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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 !!!!

ANSHUMAN JHINGRAN BECOMES WORLD'S YOUNGEST PERSON TO CROSS THE NORTH CHANNEL BETWEEN IRELAND AND SCOTLAND

Anshuman Jhingran becomes the youngest person in history to cross the North Channel at the age of 18 yrs and 125 days. He successfully crossed from Donaghadee, Northern Ireland to Portpatrick in Scotland, a distance of 35km in a time of 11 hours 28 min and 52 seconds.

This is one of the coldest swims in the world with average sea temperature of 13 degrees. Rough sea conditions and wind gusts and jellyfish infested water make this crossing a mighty challenge.

Braving the weather Anshuman started his swim at around 10am on 17th July 2023. Battling the cold and several jellyfish stings he made his way across the channel to finish the swim, touching the cliffs off Scotland at 9.28 pm.

He is the 68th male and 114th



Anshuman swam almost all crossings in the Arabian sea as well as the Palk Strait between India and Sri Lanka last year.

Anshuman trains at the Fr.Agnels Swimming pool under coaches Gokul Kamath and Rutuja Udeshi. Psychologist Mitesh Jain assisted him in preparing for the crossing. He underwent a rigorous preparation for nearly one year before the crossing. Anshuman also



spent many weeks acclimatising in the United Kingdom as a part of his preparation.

The swim was originally scheduled for 13th July 2023, but due to the weather condition in Ireland, had to be postponed to 17th July 2023.

swimmer since 1947 to make a successful crossing.

Previous record was held by Prabhat Koli at 19 yrs and 8 days.

This is Anshuman's first swim of the Oceans. He will be attempting a crossing across the Catalina Channel off Los Angeles coast in the month of August. Previously

PLEASE NOTE: Vol. 6, Issue - 10 (July 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

NATURAL CALAMITY OR MAN MADE DISASTER

If India and its neighborhood is facing floods and landslides resulting in deaths and destruction of properties worth crores America and many European countries are battling severe heatwave conditions. Why is the severity in climate impacting the world so frequently? A couple of decades back these weren't so frequent. One would hear of some part of the country reeling under floods during monsoon and that too it would be more because of civic conditions and sudden rise in water levels due to high tide than the monsoon itself.

Seasonal patterns seem to have changed so much so that people get anxious about them. Seasons no more seem to have remained a joyful experience. When monsoon didn't come on time people were struggling with the extended summer and its severity praying for rains. Now with just a month gone many are fed-up with it just for the sake of its continuity and severity.

Are we paying the price for reckless tree cutting to facilitate more space for urbanization? With the need for housing transportation schools hospitals increasing more land is required to accommodate them. But then does the solution lie in destroying the forest and greenery to fulfill this requirement? Anything done without proper thinking will create ecological imbalance resulting in global warming and ultimately leading to harsh seasons which will create only misery for mankind.

Still there is time (though the world is much behind the asking rate) so please plant more saplings and protect the greenery around us at the moment !!!!

5 Golden Health Tips

- * 1 Apple / Day = No Doctor
- * 1 Tulsi Leaf / Day = No Cancer
- * 1 Lemon / Day = No Fat
- * 1 Cup Milk / Day = No Bone Problem
- * 3 Ltrs Water / Day = No Diseases

Relationships and Intimacy



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One of the major pillars for a good and solid foundation as well as strong ever lasting relationship is Intimacy. In-fact the need for intimacy is a blessing in disguise for our mental and physical well-being. Intimacy releases Oxytocin which keeps us happy, healthy and wanting to enjoy the pleasures of life.

Intimacy does not always mean sex, but leads to a good healthy sexual relationship as well. Intimacy is not purely physical, it is the act of connecting with someone so deeply that you feel you can see their soul. Therefore, the word soul-mate.

The need for sex falls into the basic needs of human being and still in our culture is considered to be a taboo or something which needs to be not discussed and learnt about. The

need for sex is not in us to just procreate like the birds and the animals, but to keep our mind and body healthy from the age when one becomes sexually active. Birds and Animals have sex when it is their mating season and it is instinctive. Even they have foreplay and put in a lot of effort to attract the female as that is the process which they live for. But with humans it is a gift which needs to be nurtured, treasured and kept alive till the time physical need is active.

