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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 !!!!



SPIRIT OF PATRIOTISM IN LAWRENCE

The true feeling of patriotism along with the festive mood was seen in every heart of Lawrencian as the students and staff of St. Lawrence High School, Vashi, as they gathered to celebrate the 77th Independence Day. Eminent personalities were invited to hoist the National Flag.

and the most scintillating was the March

atmosphere as they marched forward to

national integration in a diverse country

Pre-primary section. The Primary Section

our Chairman Sir Dr. A. F. Pinto stated that



Various Activities and Competitions were conducted across all the sections. Fancy Dress Competition, Role Play Competition, Essay Writing Competition, Elocution, Debate, Patriotic Singing Competition

Past by the different squads. The eminent Guests hoisted the National Flag, and the entire school echoed by enchanting of the National Anthem. The grand parade of the various school squads electrified the

salute the National Flag.

The cultural extravaganza got off with the reading from the Holy Bible and mellifluous songs of Praise and worship by the school choir. The significance of

like ours was aesthetically portrayed by the Tiny Tots from

students enthralled the audience by their spectacular dance performance. A number of patriotic songs and the musical display of the school band mesmerized everyone.

The Guests from different walks of life praised the school, students, and the entire staff for their efforts to have such a grandeur Celebration of Independence Day. In accordance with the need of the hour

our youngsters need to be equipped with vocational and specialized training, holistic education with values integrated will raise and develop our youth to be future Leaders. "Such celebration instills in young minds the vibes of loyalty towards oneself, Nation and they understand that Freedom to have a sense of responsibility," said the Headmistress Mrs. Saira Kennedy.

PLEASE NOTE: Vol. 6, Issue - 11 (August 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

HILL STATION OR HELL DESTINATION

The most sought after destination for a summer vacation or winter holidays would be hill stations. During the summer they would be the most relaxing and cool places, a perfect place to beat the heat (or should one say dodge the heat) and during winters it would provide a perfect setting for skiing and other winter related enjoyments.

With the increase in tourists every year businessmen and locals in the quest to provide more facilities and earn quick buck started deforestation and built hotels infrastructure and other things related to tourism. The result was a weak ground and barren mountain slopes. The outcome is for everyone to see as heavy rains resulted into deadly landslides and roaring and life wrecking rivers and flood waters. Whatever came in way was washed away then be it houses cars hotels commercial complexes etc.

Many precious lives were lost thousands displayed and scores of families devastated forever. If we don't get it right now there won't be a tomorrow for our next generation. Hill stations definitely are beautiful places but just to fulfill our desire do we need to act recklessly.

Let us take a pledge to plant as many saplings as possible and also see to it we enjoy nature without hurting it !!!!

Relationships and Intimacy (Part 2)



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I would like to thank you all readers for liking the topics I write on. This particular topic on intimacy needs more attention as I mentioned in the earlier article that it is not just about physical intimacy. A good level of intimacy leads to physical and emotional intimacy. Women seek more of emotional intimacy and there are many little aspects which can arouse or douse the same too. I thought I must give more information regarding this subject.

Another age group which needs to insure intimacy continues to remain in their relationship is the geriatric. Many individuals when they get older feel that it is shameful to be physically close or share the naughtiness with their spouse. But my knowledge from my experience and observation is that men continue to seek naughtiness in the form of jokes or videos shared in their own group. They seek for excitement from other sources when they feel that their

spouses are no longer responding or find it exciting.

The word intimacy itself means that two people are equally enjoying the little jokes, touch, closeness and even sex if they are comfortable. In-fact sex is more joyful at this age as there are no responsibilities and any time constraint to follow such as managing the house etc. However, our thought process needs to change and the shaming needs to go first by ourselves. I have also observed many couples in their late 80's sharing good intimacy, dancing together, living life to the fullest and their children are happy to see them so.

Here are some tips for the seniors to continue enjoying intimacy.

