

# Date *with* Health

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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](mailto: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 !!!!



## 196th Ryan Minithon Road Race to be held on 26th November, 2023 in Mumbai

Ryan International Group of Institutions proudly announces the eagerly awaited 196th Ryan Minithon Road Race in Mumbai on November 26th, 2023, with the enthusiastic participation of over ten thousand students

out the country for the Ryanites in the year 2023-24. Ryan Minithon is one of the biggest Road Race Series conducted in 12 cities across India namely Nagpur - Aurangabad - Mumbai - Jabalpur - Jaipur - Chandigarh - Faridabad - Navi

over 8.5 lakh students having participated across India. We are happy to kick start the series once again with great enthusiasm right in this city of Mumbai and we eagerly look forward to children participating in large numbers and

The Ryan Minithon 2023 of Mumbai division will be flagged off from St. Lawrence High School, Borivali - West, Mumbai.

On 10th December, 2023, Ryan Minithon in Navi Mumbai will be hosted by Ryan International School,

coaches, it plays a catalytic role in helping children and youth to make their dreams of becoming professional sportspersons come true. Ryan International Sports presents opportunities for students to avail training at International sports

in a healthy body. It is our endeavour to bring the students out of the four walls of the classroom and their rising inclination towards telephones and build the element of physical fitness and team spirit using sports activity as a tool and also

provide them an opportunity to excel in the sport at various levels.

With every passing year, the Minithon has been a huge success and has grown across all corners of the country. We wish



from Mumbai, Navi Mumbai and Thane.

Ryan Group under the aegis of Ryan International Sports Club will be hosting a series of Ryan Minithon Road Races through

Mumbai - Bangalore - Surat - Raipur - Nashik. This is the 24th year and we are celebrating two decades of success with over 195 races conducted in various cities with

making the best of this opportunity. In previous years, we have witnessed an overwhelming response from students and we look forward to the same even this year.

Nerul.

Ryan International Sports Club conducts various races and sports events throughout the country. Manned with experienced, professional

Clubs regularly. The Group believes that for the overall development of a child's personality and skill, a healthy mind is required and a healthy mind can only reside

all our students success and pray that Almighty God may bless each and every participant and help them become healthy and responsible citizens of our country.

**PLEASE NOTE:** Vol. 7, Issue - 1 (October 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](http://www.datewithhealth.com)

- Editor



## Editorial

### BE PREPARED FOR THE CHANGE

One thing that has become more unpredictable than who will make the top four in the ODI World Cup is the weather. When everyone thought the monsoon has gone in came a few thunderous showers disrupting life in some cities across the country. Gone are the days when a farmer would predict the onset of monsoon and when was it likely to end.

North India experienced a few showers in mid October and pleasantly changed the climate so much so that people thought winter has arrived a few weeks before schedule. But then this sudden change do come with some negatives too. The body doesn't seem to be prepared and many end up queuing at the doctor's clinic. The unpredictable seasons have become so unpredictable than one needs to pack their bags with a sweater and an umbrella (☺) all the year round.

Our lifestyle and low immunity has actually made our bodies more vulnerable to sudden climate changes. Good healthy diet and exercise can make the body take these changes in its stride.

There is one more reason for the sudden change in climate and this could be because of deforestation. Cutting of trees makes the climate warmer which in turn melts the glacier causing floods and impacts global warming too.

Lets pledge to fight this climate change by doing our bit .... PLANT MORE SAPLINGS !!!!

### SUMMER HEALTH TIPS



## Relationships with in-laws



**SALMA PRABHU**  
Clinical Psychologist Career  
Counselor and Author of  
Parenting book  
Mom Dad U R Wonderful  
and You are My Star  
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Over the last four decades of my work in counselling, I have come across thousands of cases where the relationships are either sour, strained or even destroyed because of the terminology in-laws.

I thought let me write about it as now it is my personal experience with some very wonderful people who have not become my extended family, but our family. If you read my book Mom Dad U R Wonderful, you shall read in the last chapter how to welcome the new members in your family who are the loved ones of your children.

In our case we have received immense love from not just the loved ones, but also from their families and extended families. We always dreamt of how our relationships would be with the in-laws of our child and we

got blessed with more than what we expected. When my daughter in law started living with me, her friends asked her how it was to be living with the mother in law and she told them, that my mother in law and father in law love me more than they love their son. This gave us immense joy and we felt our lives are truly blessed.