Recently I saw a series where the grandmother insists that the granddaughter first understands whether sexual compatibility is there with the young man that she has decided to marry. The grandmother also encourages her son and daughter in law to resume their sexual life and make their life happy and interesting. It was wonderful to watch the progressive mindset, however there is still just an iota of our population who would resonate with that thought. Most of our families are active and put in an effort till the honeymoon phase or maybe six months after that. Post that in some couple sex

remains like an exercise diminishing soon with the children entering their lives. Then various substitutes to sex are found like food, drinks, parties and in the current scenarios screen time.

There is hardly any intimacy and taking the effort to keep the partners happy and continue enjoying the gift of this body is lost.

Many of us have our own emotional and psychological baggage like low self esteem or not comfortable with our bodies. Others may have trust issues or communication difficulty as being shy because having body shame or having taught since childhood regarding the sexual matters to be considered as something to feel guilt about.

Therefore, it begins with first learning to like and love self. Becoming comfortable with own body and talking about it. Understanding, accepting and respecting the need for intimacy and sex.

Next would be learning to communicate effectively and express the feeling and need to each other. During the dating period a couple learns what colors, clothes, food, places

the partner likes, but how many of them sit for a candle light dinner and talk about their fantasies or what would excite them. Almost all couples spend a colossal amount to get married and make the world happy, but how many spend money and time to visit a counsellor or learn about how to make the honeymoon the most beautiful experience and also keep the fire glowing forever.

The couples who make sure that this part of their life is paid attention to have a very happy relationship even when the hair turns grey and the wrinkles are visible, because their intimacy never ends and is always exciting to share cute little messages, winks, and the body language which keeps the estrogens and the endorphins flowing along with abundance of oxytocin. They do not need to diet or go to the gym as their bodies get good metabolism.

It is recommended that the above steps are taken and can begin also at any age.

Begin with a good communication. Explore the mind and the body. Put efforts to be creative in the

Contd. to page 6

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SOLEUS YOUR SECOND HEART

ter is through the thigh pump.

The Soleus muscles of our calf are essential postural muscles and are so critical in return-



ing the fluids to the heart, that they have been termed as the "Second Hearts" of the body.

They contain large venous sinuses that store the blood until a reflex response activates the contraction of the muscles.

In the absence of movement and muscle contraction, there is inadequate fluid return to the heart and the cardiac muscles cannot operate effectively.

This affects the cardiac output and leads to reduced supply of essential nutrients and oxygen to the cells of the body.

This can lead to reduced metabolism, weight gain, chronic fatigue as well as memory and attention deficits and decrease in the efficiency of all the organs functions.

An estimated 40% of our population have a compromised venous return to the heart because of our current lifestyle.

Today we all sit in chairs for extended periods of time.

We have become professional sitters.

This can lead to ...

Deep vein Thrombosis

Swollen ankles

Painful joints

Varicose veins

Night time leg cramps.

Fortunately it is possible to prevent our Soleus muscles from weakening and strengthen them.

We can do

Seated Ankle pumps

Standing on your toes

Walking

Slow Squats and Lunges

"FOOD FOR THOUGHT"

Your heart pumps blood to all the organs and cells in your body.

Did you know that we have a second blood pump, especially when we are upright in a standing and seated position to pump the venous blood and lymphatic fluid back to our heart against the gravitational pull?

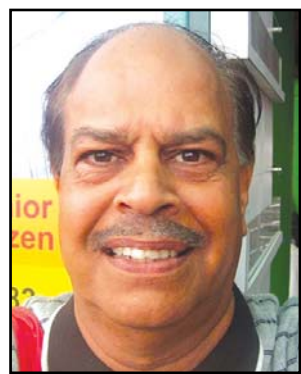


Our lower extremity has 3 skeletal muscle pumps...

The foot pump which essentially primes the calf muscle pump for returning 3/4th of the fluids back to the the heart and the remaining quar-



Did you know that wearing high HEELS has been shown to interfere with calf muscle pump function and reduced venous return.



C.K. SUBRAMANIAM
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PRIZED CATCH



Monsoon season is a fun time and going round the garden and other places of scenic beauty is a perfect setting for a photographer. As a bird lover I gather courage to click nice photographs during the wet season. Birds come out in the open to enjoy the cool season and look for their prey in the early morning season. As a regular walker I got the glimpses of Crane in

Millennium Towers, Sector 9, Sanpada near the Main gate. It was an action picture as well as a talking picture.