1. Develop a patient and good communication. Help your partner understand your needs. Do not give up when the partner says this is not the age, we must grow up gracefully. Intimacy is one major part of growing up gracefully together.
2. Explain to your partner what intimacy means. It does not always mean sex. It means a lot of closeness and sharing doing things together.
3. If you have any personal habits which would be

turning of your partner, then work on them and eliminate them from your routine. As people grow older they tend to stick more to their habits than their partners. These could be the major dousers in your intimacy as many women or men may say that this is not the age, but the actual reason would be something else.

4. Find out common interests and do them together without involving competition or fierceness. For example: you both may love to play Ludo but if your partner is playing for fun and you are playing to win, then the equation may not make this activity last longer.
5. Understand what both of you like and do it together with love and care rather than irritation and harsh words.
6. Keep your ego aside and you shall succeed.

I now highlight the sensory part of intimation which is very crucial for couples to pay attention to. Women are more sensory oriented and many men also are included in this. Men do not like the woman to be shabbily dressed or not looking fresh. It would be a good idea to keep the lingerie shopping go-

ing on whatever age that might be. Being creative in everyday dressing and maintaining a clean smart attire for both is recommended. I do not mean being obsessed with buying new clothing all the time. But being fresh, well groomed is always a good visual.

Fragrance is very important. I recollect now also the fragrance of after shave my husband used 40 years ago when we met in the evening for the ride on his scooter together. That is the memory of an elephant which women are known to have. Whether it is body odor or breath odor, ensure that it is always good and fresh.

Paying attention to habits is another important part as some people give an excuse of what can I do, it is a habit. But we are also aware that the habits which do not serve purpose are of no use to anyone. Flexibility in our attitude is what keeps us happy and others happy too.

Get out of the victim mode and take charge of the intimacy with communication, change of habits and keeping love and forgiveness as your guiding star to make the rest of your life with your partner a happy and memorable one filled with happy and naughty memories.

Wishing you all loads of love and intimacy.

MORE REASONS TO EAT FRUITS !





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Carbohydrates have a bad reputation. They tend to take the blame when people gain weight.

But are they the true culprit ..

There are some bad carbs but not all carbs are bad.

Carbohydrates are naturally found in plant based foods, which are typically good carbs called Complex Carbs .

Complex carbs promote a healthy digestive system and metabolism .

Simple carbs are the bad kind as many of the necessary nutrients have been removed while processing them.

Simple carbs get digested quickly causing spikes in blood glucose and insulin, making you feel hungry sooner.

This short lived fullness leads to overeating, weight gain, type 2 diabetes and hypertension.

Popular foods with Simple carbs

White bread

Refined pasta

Pastries desserts with sugar

White rice etc

NOT ALL CARBS DESERVE BARBS

COMPLEX CARBOHYDRATES



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SIMPLE CARBOHYDRATES



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Complex carbs are the good kind.

They are packed with nutritional layers like bran, and fibre.

They take a longer time to digest giving a slow and steady release of glucose, preventing spikes

COMPLEX CARBOHYDRATES



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in blood glucose and they keep you fuller for a longer period of time.

Carbohydrates have 3 categories

Fibre (Complex carbs) - plant based foods like legumes, whole grains and millets, fruits and vegetables, quinoa, oats , unpolished brown and red rice.

Starches (Complex carbs) - they function similar to fibre and are found in legumes, green peas, beans, whole grains , vegetables, corn, potatoes, sweet potatoes, yams etc.

Sugars (Simple carbs) - like Dextrose, Fructose, Lactose, Sucrose (table sugar), Beet sugar, Honey, Corn syrup, Agave cause sudden spike in blood glucose and a subsequent sudden drop known as Sugar Crash leading to cravings and bringing on high calorie foods.

Benefits of Complex Carbs..

Fuel for the functioning of all the organs and systems in our body preventing headaches, fatigue, weakness, nausea, constipation, vitamin and mineral deficiency .