However, it is not just the blessings, it is also to put in some efforts and have a default attitude of loving and welcoming the in laws like a family member.

This topic of today's article also was inspired when a close friend shared with me how her relatives and friends were telling her to keep the son and daughter in law separate as in laws ultimately remain in laws. Me and my friend both disagree to this. It is how we live and let them live, it is how we respect them and it is about what we talk about them to our near and dear ones.

I would like to share some tips on each one finding fantastic relationships with in-laws no matter what.

The first step is to come out of stereo type of thought pro-

cess we have regarding in-laws. Some typical norms are there in every culture and society that the in-laws have to be in certain way. For example we still have that discrimination of the girl and how she need to be when she gets married. Release yourself from the gender norms and expectations. Teach your sons to respect her and her family. My book mentions about how parents need to teach their sons to respect the wife as an individual and equal partner. He needs to participate in the kitchen and the household responsibilities and raising children as equal as the wife. If there is family emergencies, it is not the wife who must always stay back home from work, it could be by taking turns. As her work is as important to her. The entire family needs to respect her and love her. There need not be any biases towards the son and his actions.

The second part is teaching the children that you are blessed to have now two sets of parents and every action of love and care is towards two sets of parents and not just one.

The third part is to understand and for-

give. Daughters must also learn to forgive her law's just as she forgives her own parents and use good communication to resolve matters and not speak through the husband. Resolve your own issues and go on with the next step just as you did at home when you were with your parents.

So in short break the barriers of the word in laws and make every effort to become a part of the family as one big family.

Do not fall prey to what the past norms are, do not listen to what the negative experiences are shared by your friends and relatives. Give love no matter what and learn to respect and let go. When children behave in a particular manner which you do not like, do not blame it on the wife or the husband of your children, instead wish them love and happiness and always pray for them like you normally pray for your own children.

To end this article I would say, Forgiveness and gratitude are the biggest tools of every successful relationship. These are the first to steps to evolving and leaving this world with peace and love.

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## MOOD MATTERS

Gut Serotonin is crucial for balancing your mood and supporting healthy digestion.



Maintain a good GUT - BRAIN AXIS by Taking a good

PROBIOTIC  
- Getting regular SUNSHINE  
- Daily exercise  
- Eating a TRYPTO-

PHAN rich diet  
- Having enough soluble and insoluble fibre in your meals

- Anti Inflammatory foods  
- Reduction of sugar consumption  
- Mindful eating  
- Happy conversations at meal time  
- Getting quality



sleep  
- Reducing stress  
- Limiting alcohol  
- Cessation of smoking  
- Simplifying your life...

TRYPTOPHAN (which is the building block to creating Serotonin) rich foods...

Pineapple, bananas, kiwi, plums, tomatoes, blueberries, avocados, dark chocolate, salm-

on, eggs, green leafy vegetables, seeds, nuts etc..

Happy Gut... Happy Mind... Happy Body... Happy life

The Gastrointestinal tract is sensitive to emotions.

Elation of feelings like anger, anxiety, fear, sadness, stress, depression, speaking negatively, having arguments at meal time etc can trigger symptoms in the GUT.

The brain has a direct influence on the stomach and intestines.

Experts have found links between depression and several gastrointestinal conditions like IBS and GERD.

It's a 2 way street. The gut bacteria af-

fect the brain and the brain can also exert profound influences on Gut Microbiome.

Psychological stress suppresses the beneficial bacteria.

Many people think of anxiety and depression as a chemical imbalance in the brain.

But these chemicals are created in the gut, not the brain.

In fact more than 30 different neurotransmitters and 90% of body's SEROTONIN (the feel good hormone) comes from your GUT.

## REPORT OF GRANDPARENT'S DAY

Embracing the spirit of family and love, Grandparents Day unfolded at Ryan Christian School, Vashi, on October 7, 2023. The day commenced with the serenity of prayer – Lords Prayer, Bible Reading, and a Special Prayer, setting a harmonious tone for the festivities.

The melodic voices of Grade I and II students filled the air with a Prayer Song, adding a sweet touch to the celebration. Warmth and cultural diversity were celebrated through Welcome Speeches delivered in English, Hindi, and Marathi by enthusiastic students.