RYAN CHRISTIAN SCHOOL - VASHI INVESTITURE CEREMONY



"He Shepherded Them According To The Integrity Of The Heart, And Guided The People With His Skilful Hands" - Psalm 78:72

Date: 17 JUNE 2023

Venue: St. Lawrence School Vashi [Auditorium]

- All the Teacher's reported to school on time. at 7.30 am
- Students reported at 7.45 am.

- Programme began as per the schedule.

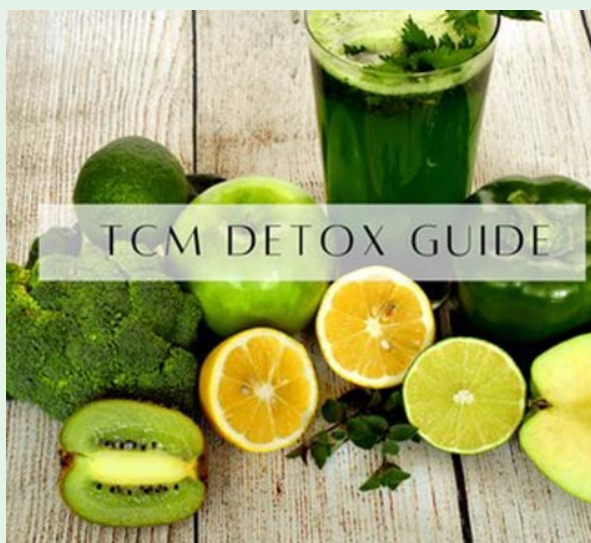
- Rev. Rupas kalkattle was the guest for the ceremony. He is in the ministry for the past 10 years, serving the Lord. He is the Founder of Janseva Mission India.
- Tree plantation was done by the guest. [Bible Reading, prayer,

Contd. to page 7

TCM DETOX GUIDE TO RENEW YOU BODY AND MIND

Thinking about doing a cleanse? Spring and fall are the PERFECT time to do so since these are transitional seasons.

Transitional seasons means the growing energy of yin that leads to winter or yang that leads to summer. Supporting your liver and cleaning out your body will help to optimize your health.



DETOXING IS IMPORTANT FOR LIVER HEALTH

The liver is a very busy organ and does a lot to keep you healthy. Here are some examples of the functions of the liver and hopefully this will give you a better understanding why liver support and cleansing is important.

- Eliminates toxins
- Eliminates hormones
- Regulates blood sugar
- Produces bile to breakdown fats
- Breaks down old blood cells
- Processes nutrients from the intestines
- Produces cholesterol and proteins

When the liver isn't working optimally it can get congested very easily and then a whole bunch of problems start. Your digestion gets backed up and doesn't function properly. A sluggish liver while also negatively impact your emotions that can lead to feelings of irritability, anger, and even depression. Excess hormones don't get filtered out of the body which can lead to gynecological issues.

Common Symptoms Of Liver Dysfunction According To TCM

- Bloating
- PMS



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- Feelings of anger and irritability
 - Waking up around 2-3:00 in the mornings
 - Vision issues
 - Headaches and migraines
 - Discomfort under the ribs
 - Skin rashes and acne
 - Yellowing of skin and eyes
- The Wonderful Benefits Of Cleansing



After a proper Liver Detox you feel..

- Increase in energy
- Elimination of inflammation
- Weight loss
- Sleep is deeper and waking up refreshed
- Improve vision and eye health
- Increase mental clarity
- Boost your immunity
- Glowing skin and complexion
- Hormones are balanced and better regulated
- Feel great
- Eliminate addictions

LIVER DETOX DRINK

Lemon water cleanses the liver and helps it flush out toxins. This organ has been very busy while you are sleeping by removing lots of toxins and excessive hormones out of your body.

Sleep is when your body is repairing and rejuvenating so drinking this concoction first thing will help your liver flushing it all out.

CREATIVE SPACE



AZAH KHWAJA
Grade 7
The Millennium School
Barabanki (UP)



DANIEL KUNINTEE (VII)
Ryan Christian
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Cotton Suits and Phulkari Kurties and Stoles
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NIKHIL SUBRAMANIAM
(9 years)
Reliance Foundation
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MEDITATION : THE GATE TO BLISS

Meditation is the gate that opens to us. Prayers, ceremonials and all the other forms of worship are simply kindergartens of meditation. You pray, you offer something. The use of certain words (mantras), flowers, images, temples, ceremonials like the waving of lights brings the mind to that attitude, but that attitude is always in the human soul, nowhere else. Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace.