WINTER CHERRY- ASHWAGANDHA : A VETERAN HERB!

Ashwagandha, clad by the vernacular names 'Indian ginseng, Indian winter cherry or poison gooseberry is a powerful remedy for bolstering immunity. It is a widely accepted herb with a global market as INDIAN GINSENG. The plant has been used in traditional Indian medicine for more than 2000 years. It has an ancient history in acquiring much folklore praise on its actions and uses. In Sanskrit, ashwagandha means 'the thing that has a smell of a horse'- a reference to the horses strength and vitality rather than its odour. Its wide range of medicinal use is reflected in the Telugu proverb which means 'for a nameless disease, ashwagandha is the medicine'. In ayurvedic medicine, ashwagandha is considered as a

rasayana- that which helps in maintaining youth, both mentally and physically. Its yellowish green flowers give way to gleaming red berries.

Different treatments make use of different parts of the plant including the leaves, roots, seeds, fruits. These are harvested in autumn (January to march), dried, then cut up for use in decoctions, capsules of the powder, tinctures and liquid or dry



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



extracts.

COMPOSITION-

The ashwagandha root is notable for a steroid called withanolide, which is anti inflammatory. It also contains alkaloids, particularly withasomnine, that are responsible for the roots sedative qualities. The herb also contains an alkaloid called somniferine and traces of essential oils. The water soluble portion of the root extract contains indefinite amorphous sub-

stance and a quantity of sugar.

HEALING POWER AND CURATIVE PROPERTIES-

Ashwagandha has traditionally been prescribed as a tonic. This use was supported by a paper published in the JOURNAL OF ETHNOPHARMACOLOGY in 2000, which described how the plant helps the body to cope with and adapt to stressful situations. It also lowers blood pressure, slows heart rate and boosts the immune system. In Indian medicine, ashwagandha is commonly prescribed to help convalescing patients to overcome fatigue. The plant is also used to treat anxiety and nervous problems and in large doses can induce sleep. Research performed found that ashwagandha

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JUICE THERAPY

Juice therapy involves the consumption of the juice of raw fruit or vegetables. A person may drink juice preventively to stay healthy, to treat a medical condition like cancer, or to produce a certain outcome, such as strengthening the immune system. Three widely practiced juice therapies differ primarily in the amount of time that a person is involved in the therapy and whether other items are included in the person's diet.

The regular addition of juices to a wise diet is a great strengthener of bodily functions, assisting in the prevention of premature degeneration of skin, flesh, glands and organs that causes so many lapse into early senility. For effective juice therapy you need to know which fresh vegetable and fruit juices are needed to benefit the body. The body is being continuously renewed and revitalized. Every second that passes sees the renewal of millions of cells out of the total of almost 30 million that go to make a man. This never-ceasing re-creation depends for success upon correct nutrition – not only with the three basic classes of foods, proteins, carbohydrates and fats but also with vitamins, minerals and dietary fibre.

Within a quarter of an hour of consumption on an empty stomach, raw juices begin to enter the bloodstream through the digestive processes. Thus glands, organs and indeed every cell of the body are able to extract quickly their individual food requirements, enabling them to perform their functions in a strong and normal way, free from deprivation.

DETOXIFICATION OF THE SYSTEM

Nature cure depends for effectiveness on elimination of the toxic substances causing the condition, whereas the more dramatic results of the orthodox physician are more concerned with the suppression of the symptoms. For conditions which have been



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of AAKANKSHA:
Desire For Wellness.

appeared to some serious, self diagnosis can lead to errors. The elimination of toxic substances in the tissues begins with the juice therapy.

I am coming up with a series of juice therapy. These juices are very simple to make at home. Even if you do not have juicer, you can make a good juice in your mixer.