Montessori 3 students welcomed everyone with a heartwarming Welcome Song, showcasing the innocence and joy of



the little ones. Grandparents actively participated in engaging games – 'Pick the Object,' 'Basket the Ball,' and 'To the Shore Balloon,' fostering joy-

ful connections across generations.

Prizes glittered as tokens of achievement, adding excitement to the games.

Grade V to VIII students expressed gratitude through a touching Group Dance, followed by a Patriotic Dance by Grade VI to VIII students, symbol-

izing love for the nation.

Expressing gratitude in diverse languages, the Vote of Thanks echoed ap-

preciation in English, Hindi, and Marathi. The Closing Chorus performed by the Grade III & IV students expressed heartfelt gratitude to the

Lord for his countless blessings, his unwavering love, grace, and mercy and for his divine presence throughout the program.

As the day concluded with the School Anthem and National Anthem, it left behind a mosaic of cherished moments. 'Family is not an important thing,

it's everything,' said Michael J. Fox, and indeed, this celebration embodied the essence of family. In the words of Marian C. Garretty, 'To the world, you may be one person, but to one person, you may be the world.' Grandparents, parents, teachers, and students - each one played a significant role in making this day unforgettable.

The success of this event lies not only in the activities but in the love and togetherness shared. Looking forward, we are reminded that the beauty of such celebrations is not just in the moments we celebrate but in the memories we create.



# HAVING DRY FRUITS DAILY IS BENEFICIAL FOR HEALTH



**Sahrish Akhtar**

**D**ry fruits are extremely beneficial for your health. Here are the reasons why you should eat a handful daily. We all must have heard our mothers and elderly people in your house discussing about how dry fruits are beneficial for our overall health and how it can amazingly enhance the flavor and richness of basic gravies. Many doctors recommend dry fruits to pregnant women for their good health. But, dry fruits are beneficial for all age groups as they contain the essential vitamins and minerals.

## *Health benefits of eating dry fruits daily:*

### **1. Improves bone health:**

Dry fruits contain various nutrients which contribute towards good bone health. Dry fruits like plum and cashews contain good amount of cal-

cium which helps in improving bone density. They also contain protein and various micronutrients like phosphorus and boron which can be really helpful for osteoporosis. Almonds and pistachio can also help in rapid healing of fractures and makes bones less prone to injury.

### **2. Improves heart health**

Dry fruits contain good amounts of insoluble fiber as well which helps in preventing blockage of coronary. Certain dry fruits like walnuts contain good amount of Omega-3 which is excellent for heart health. Other dry fruits like pistachio also help in lowering bad cholesterol levels. Minerals like magnesium and potassium also help in regulating blood pressure which protects the heart from various health risks like strokes in long run.

### **3. Laxative effect**

Dry fruits are packed with fiber. Fiber acts as roughage in the body and contributes in faecal matter. Good amount of fiber in our food helps in proper movement

of bowel. It also helps in cleansing of your gut. Specifically dried fruits like raisin, figs and prunes also have a mild laxative effect. You can just include a handful of these before dinner with warm milk to get rid of constipation. It is a great remedy for pregnant ladies who often suffer from constipation in later stages of pregnancy.

### **4. Weight management**



Dry fruits are rich in nutrients in very small quantity of food. They are loaded with fibers and good fats which help in maintaining overall health and dietary requirements of the body. They contain proteins which are fulfilling and help to provide satiety for long hours. Apart from it, dried fruits have natural sugars

which can help you conquer sweet cravings. You should take care not to include too many candied fruits in your diet.

### **5. Boosts immune system**

Dry fruits like dates, walnut and almonds provide your body with essential nutrients which in turn strengthens your immune system. Cashews, pine nuts and peanuts are very good supple-

### **ing haemoglobin levels**

Haemoglobin plays very important role in our body. It transports oxygen to various body parts. Dry fruits contain good amounts of iron and sugar which can help you in elevating your haemoglobin levels. Pistachios, cashews and almonds are proven to be beneficial. You can also include peanuts and dates in your diet. It can be an excellent snack especially for those with anaemia and post operation recovery.

### **7. Promotes healthy skin**

Dry fruits provide rich nourishment to the body which automatically reflects on your skin. Raisins contain polyphenol which is an excellent antioxidant and it helps your skin to overcome environmental damage. Moreover it saves your skin from harmful effects of free radicals. Dry fruits like plum prunes and dates help to cleanse gut which can make skin glow from within. Nuts like almonds are good for skin because they are rich in Vitamin

E which helps in reducing pigmentations and keeps the skin supple and hydrated.

