premises. of Mind and Body for Society's notion to-



healing. It is described as "A creative psychotherapeutic approach - a holistic healing art".

With fear of falls and disabilities more

wards old age is more of spiritual upliftment rather than physical and mental wellbeing.

Movement is a combination of cognitive

stimulation, social engagement and physical activity. It is ideal for reducing the risk of dementia. Movement is key for healthy aging, maintaining mobility and quality of life, and music, an integral part of therapy sessions is a wonderful medium for connecting and uplifting. Arts, Drama and expressive art are also a part of Therapy sessions. There is an element of Fun with various props used during the session. Helps the participants to let loose the child within.

Key factors of success:

- Encouraging movement as an important form of expression to communicate the feelings of the participants
- Not having structured dance patterns but instead allowing participants to choose and explore different movements that they feel comfortable with.
- Giving time and space to participants

to allow them to take as much time as they need to feel comfortable to join in with the sessions.

- A safe and non-judgmental space
- In movements there no good/bad, ugly beautiful etc. Just let go and move as per emotion.

Outcome

- Development of strength, flexibility and balance.
- Improvement in memory and creative imagination.
- Creation of Beautiful Imagination.
- Most importantly while being in a group they look to each other
- There is no awkwardness but only communication and feed back
- There is Bonding amongst the group members.

With this Therapy sessions there is shift from illness to wellness, a sense of self awareness and above all enjoy life and have a positive attitude towards life.

SHIVAJI PARK - NO PLASTIC ZONE...

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pro bono guidance to aggrieved consumers it's Consumer Guidance Cells located in Mumbai, Thane and Pune.

On the occasion the World Consumer Day (15th March 2023), MGPs Dadar Mahim Bandra (DMB) zone initiated a campaign to make "Shivaji Park, a No Plastic Zone"

Every morning, many vendors sell fresh vegetables, fruits, flowers in and around Shivaji Park. Walkers, joggers and fitness enthusiasts buy

Fruits and vegetables from these vendors on their way back to home. Some people prefer to carry cloth bags with them while many use 'single use' plastic bags provided by the vendors. In order to change this mindset, volunteers of MGP DMB create awareness in locals to stop and vendors around Shivaji Park discourage the the use of plastic bags and getting habitual towards using cloth bags. Such vendors and consumers were

informed about harm caused to their Health and Environment by using plastic bags and were informed the benefits of using cloth bags. To encourage use of cloth bag and paper bags, volunteers of MGP DMB distributed cloth bags and hand made paper bags to the vendors. 'My Green Society' a Social organisation manufactured and supplied eco friendly cloth bags and supported this campaign in a big manner.

Shri Samartha Vyayam Mandir and Udyan Ganesh Samiti

located at Shivaji Park extended cooperation to this initiative of MGP, DMB.

As a part of this campaign, MGP Dadar Mahim Bandra zone organised a bicycle rally on Saturday, 13th May, 2023 at Shivaji Park in the morning from 7:30 am to 8:30 am. Young cyclists Mr Antonio D'Silva, Mr Prasad Kini Mr Ravi Agarwal and Adv. Jyoti Kolhe along with their group of cyclists participated in this rally to create awareness about the environment.

Chairperson of

MGP, Dadar Mahim Bandra zone Dr. Manasi Rajadhyaksha flagged off the rally and joined the walkers enthusiastically in the rally. Mr Sanjeev Mantri, Trustee of MGP and Chairperson of Jogeshwari-Andheri Zone of MGP joined by his wife wholeheartedly and participated in the rally. Residents of Shivaji Park, Students of School and College, and members of MGP participated in the event making it a big success. Runners and walkers were holding placards with

the slogans - 'Avoid Plastic Bags' 'Use Cloth Bags' 'Save Environment' and these slogans were raised by them. This event gathered tremendous response from the general public.

This project of Shivaji Park-No Plastic Zone is spreading message amongst locals and is garnering great response. Since last two month considerable amount of plastic has been eliminated from the Shivaji Park zone. This initiative shall be actively pursued by Team.

LACTOSE INTOLERANCE- FEW SOOTHING IDEAS

When you drink a glass of milk, do you bloat up with enough gas to float yourself? When you eat ice cream, does your subsequent intestinal rumbling tune in? Does a cheese pizza in your belly produce diarrhoea in quantities worthy of a laxative study? If so, you probably have lactose intolerance. Never fear, it's not dangerous. Nor are you alone in your intolerance.