And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day. And meditation may help you manage symptoms of certain medical conditions.

STEP 1 :

THOUGHTS DURING MEDITATION

Think of your own body, and see that it is strong and healthy; it is the best instrument you have. Think of it as being strong as adamant, and that with the help of this body you will cross the ocean of life. Freedom is never to be reached by the weak. Tell your body that it is strong, tell your mind that it is strong and have unbounced faith and hope in yourself.

STEP 2 :

GIVE UP DISTRACTIONS

Sit for sometime and let the mind run on. The mind is bubbling up all the time. Until you know what the mind is doing you cannot control it. Give it the rein, many hideous thoughts may come into it; you will be astonished that it was possible for you to think such thoughts. But you will find that each day the mind's vagaries are becoming less and less violent, that each day it is becoming calmer. Give up all argumentation and other distractions.

STEP 3 :

REPEAT MENTALLY

Let all beings be happy;
Let all beings be peaceful;
Let all beings be blissful.

The more you do that the better you feel yourself. You will find at last that the easiest way to make ourselves healthy is to see that others



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Desire For Wellness.

are healthy and the easiest way to make ourselves happy is to see that others are happy. After doing that, those who believe in God should pray – not for money, not for health, nor for heaven; pray for knowledge and light, every other prayer is selfish.

TIME FOR MEDITATION

One must practise at least twice every day, and the best times are towards the morning and the evening. When night passes into day and day into night, a state of relative calmness ensues. The early morning and the early evening are the two periods of calmness. Our body will have a like tendency to become calm at those times. We should take advantage of that natural condition and begin then to practise.



Make it a rule not to eat until you have practised. If you do this, the sheer force of hunger will break your laziness. In India, we teach our children never to eat until they worshipped, and it becomes natural to them after a time; the children will not feel hungry until they have bathed and have done their prayer.

ENVIRONMENT FOR MEDITATION

Those of you who can afford it will do better to have a room for this practice alone. Do not sleep in that room, it must be kept holy. Have no quarrelling, nor anger, nor unholy thought in that room. Only allow those persons to enter it who are of the same thought as you. Then gradually there will be an atmosphere of holiness in the room, so that when you are miserable, sorrowful, doubtful or your mind is disturbed, the very fact of entering that room will make you calm. The idea is to keep holy vibrations there, the place becomes and remains illumined.

RYAN CHRISTIAN SCHOOL - VASHI FATHERS DAY CELEBRATION



Ryan Christian School, Vashi held a heart-warming Fathers Day Celebration on 24th June, 2023. The event was a remarkable tribute to fathers and a memorable occasion that brought together students, parents, and teachers in a joyous atmosphere of love and appreciation.

The program commenced with a solemn and meaningful prayer session, emphasizing the significance of prayer in our lives. The prayer session set the spiritual tone for the entire event, reminding everyone of the power of prayer in nurturing our relationships and seeking guidance from a higher power.

Following the prayer session, the audience was greeted with a warm Welcome Note. The Welcome Note expressed the significance of fathers and their invaluable role in shaping the lives of their children.

The stage came alive as students from Grade 5 presented a captivating Welcome Dance. Their graceful dance steps showcased their talent and enthusiasm, captivating the audience and setting an atmosphere of celebration and excitement.

The highlight of the event was the Fathers Day Dance, which showcased the dedication and creativity of the students. Younger students, symbolizing the pure and innocent bond between fathers and their young children, delivered an adorable performance. This was followed by grade 6 and 7, paying tribute to the enduring connections between fathers and their grown-up children, with a dynamic and expressive dance. The performances were met with resounding applause and smiles of pride from the audience.

In addition to the captivating dances, the celebration also featured engaging games organized

by the teachers. Fathers and children eagerly participated, creating joyful moments of laughter and friendly competition. The games fostered a sense of unity and allowed families to bond and create lasting memories together. Prizes were distributed to the winners making them feel accomplished and joyous.