JUICE FOR ACIDITY

1 serving

Ingredients: • Carrot – 5 to 6 medium size • Sweet lime or orange – 4

Method: Take out carrot juice in the juicer or add little water in the mixer and grind it. Strain and add sweet lime or orange juice to it.



Carrots are a fair source of B vitamins, like niacin and B6, which help our bodies use energy from foods. B vitamins are important for healthy nerves and muscles. The sweet lime or Mosambi provides 0.8gm protein and 9.3mg carbs. Belonging to the family of citrus fruits. Mosambi is rich in vitamin C whereby one serving comprises of 50mg of vitamin C. It also contributes towards your daily potassium needs as one serving of Mosambi constitutes 490 mg of potassium. Hence it takes care of headache.

RYAN CHRISTIAN SCHOOL – VASHI REPORT OF FRIENDSHIP DAY



“For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.”

- Audrey Hepburn

True friends are like the best assets of our life because they share our

“There is something about childhood friends that you just can't replace!” The entire Montessori section of Ryan Christian School, Vashi celebrated Friendship day on Friday 3rd August with varied Friendship Day activities across the grades. Students prepared a friendship

is one such relationship where the highest level of trust and intimacy exists. It is the most comfortable zone where we feel a sense of being in the shade of love.

In order to celebrate this day tiny tots of Ryan Christian School, Vashi celebrated an activity



sorrow, sooth our pain and make us feel happy. ... Everyone needs friends to share their happiness and sadness. Friendship makes life more entertaining and it makes you feel loved.”

band under the guidance of their teachers and tied it on their friend's wrist wishing each other a Happy Friendship Day, through which they expressed themselves their love. Friendship

by making creative friendship band with their own imagination expressing their love, care, affection for their friends.

Students participated enthusiastically and enjoyed the day.

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Education: A gateway to Freedom & Sustainable Development

As we commemorate our country's independence on 15th August, it is fitting to understand that our freedom struggle involved great sacrifices by our heroes of freedom who owned the country's burning aspirations and made tremendous efforts to lead India towards sovereignty. Over the years India has made tremendous progress and achieved greater milestones. One of the key factors for the progress has been 'Education'. In this context, Kofi Annan, Former Secretary-General of the United Nations had aptly said, "Education is a human right with immense power to transform. On its foundation rest the cornerstones of freedom, democracy and sustainable human development." This statement is a clarion call for every country to place education among the foremost national priorities. There is no substitute for education to establish democracy, freedom and sustainable development in every society and nation at large.

India is blessed with a large, dynamic young population with 65% being under 35 years of age. (Times of India article (Feb 2023). And according to United Nations Population Fund (UNFPA) projections, India will continue to have one of the youngest populations in the world till 2030. These young people have all the potential to transform the country in every sphere. The growth of our country will completely depend on the quality of education they receive and their ability to be productive citizens. Our nation therefore has a huge responsibility of making the best of this asset by educating them.

Education holds the master key towards effective nation building as it plays a vital role in the economic and social growth of the country. It is the backbone of our society and a strong pillar of development. "According to the performance grading Index, the Indian education system is one of the largest in the world with about 14.9 lakh schools, 95 lakh teachers, and nearly 26.5 crore students

from varied socio-economic backgrounds." (Financial Express, November 2022). It is therefore important to further strengthen our education system so that we can provide quality education to develop skills and help our youngsters acquire knowledge which will equip them for employment and take up entrepreneurial endeavours in future. Education provides innumerable avenues to explore to bring about individual as well as the growth of our society.

Education in our country is witnessing a tremendous change due to technology. In this scenario of technological revolution, every educational institution has to focus on technology integration and hands-on-training for our youth in order to make them future ready contributors and productive citizen leaders. We see educational reforms happening today because of the paradigm changes introduced as a result of the new National Education Policy (NEP). NEP has given a road map to nurture not only employable citizens but also researchers and entrepreneurs through education that is holistic, accessible, equitable and research based. Development of necessary infrastructure and relevant

teacher's training and encouraging them to upgrade their skills and qualification will definitely give the required boost towards this end.