Judging from the impressive lineup of celebrities with milk moustaches in newspapers or TV advertisements, you'd think everyone is happily drinking milk. But the truth is many adults can't stomach milk or any other dairy foods. This is termed as lactose intolerance. People with lactose intolerance have difficulty in digesting lactose, a sugar found in milk, cheese and other dairy products. The reason being, adults often don't produce enough of the enzyme lactase, needed to digest lactose. When your body can't digest lactose, you may have gas, bloating or diarrhoea.

Some are born with lactose intolerance. More often the problem gradually worsens with age, which is why children can usually drink milk while many adults can't. Both men and women can develop lactose intolerance, but it's a more urgent problem for women. Why? Because it makes it harder for women to get the Calcium they need to prevent osteoporosis, a bone thinning disease that mainly strikes the women.

If you have lactose intolerance, even small amounts of dairy foods may make you quite ill. Most people however, can enjoy some dairy foods without any problems. In addition, there are a number of ways to get the benefits of dairy without the problems. Here's how-

- **Start small, inoculate yourself:** Evidences suggest that most people with lactose intolerance are able to enjoy small amounts of dairy products. It may be worth trying to take just small amounts of dairy products each day, gradually increasing the dose to build up your tolerance. Back off if your symptoms reappear.



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

- **Take the tolerance test:** Since most everyone's degree of tolerance is different, you'll want to find out how much of a good thing you can have before you stop enjoying it. The obvious thing is to decrease the amount of milk or dairy prod-

uct you consume daily until the symptoms go away.

- **Concentrate on your calcium:** The worst part about lactose intolerance is calcium deficiency as its often hard to get enough calcium without drinking milk or its products. To make up for the missing mineral, it's a good idea to have calcium rich foods like broccoli, kidney beans, tofu, dark green leafy vegetables like amaranth, spinach, turnip greens, leaves of colocasia and fenugreek. In addition, orange juice is also fortified with calcium.
- **Try adding yoghurt:** For getting atleast some calcium, people often add yoghurt with their meals and have little or no symptoms. In fact, eating yoghurt often helps to digest other dairy products too. Frozen yoghurt doesn't work, however, because freezing deactivates the live cultures.
- **Take supplemental protection:** To replace the lactase your body isn't producing naturally, you can buy lactase supplements in pharmacies and some grocery stores. The supplements may be taken in pills or capsules, or simply as drops that you can add in your milk. Or

you can buy reduced lactose milk, which has far less lactose than normal milk.

- **Explore milk substitutes:** If you find it difficult to digest cow's milk, you can try adding soy or almond milk in your diet which are lactose free and vegan.
 - **Try buttermilk:** Buttermilk should be pretty much tolerable. Many people with lactose intolerance find it easier to digest buttermilk.
 - **And hard cheese too:** Hard cheeses are the best because they are most fermented. Swiss cheese or extra sharp cheddar cheese contain only a trace amount of lactose and are thus less likely to produce digestive issue.
 - **Beware of the fillers:** Lactose is a very common filler in many kinds of medications and nutritional supplements. In some pills and for some people there's enough lactose to cause trouble. Read labels carefully. Ask your pharmacist or your doctor if your medicine has a filler.
- WHEN TO SEE A DOCTOR-**
Many people with lactose intolerance are able to diagnose the problem themselves by giving up dairy for a while, then having a glass of milk and seeing if any symptoms appear. If you suspect but still aren't sure, call your doctor. He would perform a test that measures how efficiently your body breaks down lactose.

CHILDREN ENJOY MANGOES MUCH..

Contd. from page 3

other. But the best of the best is the mango and cream bowl made with Alphonso mango at Mumbai's Haji Ali Juice Centre.

Mango season mark summer season in Mumbai. During this peak season of Mangoes, the fruit is a luxury for the poor, affordable for the middle class people and for the rich it is their main side dish in their meals. Gujarati's taste Aam rus during this sea-

son and preserve it for the off season as well. Even though there is bumper crop this season, the rate of Appus mango is not coming down drastically, making people think twice before buying from the retail or the wholesale market.

Generally, the middle class is waiting for the prices to come down to affordable rates before thinking of buying. In our family we just

purchase Appus once for the sake of tasting. While walking across the gardens we find mangoes on the trees. But they are not found at arms distance and we can try to get one from atop of the tree by throwing stones at them and waiting for them to fall on the ground. By picking one from the tree tastes better as we have put a lot of effort into get the same. The best piece is the one that was tasted by the parrots first and leaving it at half way

stage to get the taste of the other part. The favorite recipe is the mango juice available without ice and no flavours added to the spoil the real taste of it. Mango and summer go hand in hand and taking up limited amount of mango fruit is good as the same is hot and may sprout boils in your body later on.