The event reached its culmination with a harmonious Closing Chorus. The collective voices of the participants echoed, expressing appreciation and gratitude for the fathers who selflessly give love and support to their children. The melodious melodies left an indelible mark on the hearts of everyone present, reinforcing the importance of celebrating fatherhood.

To honor the school and the nation, the event concluded with the singing of the School Anthem and the National Anthem. The entire audience stood in unity, reflecting the pride and reverence they felt for their school and country.

The celebration featured a designated selfie point, where fathers captured joyful memories with their children. Laughter and happiness filled the air as fathers and their children posed together, creating lasting memories of this special day. To make the fathers' experience even more delightful, a variety of delicious snacks were distributed during the event. Fathers savoured these treats with joy.

The Fathers Day Celebration proved to be a resounding success, leaving a lasting impression on all who attended. It was a beautiful testament to the love, respect, and gratitude that fathers deserve. The event not only celebrated fatherhood but also served as a reminder of the values of family, unity, and the profound impact that fathers have on the lives of their children.

DANCE MOVEMENT THERAPY & CREATIVE ART THERAPY FOR MANAGING EMOTIONAL ISSUES OF SENIOR CITIZENS WITH A CLIENT CENTRIC APPROACH



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

In the series of articles on DMT, in this writeup we discuss regarding Senior Citizen community and how DMT is helpful. When we talk of any Therapy, first and foremost the need of the community is to be ascertained. DMT is client centric. So we have to find what ails that community, and in the present context it is Senior Citizens, who are prone to many physical, mental, social and emotional issues, with specific reference to Indian context.

Then come the Goal, both short term and long term. The process towards healing takes time depending on the issues faced the intensity, and most importantly the client's willingness and cooperation. As rightly said the therapy sessions are a journey and not a destination.

There is always this social stigma about going to a therapist, despite the fact that as we go to a physician for physical ailments, we go to a therapist for mental ailments of various levels. So firstly it gets imperative to create awareness of the need for therapy and it is alright to visit a therapist.

What is Dance or Creative Movement Therapy and Why for seniors? Dance Movement Therapy or Creative Movement Therapy is based on the premise that body and mind are interconnected. So we start at a physical level and slowly progress towards holistic healing. Generally a group healing and thus touches upon Social angle too.

What advantages does DMT have? There are few typical characteristics of this therapy sessions which makes it unique and effective. Most importantly as a non verbal, non judgemental processes it also encourages self created movements.

Other Creative Arts like crafts, drawing, colouring, drama are also a part of these ses-

sions, which are also effective in encouraging creativity and imagination (visualisation) resulting in being Therapeutic.

Need to Know About Ageing: Need Analysis

Besides the familiar Physical ailments which affect older per-

context

Generally at this stage of life whether it is at home or in profession, they feel lost, unwanted, neglected and without power or importance. At home the next generation take over and all the power exercised is lost. Totally starts feeling use-

develop physical ailments age related and circumstance related, some have depression, some are on their way to develop dementia and Alzheimer, Parkinson to name a few.

GOAL : So the main aim /goal is to bring in Self Confidence, Self esteem, bring in

reduced feelings of depression and loneliness are few more goals. All this requires a therapy running parallel to the physical/ Medical treatment. Dance Movement Therapy is a perfect answer to these issues having a Client centric & Holistic approach for healing. The outcome is transformation in mindset, a feeling of empowerment on account of increased self esteem and self confidence and also an awareness of one's body and its connection with mind.

DMT is a psychotherapeutic use of movement to promote emotional, social, cognitive, and physical integration of the individual, for the purpose of improving health and well-being. Many activities are incorporated in a DMT session including Music, Expressive Art, Meditation and more. It is entirely a self-driven model and voluntary participation. Worth giving a try for well-being. Present scenario is very encouraging with seniors coming out of the conventional thinking and ready to explore and experience.



sons, Mental Health and Social issues also require serious attention to facilitate successful ageing.

General Scenario with specific reference to Indian

less. They experience a sense of helplessness. Start having low self-esteem, stop taking care of self, does not have any self worth. This is definitely a trauma to get attended to. Some

them positivity and a sense of inclusion and self worth. Focus on fun too, well-being & building a sense of community.

Improved balance. better thinking skills,

RELATIONSHIPS AND INTIMACY...

Contd. from page 2

foreplay. Use props like creating an environment with fragrance, candles, softness, colors, plants, environment, music, privacy, hygiene, etc.