Quality education with new age skills and digital advancement will help our youth realize their potential and strength to be value laden, empowered and responsible citizens of our country. Education is imperative; it is a very important tool that can help India become a global super power by educating our largest youth population of 254 million in the age group of 15-24 years (ref. Business Standards August 03, 2023). As Denis Waitley had said, let us give our children and youth 'roots of responsibility and the wings of independence' through education"

Happy Independence Day!
Jai Hind!



Dr. A. F. Pinto
Chairman
Ryan International Group
of Institutions

RYAN CHRISTIAN SCHOOL – VASHI GREEN DAY CELEBRATION



"If there is a future it will be green," -Petra Kelly

Green represents purity, innocence, light, and goodness. It is the colour of perfection. As green is the colour of life renewal, nature and energy which is closely associated with meanings of growth, freshness, harmony and environment. The motive of celebrating green day was to make the students aware of how colour makes our world a better place and its significance. Students and teachers looked gorgeous and enthusiastic in their astonishing green attires. Classrooms and boards were decorated with green-coloured objects, giving a graceful appeal to the environment. The tiny tots of Ryan Christian School, Vashi celebrated 'Green Day' on 24th July, 2023. To reinforce the concept of the colour, students were engaged in different art activity in which they used old torn green colour waste paper

to prepare a tree, Children prepared a green frog using a paper bag, made a green tree using finger print. They also undertook an activity where in Montessori student wrote the letter 'A' and then made an alligator using green paper and drawing eyes with the help of crayons. Here's a quick glimpse of the special moments captured.

These activities were conducted to develop their fine motor & gross motor skills. Go green which develops their communication skills. It was indeed a fun-filled learning day for our little ones. They enjoyed their activity and performed it enthusiastically. They enjoyed the green colour day, which was fun and informative to the little inquisitive minds of our school.

Section Head Mrs. Sharlet Fernandes motivated and encouraged children with kind words and appreciated the students for their effort.



Cotton Suits and Phulkari Kurties and Stoles

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

Rotary Club of Satellite City Navi Mumbai organized a session on “Naada Yoga” - harnessing the power of Sound through Yoga

Rotary Club of Satellite City Navi Mumbai organized an interactive session on “Naada Yoga” for the club members & their family and invited guests.

The session was conducted by the Govt. certified music therapist & leadership coach, Rtn Dr Vijayalakshmi Ravi. She has the expertise in carrying out such sessions to Un-Wind and De-stress by harnessing the Power of



Sound through Yoga. During the session, she explained various meditation techniques using sound and cre-

ativity, using colors.

The Session was in two parts - Pre Session-Assessment and Post Session Re-

sponse. All the members and guests after the Session responded by acknowledging that the session

brought about a transformation in the mental state and all felt calmness, relaxation, peaceful, and similar

responses. Overall, the session was very well appreciated by the audience with exemplary response and active participation.

The Club President Rtn Keyur Desai said “In the present times with stressful lifestyle, such sessions help create a lot of hope and positivity in life. This session is also aligned with the Rotary International President Rtn Gordon

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WINTER CHERRY- ASHWAGANDHA...

Contd. from page 3

contains components that act in the same way as the main inhibitory neurotransmitter in the central nervous system. It is this, that is likely to account for its sedative and sleep inducing qualities. Painful rheumatic joints respond to its anti inflammatory properties and its high iron content makes it useful in the treatment of anaemia. The shrub as a whole is employed for several medicinal applications for its hypnotic and sedative properties. It is also said to be an aphrodisiac and beneficial in infertility, promotes libido. It increases the secretions and discharge of urine and also other forms of secretions or excretions by opening the natural pores of the body. Some experiments have shown that its roots and leaves possess antibiotic and anti bacterial properties.