### **8. Eye health**

Dry fruits are very good for our eyes. They can save you from that extra strain on your eyes because of long hours on the computer. Dried apricots contain ample amount of Vitamin A which protects our eyes from environmental damage as well as from various diseases like night blindness.

Dry fruits are beneficial in so many ways but you must watch the portion. A handful of mixed dry fruits is enough portion for you. You are consuming calories, so if you eat in excess it might not help you with weight loss. You can try including them in various sweet preparations and gravies. You can also eat them with yogurt in your breakfast. Dry fruits can also be used in various Indian gravies to enhance taste and texture. They can be served as evening snacks and it would be a nutritional as well as a fulfilling choice.

ment of zinc, which helps us fight against diseases. Dry apricot, plum, black raisins are also very good for overall immunity. Dry fruits not only help in immunity against infectious diseases but it can also prevent other diseases like stroke, high blood pressure and diabetes.

### **6. Helps in improv-**

## Better Environmental Sanitation only way to curb Dengue



**JAYANTHI SUBRAMANIAM**  
Navi Mumbai

**D**engue is a most dangerous disease and number of deaths are taking place in Mumbai and suburbs. There is a sense of concern, even panic, over the outbreak of Dengue in the Metro city and in several parts of the city, more

so from Pune scares people throughout the year.

From all over the



state, more than 10000 cases have been detected and treated in various government and private hospitals. Considering the cases of dengue, it happens more during monsoon sea-

son but of late it continues even after the rains. This shows system failure and ring alarm bells and have not been heeded and that we are content to take symptomatic action, reactively, after the disaster has occurred. For a city like

Mumbai health care is of utmost importance and the hospitals will have to gear up well in advance to control the menace of mosquitoes.

A team from the Central Government, Ministry of Health will have to visit the

**Contd. to page 6**



# RYAN CHRISTIAN SCHOOL, VASHI - REPORT OF ACTIVITIES

## Clean India Beautiful India

On the 4th of October, 2023, the vibrant spirit of cleanliness and community engagement came alive at Ryan Christian School in Vashi, as students united for the "Clean India Beautiful India" initiative. The objective was to instill a sense of responsibility towards maintaining the cleanliness of various public spaces, including the school premises, bus stand, railway station, temples, churches, mosques, gurudwaras, and statues.

One of the highlights was the creative involvement of students in producing posters and banners made entirely from 'best out of waste materials.' This not only aligned with the theme of the event but also promoted the concept of sustainable practices. The students showcased their artistic talents, using recycled materials to convey powerful messages about the significance of cleanliness and its positive effects on society.

The event succeeded in fostering a sense of civic responsibility and environmental consciousness among the students. It also promoted the idea of repurposing waste materials creatively, aligning with the broader goal of sustainable living.

## Bhakti Geet

On 4th October, 2023 students from Grade V to VIII participated in a heartwarming activity centered around "Bhakti Geet" where they melodiously sang the revered hymn, "Vaishnav Jan."

The event was a harmonious blend of spirituality and the teachings of Mahatma Gandhi. The timeless lyrics of the bhajan, emphasizing the virtues of empathy and compassion, echoed the spirit of universal love that Gandhi ardently advocated. The event's significance extended beyond the immediate school community, acting as a reminder of the enduring relevance of Gandhian principles in today's world. It encapsulated the essence of education that goes beyond textbooks, instilling in students a sense of morality, social responsibility, and the pursuit of a virtuous life.

In the end, the "Bhakti Geet" activity at Ryan Christian School not only showcased the musical talents of the students but also served as a powerful reminder of the values that continue to guide and inspire generations, echoing the sentiment that true

education encompasses not just the mind but also the soul.

## Walk for Peace

On the 4th of October, 2023, the grounds of Ryan Christian School, Vashi, were abuzz with enthusiasm and a shared commitment to peace as students from Montessori & Grade I to V and Grade VI to VIII came together for a "Walk for Peace" rally. The event commenced with a sense of unity and students gathered with banners and placards carrying messages of peace, harmony, and unity. The rally aimed to instill in the young minds the importance of fostering a peaceful environment both within the school and the broader community.

Beyond the school gates, the "Walk for Peace" rally carried its message to the surrounding community, fostering a sense of awareness and social responsibility. The event left a lasting impression, emphasizing the school's dedication to



nurturing not only academic excellence but also the values that contribute to the holistic development of each student.