The consignment of Alphonso mangoes to the UK were once rejected as they fruits were ripened by chemical application.

Mango exports to the U.S. have been restricted to the air-route as the fruit ripens rapidly once harvested. Following the strict norms imposed by the U.S. on import of the fruit, shipments need to undergo irradiation, which kills pathogens and other bacteria. It is time to have a reality check of mangoes before the consignment are packed and exported to other countries. Fifty-two per cent of the world's mango production is in India.

However, official figures indicate that only 2 per cent is exported. This year, around 175 tonnes of mangoes was exported to the U.S. by air. But that was more expensive compared to exports to other countries. The sea route is seen as offering better returns and is capable of handling more mangoes. Mango business is thriving in India and with more and more support from the government we can see booming business in the years to come.

10th Junior and Senior Football National Championship 2023 at Bhopal Madhya Pradesh



Uran - Dronagiri Sports Association and Seven Star Football Academy Uran jointly participated in the 10th Junior and Senior 7A Side Football National Championship 2023 Under 14 age group held at Madhya Pradesh on 14th and 15th May 2023. In this, Seven Star Football Academy Uran represented the Maharashtra State and won the first position among the teams from other 15 states and won the title of Champion in under 14. Mast. Sohan Navalgi was honored with the Best Goalkeeper Award for his performance.

these small children defeated states like Uttar Pradesh in the final match. Uran has little praise for these little ones. The name of Uran has become

Seven Star Football Academy Mr. Pravin Sangram Togare and Assistant Coach Mr. Tanishq Praveen Togare is an example of proper training that today



famous in the state of Madhya Pradesh due to amazing performance. Head Coach of

the children of Uran are going to other state and playing football.

RELATIONSHIPS AND MENTAL HEALTH...

Contd. from page 2

would be also good to seek counselling and help as counsellors are trained to help you with letting go gradually and skillfully.

Develop Patience and enjoy the small pleasures of life.

Restlessness and anxiety is caused due to being impatient and this leads to stress and illnesses. Many clients have reported that doing Yoga, Zumba, Dance, singing, trekking, sports, gardening, travelling, swimming, painting etc. has helped them slow down and become more patient. They have learnt to enjoy the small pleasures like hearing the birds singing or watch the butterflies or enjoy the morning cup of tea without the use of mobiles.

Be Kind to yourself and others.

This step will bring about a sense of calmness, forgiveness and generosity which will change the entire vibes of you and your surroundings leading to harmony and peace. Your loved ones and friends will love to be with you and not run away from you. One needs to change the

way of looking at others for example treating all human beings with equal love and respect and not being cynical or disrespectful to anyone. Be kind to yourself also by leaving the urge to always be right or the winner.

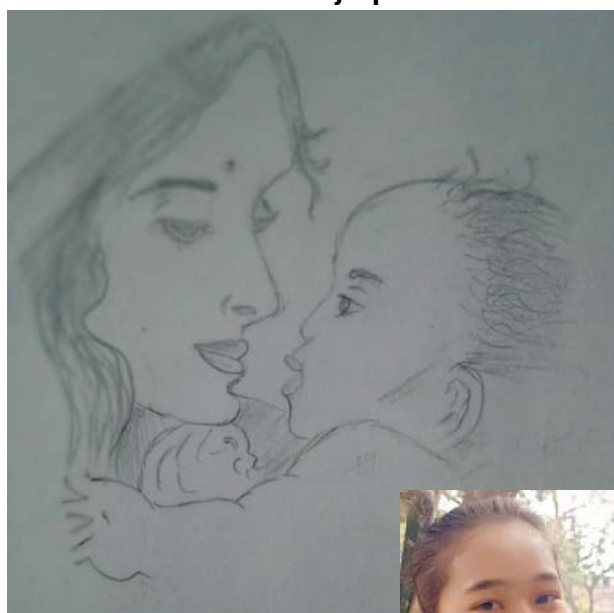
Cultivate the habit of being grateful

Last but not the least is making a habit of being grateful for little and big things every day. A very good practice is to write or repeat in the mind before sleeping the list of wonderful things that have happened during the day like getting food, water, wonderful amenities for sleeping and bathing, good travel options, the luxury in the house, having a family and loved ones, having people coming to do our household work, having good employment or financial security, having good positions etc. In a day there are more than 30 things which one can be grateful for.