MEDICINAL USES

- **In digestive disorders-** The root of the plant is used

to treat digestive disorders like dyspepsia and loss of appetite. It corrects the disordered process of nutrition and restores the normalcy in the system.

- **General debility-** Its roots find its use in treating general debility when taken in 2gm doses for this purpose. Helps in rejuvenating the entire system and lifting up the mood.
- **Painful joints and boils-** This herb as a whole acts as a pain reliever. The root is effective in the treatment of rheumatic disorders. Should be taken in 3 gm doses in this condition.
- **Tuberculosis-** The root finds its efficacy in treatment of tuberculosis. A decoction of the root is used with long pepper and honey.

This decoction is also in the treatment of scrofula, that is, the tuberculosis of the lymph glands especially in the neck.

- **Insomnia-** This root is also a narcotic i.e inducing sleep and hence beneficial in treating insomnia.
- **Cold and Cough-** Winter cherry is beneficial in the treatment of chest diseases such as cold and cough. The root can be taken either in the form of powder in 3gm doses or in the form of decoction. Berries and seeds can also be taken for chest complaints with beneficial results.
- **Women’s diseases-** The herb helps to cure female sterility. Powder of the roots in 6gm doses can be taken with milk for 5 to 6 successive nights after menstruation.
- **Skin disorders-** The leaves of the plant are beneficial in treating several skin disorders. Fo-

mentation of the leaves is good for boils and swollen hands and feet. A paste of the leaves is locally applied to kill lice infesting on the body and on carbuncles and syphilitic sores. An ointment prepared by boiling the leaves in fat such as ghee can be applied in case of bedsores and wounds.

- **For sore eyes-** In case of sore eyes, a fomentation of the leaves can be applied to get relief.
- **Impotence and low sperm count-** Probably the most publicized use of ashwagandha is its effect on the male reproductive system. A tsp of root powder with warm milk everyday boosts vitality and improve sperm count.
- **In low body weight and weakness-** It can be prepared as a lehyam (confectionary) with sugar candy crystals, ghee and honey. A tsp of this lehyam can be taken daily

with milk for tissue building and to enhance general health.

- **As a nervine tonic-** The same lehyam can be taken in doses of a tsp twice for nervine disorders like hysteria, epilepsy and even parkinsonism.
- **In leukoderma-** It is a good supportive drug in the treatment of leukoderma or white patches.
- **In poisoning-** Ashwagandha is given as an antidote for aconite poisoning and to eliminate toxins accumulated in the system due to any chronic ailments.
- As a special use, it raises the lowered blood pressure to its normal levels.
- **Beauty benefits-** It is effective in anti ageing remedy to obtain youthful skin and treats wrinkles, fine lines, spots, dark circle etc. furthermore, it reduces acne, pimples and bestows smooth and glowing skin. It also pre-

vents hairfall due to stress and breakage due to stress and anxiety.

Although in ancient times, healers used to self prepare ashwagandha formulations, nowadays, the markets are flooded with these formulations and one can easily avail and use it for its wide range of health benefits.

Ashwagandha may be contraindicated if you take certain medications or are currently being treated for certain medical conditions, including autoimmune disorders or certain thyroid conditions, For that reason, it’s a great idea to check with your doctor before taking ashwagandha. This is an important step that can help you make sure that ashwagandha won’t interfere with any medications you are taking, or present problems or heightened risks in relation to any other conditions you have. Ashwagandha should be avoided during pregnancy and should not be used while breastfeeding.

CREATIVE SPACE



AZAH KHWAJA
Grade 7
The Millennium School
Barabanki (UP)



SWARAJ JANA (VIII)
Ryan Christian
School, Vashi,
Navi Mumbai.