## Gandhi Darshan

October 5, 2023, Ryan Christian School in Vashi took a step back in time to embrace the teachings and principles of Mahatma Gandhi. The occasion, aptly named "Gandhi Darshan," was a thoughtful initiative to immerse the students in the rich spiritual and moral heritage championed by the Father of the Nation.

The highlight of the event was the participation of students from grades III, IV, and V, who, with profound reverence, recited the 'Sarva Dharma Prayer.' This universal prayer, embodying the essence of unity, tolerance, and respect for all religions, resonated with the principles upheld by Mahatma Gandhi throughout his life. The event concluded with a collective sense of gratitude and inspiration.

## Connect with Gandhi

On the poignant occasion of Oc-

tober 5, 2023, the echoes of history and spirituality converged as the choir students of Ryan Christian School, Vashi, immersed themselves in the activity 'Connect with Gandhi.' The rhythmic melodies of "Raghupati Raghav Raja Ram" resonated through the school, creating a harmonious tribute to the Father of the Nation.

"Raghupati Raghav Raja Ram," a favorite of Mahatma Gandhi, served as a melodic bridge connecting the students with the ideals and philosophies that guided the leader during India's struggle for independence. Adding a modern touch to the tribute, a short video was crafted capturing the mesmerizing moments of the students singing the revered song.

## Save Vasundhara

October 5, 2023, witnessed a green wave at Ryan Christian School, Vashi, as students from Grade VI,

VII, and VIII actively participated in the "Save Vasundhara" activity. This eco-conscious initiative aimed at fostering environmental awareness and sustainable practices among the students.

The highlight of the event was the enthusiastic participation of students in planting flowering plants around the school premises. Armed with gardening tools and a shared commitment to the environment, the students transformed the surroundings into a vibrant oasis of greenery.

The choice of flowering plants not only added aesthetic appeal but also contributed to the biodiversity of the school environment. As students carefully planted each sapling, they were not just nurturing plants but also sowing the seeds of a greener and healthier future.

## Gandhiji's Life Through Arts and Crafts

October 6, 2023, marked a day of artistic exploration and historical appreciation at Ryan Christian School, Vashi, as students engaged

in the "Gandhiji's Life Through Arts and Crafts" activity. The event aimed to bring Mahatma Gandhi's life and principles to vivid expression through the creative lenses of the students.

In a delightful display of craftsmanship, students from Grade I and II showcased their artistic flair by crafting models of the iconic spinning wheel (Charkha) and Gandhiji's Three Monkeys. The miniature Charkhas, meticulously designed, symbolized the pivotal role of self-reliance and cottage industries in Gandhi's philosophy. Meanwhile, the Three Monkeys served as adorable reminders of Gandhiji's teachings on truth, non-violence, and moral responsibility.

On the other end of the spectrum, students from Grade VII and VIII delved into the realm of visual arts by creating intricate drawings of Gandhiji. The drawings captured the essence of Gandhi's persona, reflecting the values of simplicity, humility, and resilience that defined his extraordinary life. It was a holistic approach to learning, combining history, art, and craftsmanship to foster a deeper understanding of India's cultural heritage.

## Fancy Dress for Students on Gandhiji

October 6, 2023, witnessed an adorable fusion of history and creativity as the Montessori students of Ryan Christian School stepped into the shoes, or rather the attire, of the Father of the Nation, Mahatma Gandhi. The 'Fancy Dress for Students on Gandhiji' activity transformed the Montessori section into a charming display of little Gandhis, each one embodying the simplicity and iconic style of the great leader.

The little Montessori students dressed up just like Mahatma Gandhi, wearing tiny khadi dhotis and shawls. They paid close attention to the details, adding small spectacles to their noses and playful expressions that showed the peace and wisdom connected to Mahatma Gandhi.

In conclusion, the 'Fancy Dress for Students on Gandhiji' activity at Ryan Christian School's Montessori section was a delightful blend of learning and fun. It not only provided an opportunity for creative expression but also planted the seeds of admiration for one of India's greatest leaders in the hearts of the youngest learners.