I am sure the above steps can bring about a fantastic change and create a very loving relationship with everyone.

CREATIVE SPACE

Mother's Day Special



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



DANIEL KUNINTEE (VII)
Ryan Christian
School, Vashi,
Navi Mumbai.



**NIKHIL
SUBRAMANIAM**
(9 years)
Reliance Foundation
School, Koparkhairane

YOGA ROUTINE KEEPS THE DOCTOR AWAY



JAYANTHY SUBRAMANIAM
Navi Mumbai

Yoga is a great life long practice that changes us as we age, adapt and grow as it provides a valuable framework for overall wellness with various adjustments available. Yoga keeps you mentally, physically and spiritually connected which can greatly enhance our ability to live a long life. Many of us have felt the rejuvenating and empowering effects of yoga, but how do we maintain our practice in a safe and healthy way as we get older?

With age comes the inevitable reality of a lifetime of chronic injury, general wear and tear on joints and muscles and the decreased levels of elasticity and tone in the skin. Although the often unpleasant side effects associated with getting older, also include stiffness, decreased mobility, reduced strength, they are not necessarily given. A regular yoga practice in older pop-

ulations can improve physical function, mental health, pain, flexibility and balance.

Yoga, one of the world's oldest health

home-based interventions is low—policy-makers are also eyeing yoga practice as a cost-effective way to reduce medical costs and improve out-

comes among a growing ing yoga, start slow and find a program

can improve how you feel, how well your muscles and joints work, and your overall health and well-being. If you're an older adult consider-

that suits your fitness level. In today's busy society, yoga provides an escape from the chaos and allows you to reconnect with yourself. Yoga is a

is available for anyone whatever your capability and mobility. Yoga is especially important as our bodies age, helping maintain flexibility and muscle strength, as well as keeping our minds focused and sharp. If you're interested in yoga for those aged over 50, and are wondering about the health benefits of yoga, we've put together a guide to the 10 health benefits of yoga for the over 50s. Let us not bask in the past glory but continue to work hard on basics and do good in the world of ageing. And that is the best way to relieve tension. keep fit, help to get good sleep and hunger and lead a peaceful life.



systems, is receiving new attention for claims that it can contribute to healthy aging. Until recently, scientific evidence for its efficacy has relied heavily on small and poorly-designed research, but this is changing. Multiple, well-designed studies provide data showing that yoga practice has positive effects on cellular aging, mobility, balance, mental health, and prevention of cognitive decline—all areas of concern for older adults.

Since the cost of implementing yoga-based community and

comes among a growing ing yoga, start slow and find a program

Yoga can provide benefits for just about anyone. As for older adults, the benefits that come with yoga

great way to exercise and stay healthy and

great way to exercise and stay healthy and



Cotton Suits and Phulkari Kurties and Stoles

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

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 !!!!



LADIES TRAINING REPORT ON SELF DEFENCE



School and college girls, working women and homemakers are now receiving practical Self-Defense and Personal Safety training from Master Lazarus Mascarenhas. He is teaching them simple, easy to learn, and easy to remember fighting skills to defend themselves against criminals and also to enhance their self-confidence, self-esteem and assertiveness. The training also helps the participants to eliminate fear, worry and anxiety and to remain fit and healthy in a holistic manner.

The first batch of young girls were trained at Akshara Center Mumbai from 4th to 6th May 2023 and the response was extremely positive.

Master Lazarus Mascarenhas is the founder of Self Defense Attack System International, and has trained over 40000 men women and children during the last 45 years. Mr. Ratan Tata has personally

appreciated his initiatives in empowering women and enabling them to lead a fearless life.

His various training activities can be seen on his Facebook page Self Defense Attack System, and his contact no. is 9223503989.



CLEAN AND GREEN ENVIRONMENT



An IT professional who loves gardening has sent these beautiful pictures of her well maintained garden. She is a regular reader of DATE WITH HEALTH.

Kudos to her for contributing her bit to keep the environment clean and healthy !!!!

RASHIDA ZAIDI, McKinney TX, USA



What are you doing sitting at home ?

LEARN FOOTBALL

WITH LOTS OF FUN AND FITNESS

FOR GIRLS & BOYS

Certificates from DSO Raigad and Lions Club Uran will be given to all participants

Starting from 1st June at 7:00am

More Details Call on 9920626547 PRAVEEN SIR

सहचरी

Celebrating Womanhood (Sahochori)

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