Learn how to satisfy the partner in different manner. Get educated in these areas

also just like we spend time to learn and also upgrade in other areas of life.

Most important lesson is do not take for granted the privacy and space of your partner and respect the needs of each other.

Sex may be twice

a week, but intimacy is something which is like a wallpaper in the lives of couples with successful relationship.

As I mentioned earlier, intimacy is not just about long-lasting intimate relationship, but also about doing things together which make both the

partners happy. Taking different types of courses together like sports, music, dance, painting, pottery, trekking, community service and many other activities. At the same time respecting the likes and dislikes of each other and giving space to the other partner to also have a

life of their own.

I am sure, many readers shall give this matter a thought and pass the knowledge on the next generation or

bring joy and intimacy in their own personal lives.

I wish you all tremendous joy and love.

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Monthly Newspaper

DATE WITH HEALTH

Please contact: **9987309006**

Pani Puri – Google F-oodled but We Must Wait Monsoon to end to Get Back to its Stall

Pani Puri...not a single person in India is oblivious to it. This snack is something that has been able to rule the hearts of Indian people for many years and will keep ruling for many more to come.

Known as Pani puri, Gol Gappe, Puchhka, etc. this snack is a popular Indian Street food made of a crispy shell stuffed with potatoes, chickpeas, spices, or chillies and flavoured waters. Different taste buds can also call for different varieties of pani puri.

Recently on July 12, 2023 google celebrated this favourite snack of India by releasing a vibrant and interactive doodle called 'F-oodle'. This marked the 8-year anniversary of a very special Guinness world record which was set on 12th July 2015, when a restaurant in Indore, with Dainik Bhaskar and Chef

Neha Sharma achieved the goal of the most types of pani puri, i.e., 51 types. For celebrating this accomplishment and India's unwavering love for pani puri 'F-oodle' was released for the interactive game day in 2023. The chests of Indians especially the street food lovers swelled with pride with this digital feast.

Now even though everyone loves pani puri we must all know something, eating it in this rainy season can be tricky. Although they taste great, tempting to the core, hygiene is still a very big concern regarding many street foods.

Obviously, I am one of the millions who is a big fan of pani puri. However, eating pani puri in the monsoon season is not recommended due to various reasons:

1. Contaminated Water:



Aaditya Mahapatra
Student - B.Tech CSE
Vashi

Pani puri is typically served with flavored water, which may not be safe during the monsoon season when there is a higher chance of water contamination. Monsoon rains can lead to waterlogging, increased chances of waterborne diseases, and the spread of infections like cholera and gastroenteritis.

2. Hygiene Concerns: During the monsoon, there is an increased risk of food and water contamination due to inadequate handling and storage practices. Street food, including pani puri, may not always maintain the highest standards of hygiene, leading to potential health risks.

3. Digestive Problems: The combination of uncooked in-

gredients, spicy flavors, and potentially contaminated water in pani puri can lead to digestive issues, especially during the monsoon season when digestion tends to be weaker.

4. Food Spoilage: The monsoon season brings high humidity, which can cause food spoilage and bacterial growth, making it riskier to consume uncooked or street foods.

Keeping this in mind, I would say that we must try to conjure power and courage to overpower the craving of pani puri, for there are only a few weeks left in this season.

I know pani puri can have a magnetic effect on us which attracts us towards it, but we must stay strong as to not give in to the cravings (I know how difficult it is.... Because at the end of the day, health is wealth, right?



ST. LAWRENCE HIGH SCHOOL, VASHI INVESTITURE CEREMONY



“Leadership is the capacity to translate vision into reality.”

Embarking into the new academic year, St. Lawrence High School, Vashi conducted the 'Investiture Ceremony' on 8th July 2023, with great pomp and dignity, bringing in the spirit of responsibility and leadership in the students. The newly elected Council Members were all highly exuberant to explore a world of new challenges and a plethora of opportunities handed to them.

A special assembly was held seeking the blessings of God. The Guest of Honour graced the occasion by handing over the responsibilities and duties to the designated Council Members,

including the President, the Prime Minister, Deputy Prime Minister, and Speaker along with other council members. The tiny tots of Primary and Pre Primary too proudly stepped forward and received their scarf.

The Headmistress, Mrs. Saira Kennedy, stated that the newly elected leaders with their head held high confidently took a pledge.