## BETTER ENVIRONMENTAL SANITATION...

Contd. from page 4

city and suburbs to find an amicable solution to the permanent problem facing Mumbai. It is the duty of the Ministry to assess the epidemic form of dengue spreading across the length and breadth of the state and provide assistance and the ways and means to address this health hazard in a most medical way. The health support is the need of the hour to curb the menace. Thus, everything has run according to script. But when it all subsides, we will go back to doing nothing to avert recurrence and have a lasting effect. Funds are sectioned to prevent dengue but the ultimate aim to eradicate the disease but results are not forthcoming.

Dengue fever is a disease caused by a family of viruses that are transmitted by mosquitoes. The virus is contracted from the bite of a striped mosquito that has previously bitten an

infected person. The mosquito flourished during rainy seasons, breeding in water-filled flower pots, plastic bags, and containers. Poor sanitation at the household level and inadequate capacity of the public sanitation system provide ideal conditions for the vector to thrive.

The dengue carries mosquito breeds in stagnant clean water, it does not breed in dirty water. Urban crowding multiplies the breeding sites manifold. When population growth outstrips an already inadequate infrastructure, sanitation facilities are unable to cope with the increased population. Widespread neglect of elementary sanitation practises, by the educated and illiterate alike, contributes to open water storage, water puddling and collection of rubbish, like used tyres, old vehicles and plastics, creating a perfect environment for disease

causing mosquitoes to breed in.

The problem with dengue is both prevention and cure are fraught with difficulties. Prevention is currently limited to vector control measures, and there being no effective vaccines. These examples show that government action can be effective and give lasting protection only if its diagnostic, prevention, addressing the problems, aimed at absolute cleanliness and rising institutional efficiency. Observance of safe sanitation practises is the ultimate solution and it is the duty of responsible citizens in the interests of their own health and that of others.



**C.K. SUBRAMANIAM**  
Freelance writer  
Navi Mumbai

Waiting for you to make the first move  
Cherry Blossoms

Spring rain the baby finch baths in  
Cherry Blossoms

Also stretching in the afternoon sun  
queen anne's lace

Long walks seeking in the lotus bud  
Buddha

Cherry Blossoms on the park bench in  
memoriam

How can you contain me  
bougainvillea blooms

## SPRING SURPRISE

When the almond blossoms fall  
your lap

Stretching to make ends meet  
mockingbird

Ashes to ashes a green leaf still  
sprouts

Piggy bank my neighbour  
gathers

Cherry Blossoms Layer after layer  
after layer spring hides in  
a peony

Sunken pier the migrating  
bird wonders why

Lunch rush finding at Sakura's  
feet a full moment

First love the swallow's  
song calls you

Baby shower suddenly the  
hydrangeas bloom blue

Nesting Swans the house we  
built many

years ago Migrating geese  
does anyone ask you to  
go back

Spring cleaning .. I store  
your memories in Ziplock

The full moon peaks through  
the clouds a lotus blooms

In the heart of a blooming  
violet unspoken desire

So what if you clip my  
wings Bonsai blooms

In Cherry Blossoms the  
monk finds himself

Chasing shadows the  
dandelion blows away

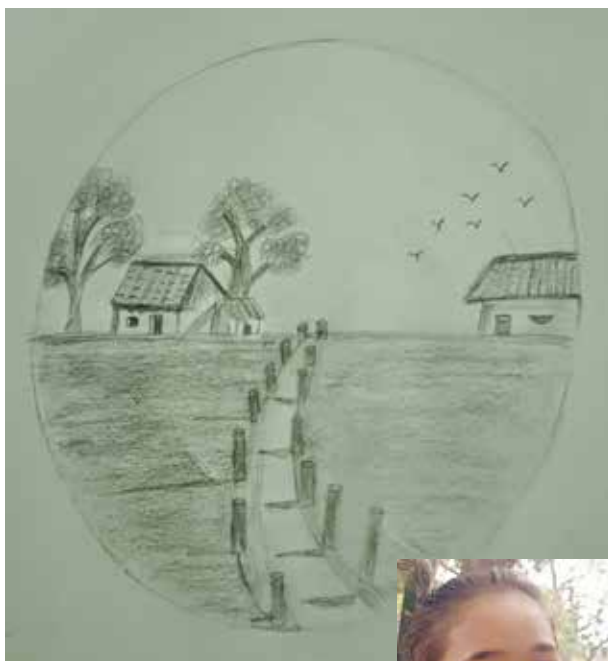
How quickly they grow  
up - soap bubbles

First points of Aries swans  
search for their reflections in  
Cherry Blossoms.