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



www.datewithhealth.com



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



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

FRIENDS IN 77th INDEPENDENCE DAY CELEBRATIONS

It is said a few relations on earth never die, and friendship is one of them. The willingness to accept the good and bad of the other person, or nation, is essentially a true friendship. Interpersonal friendship, and friendship between societies and nations, are key to fostering goodwill and peace in the globe. This unique character, of course, is fraught with roadblocks. The harmonious rela-



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

ships at all levels, stand to be broken by poverty, violence, prejudice and hatred. The global conflicts, and ill-will, would be things of the past if people and communities of the world stand as one.

The only consoling factor is friends of these nations are contributing their might to infuse sanity among countries hell-bent on destroying one another. In a similar vein, exchange of peo-



tion between the peoples of the world is threatened by many factors –some negotiable; some not. People-to-people understanding and peer support, which usually cement friend-

ple between countries, through tourism, education and employment, have tremendously buffered friendship between different countries so dissimilar in culture and traditions.

MOVEMENT IS THE ESSENCE OF LIFE. THERAPEUTIC BENEFIT OF MOVEMENT THROUGH DANCE MOVEMENT THERAPY FOR HOLISTIC INTEGRATION OF BODY AND MIND



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

The Health Benefits of Dance Movement Therapy as a healing approach, involves the use of Movement to improve physical, emotional and mental wellbeing. It promotes healing by encouraging self-expression.

Dance Movement Therapy is a great way to express emotions that are sometimes not easily expressed verbally. In a session participants are given a chance to express themselves through movement. Even persons with limited mobility are still able to express themselves through their own energy levels and abilities.

Movement is indeed the essence of life. It is through movement that we experience the world, communicate, and

express ourselves. Dance Movement Therapy (DMT) harnesses the power of movement and dance to promote physical, emotional, cognitive, and social integration. We know movement even before our birth.

In DMT, movement becomes the medium for communication and self-expression. It is based on the premise that the mind and body are interconnected, and that changes made in the body can influence emotional and cognitive processes. Through different movement techniques, DMT aims to facilitate self-awareness, improve emotional and physical wellbeing, and enhance interpersonal relationships.

In DMT sessions, individuals are encouraged to explore their inner experiences and emotions through various movement exercises. They are guided by a trained therapist (facilitators) who helps them use movement to process and express their thoughts and feelings. By engaging in creative and spon-

taneous movement, individuals can gain insights, release tensions, and transform



their experiences.

The therapeutic benefits of DMT are diverse and can be beneficial for individuals of all ages and abilities. It can be used as a supportive therapy for individuals dealing with mental health issues, trauma, chronic pain, developmental disabilities, and other health con-

ditions. DMT can help participants increase body awareness, build self-esteem, develop coping strategies, and enhance interpersonal skills.

Research has shown

the effectiveness of DMT in improving emotional well-being, reducing anxiety and

erment. Moreover, it has been found to enhance physical coordination, improve concentration and attention, and foster social integration.

In summary, movement is the essence of life, and Dance Movement Therapy utilizes this fundamental aspect to promote healing and well-being. Through movement, individuals can tap into their emotions, gain self-awareness, and unlock their creative potential. DMT provides a unique therapeutic approach that acknowledges the power of the body-mind connection and utilizes movement to facilitate personal growth and transformation.

Embrace Dance Movement Therapy and make Stress And Anxiety a thing of the Past with our Creativity & Visualisation.

depression symptoms, increasing body satisfaction, and promoting a sense of empow-

erment. Moreover, it has been found to enhance physical coordination, improve concentration and attention, and foster social integration.

Embrace Dance Movement Therapy and make Stress And Anxiety a thing of the Past with our Creativity & Visualisation.

ROTARY CLUB OF SATELLITE CITY. Contd. from page 6

R. McNally's focus on prioritizing mental health"

Rtn Dr. Vijayalakshmi said "Naada Yoga session helps to

harness the power of music with Yoga, to restore the balance of our body. This is one of the techniques for emotional well-

being." She further added "Rotary Club of Satellite City Navi Mumbai were a wonderful audience and it was a pleasure to conduct the session for them."



सहचरी

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