“To abide by the rules and leave no stone unturned while



Later, the guests shared their gracious support for the environment by taking part in the Ceremonious Tree Plantation Drive along with the newly elected leaders in the school premises.

continuing to maintain a strong team spirit”.

Our Chairman Sir, Dr. A. F. Pinto's vision of achieving a greater level of success will be accomplished by us, said the newly elected President of the school.

INVESTITURE CEREMONY...

Contd. from page 3

Plantation Song was included]

- Ceremony began with the Lord's Prayer, Bible Reading and Special Prayer. Songs of Praise and worship in three languages. Students danced to the feet tapping. Welcome song was sung by the choir and a group of 60 students danced for

- the same.
- Welcome Speech was delivered in three different languages [English, Hindi and Marathi]
- The guest handed over the scarves and the badges to the elected council members.
- The elected council members took the pledge together.
- The guest prayed

for the future leaders to grow in God's love to serve the school. He emphasized on being a light to the world just as our Lord asked us to be.

- Programme came to an end with the vote of thanks, School Anthem and the National Anthem.
- Mass Tree Plantation was done by the council members as well.

Nagging Neck : PAYING SPECIAL ATTENTION TO YOUR NECK

We all pay special attention to our faces and hair, ensuring to keep them healthy and glowing. But we often forget the body part that holds them together — the neck. This lack of care can often result in the skin tone around the region becoming uneven which along with poor hygiene and certain medical conditions can also lead to the darkening of the neck. There's no denying that a dark neck can be upsetting. To deal with it, knowing the cause of a dark neck is important. One can start the treatment by observing skin around the neck or by consulting a dermatologist.



JAYANTHY SUBRAMANIAM
Navi Mumbai

Poor hygiene Irritation and friction High insulin levels Acanthosis Nigricans (dark, velvety patches within the folds of the skin) Other underlying skin conditions and certain medications. The first step is prevention. It is vital

to avoid indulging in habits that could trigger friction or irritation. We all pay special attention to our faces and hair, ensuring to keep them healthy and glowing. But we often forget the body part that holds them together — the neck. This lack of care can often result in the skin tone around the region

becoming uneven which along with poor hygiene and certain medical conditions can also lead to the darkening of the neck. There's no denying that a dark neck can be upsetting. To deal with it, knowing the cause of a dark neck is important.

Ways to prevent the

situation Cleanse yourself well, and on a regular basis.

Apply sunscreen on both front and back of the neck.

Avoid wearing high neck shirts / turtlenecks or heavy accessories around the neck. These may rub against your skin and lead to further friction.

Do not go harsh on your skin and scrub your neck vigorously to cleanse it. Be regular and gentle with it.

Weight loss is also an important factor to get rid of the skin folds that usually darken first. Depending upon the condition and its severity, following treatments may be advised for dark neck by the dermatologist.

Creams that contain glycolic acid and retinol

Chemical peels Dermal infusion Laser therapy

Taking care of skin during the summer season is of utmost importance.

Best Education Brand 2023



Ryan Group of Schools has been recognized as the 'Best Education Brand in 2023' by The Economic Times. Congratulations to our visionary Chairman Sir, Dr. A. F. Pinto and Managing Director, Madam Dr. Grace Pinto for their invaluable leadership, and to all the teachers and the staff across

our schools for all their hard work and support. Mr Ryan Pinto, CEO, Ryan Group, received the honour from Shri. Temjen Imna Along, Hon'ble Education and Tourism Minister, Government of Nagaland, at the ceremony held by ET in New Delhi

Our commitment to excellence and innovative teaching methodologies place us in a league of our own in the rapidly evolving Indian education sector. This prestigious accolade reinforces our position as the leaders in the education sector and our dedication to providing holistic and quality education.



CATCH THEM YOUNG

Yahavi Mahajan of Navodaya Badminton Academy and NMSA scripted her name in the satellite city with an unbeaten run as an Under 9 girl and annexed the Gold Medal in the Singles Category at the 36th Yonex Sunrise Thane District Badminton Championship held at Thane.



Yahavi, who was unseeded, defeated number one seed Shanaya Tavate 21-11, 19-21, 22-20 in the Finals to claim her first District Title. Yahavi Mahajan is a shining star in the satellite city.

Catching them young is true for all sports in general and shuttle badminton in particular. (Inputs by C K Subramanian)

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