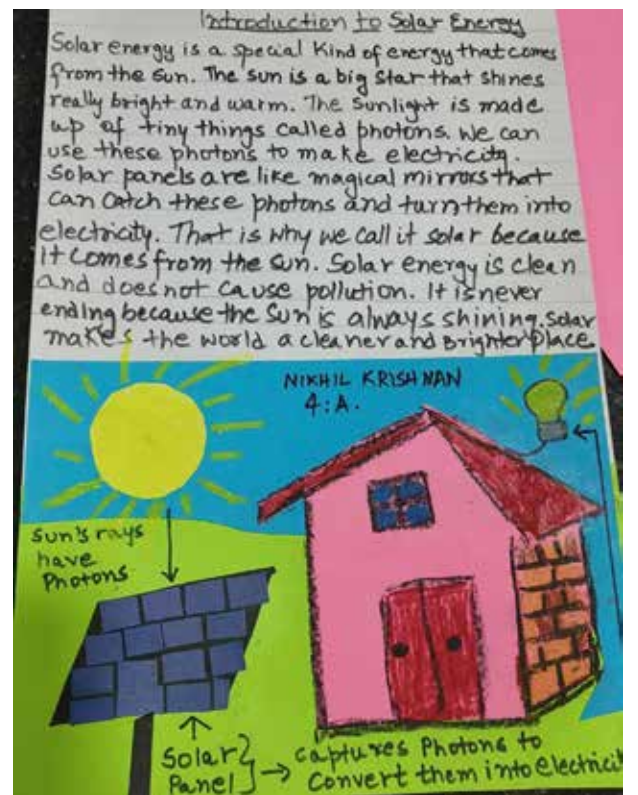
## CREATIVE SPACE



A beautiful sunset picture clicked by Maisha Syed (student) from Vashi Navi Mumbai



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



**Solar Saviour System** - It is survival of the fittest and the way we take care of ourselves through our scientific brain is the order of the day in a competitive way. Nikhil Krishnan, a nine-year-old boy from Reliance Foundation School, Koparkhane found his way for stardom in explaining Solar System, which saves power for the humanity. Here is depiction and the details.



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

### 7 Tips For Staying Healthy At Work

- 1 Move!**  
Do "deskercises," park in the farthest parking spot, use the stairs, and walk or bike to work (weather permitting).
- 2 Take breaks.**  
Set break reminders on your phone or computer and truly detach by getting away from your desk/work area for a few minutes every hour or so.
- 3 Pack your own lunch.**  
Restaurant food is notorious for hidden calories and vending machines are not your best resource. Bring healthy food from home.
- 4 Keep clean.**  
Wash your hands often and keep your workplace sanitized as well - especially during cold and flu season.
- 5 Find a friend.**  
Set health and fitness goals with coworkers. Hold each other accountable and celebrate accomplishments.
- 6 Hydrate.**  
Invest in a reusable water bottle and refill it throughout the day.
- 7 Fix your ergonomics.**  
Adjust your chair so your knees are level with your hips, make sure your monitor is at the right height, and use a wrist rest.



## DANCE MOVEMENT THERAPY FOR PARKINSONS AFFECTED



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

In continuation of the series of writeup on Dance Movement Therapy, in this article we will touch upon the benefits of DMT on the Geriatric population affected by Parkinson's.

As I always start, DMT is a nonverbal Holistic therapy, based on the fact that

Body and Mind are inseparable. As such the issues faced by the Elderly are in general, Gait issues, Anxiety which are in higher degree with persons affected by Parkinson's.

Parkinson's disease is a brain disorder that causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. Although there is no cure for Parkinson's disease, medicines, surgical treatment, and other therapies can often relieve some symptoms. It has been seen that people with Parkinson's could benefit from the insight and specific techniques and methods used by Dance Movement facilitators to guide the participants

to connect body and mind. Through Movements we strive to increase coordination, balance, flexibility, and strength through music, props and broad range of movements.

Dance Movement Therapy (DMT) can help elderly individuals affected by Parkin-

ten experienced by patients.

**3. Enhanced cognitive function:** Parkinson's disease can affect cognitive functioning, including memory, attention, and problem-solving skills. DMT incorporates cognitive activities

elderly individuals with Parkinson's disease. The sense of community and support can enhance their overall quality of life and provide a space for shared experiences and empathy and there is a bonding amongst group members.

tional benefits of DMT can boost confidence and self-esteem in individuals with Parkinson's. The feeling of accomplishment and improved physical abilities can empower them, increasing their sense of independence and autonomy.

participants in the US as a support volunteer and at times taking session also. I found they look forward enthusiastically for the group session and enjoy thoroughly. It is very heartening to see them joining in activities and simple dance movements and ready

to learn new techniques.

Overall, DMT offers a holistic approach to managing Parkinson's disease in the elderly by addressing motor, cognitive, emotional, and social aspects, thereby enhancing their overall well-being and quality of life.

### Disclaimer:

This is not a medical writeup but only discusses the effect of Movement Therapy on Parkinsons affected as an Alternate and Parallel Therapy.



powerforparkinsons



### Parkinson's Disease Symptoms



such as memorizing dance sequences or improvising movements, which can help maintain or improve cognitive abilities.

**4. Emotional well-being:** Parkinson's disease can lead to depression, anxiety, and a decreased overall sense of well-being. DMT provides a creative outlet for self-expression, allowing individuals to connect with their emotions and express themselves in a non-verbal manner. This can help reduce stress and improve mood.

**5. Social interaction:** DMT is often conducted in group settings, promoting socialization and reducing feelings of isolation among

**6. Confidence and self-esteem:** Here I share personal experience of working with group of physical and emo-



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# ST. MARY'S ICSE KOPAR KHAIRNE'S IMPRESSIVE SPORTING FEAT



In an impressive feat for St. Mary's ICSE School in Koparkhairane, 13 of its talented students have been chosen to represent the school at the upcoming CISCE National Level Championship. The selection took place during rigorous trials held at the Birsa Munda Stadium in Odisha, showcasing the remarkable sporting talent of these young athletes.

This remarkable opportunity follows their outstanding performance at the Maharashtra level, where they not only showcased their skills but also demonstrated unwavering determination and commitment to their respective sports.

**The selected students are:**

1. Amogh Paturkar from Class XI
2. Amaan Nathani from Class IX
3. Mayank N. from Class XI
4. Khushal Khairnar from Class XI
5. Hridaan L from Class VIII
6. Daivik from Class VIII
7. Aditya P from Class VIII
8. Rayyan from Class IX
9. Nipun G from Class VIII
10. Krushaanu A from

Class VIII (Under 14 category)

11. Aryan Kolekar (Under 17 category)
12. Manmeet Kaur (Kho Kho - Girls)
13. Sharanya Dangat (Kho Kho - Girls)

Principal Blessy Matthew, who embodies the spirit of unwavering support, has also played an invaluable role in nurturing these young talents. Her blessings, support, and the resources she has provided have created a conducive environment for their growth. She stands as a pillar of strength for these athletes, urging them to aim higher and reach for the stars.

The school's dedicated coach, Sushma Dwivedi, has been a constant source of motivation and guidance. Her commitment to training these athletes has made them well-rounded competitors and instilled in them the belief that they can achieve even more in the days to come.

While the specific location of the national championship is yet to be confirmed, St. Mary's ICSE School is eagerly awaiting further details regarding the event. The school administration, teachers, and fellow students are bursting

with pride for these exceptional athletes



and the invaluable support from Principal Blessy Matthew. They eagerly anticipate witnessing the progress of these students on the national stage.

St. Mary's ICSE School is confident that their representatives will not only excel in their chosen sports but also serve as an inspiration to their peers, underscoring the value of hard work and dedication in achieving one's dreams. The school wishes the St. Mary's team the best of luck as they prepare to make their school and Maharashtra proud at the upcoming CISCE National Level Championship. Stay tuned for updates on the championship's location and dates.

Vice Principal Father John Mathew, an ex-sports player himself, has been the cornerstone of motivation and support

for these budding athletes. His unwavering



dedication to nurturing their talents and instilling the values of sportsmanship has

propelled them toward excellence. Fa-

ther John Mathew's relentless enthusiasm has sparked a fire of determination in

these young athletes, making him not just a mentor but a beloved guide and role model.

Under Father John Mathew's inspiring leadership, he has gone above and beyond in making certain that these athletes have all the support they need. He has organized inspirational banners, provided state-of-the-art sports equipment, and offered unceasing encouragement to the students. His belief in their potential is a driving force behind their success and a source of inspiration for the entire school community.

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