

Date with Health

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NEW YEAR RESOLUTIONS 2024

1. Nothing is impossible

We can achieve something different from others. If you are a sportsman then you can take defeat and victory in the same spirit.

Happiness happens to those who seek it. Winning is a habit as far as sports is concerned. Yes; you go for a winning mode, then only you can finish as hard fought loser.

2. Don't think of today

Think about tomorrow and the day after. Stitch in time saves nine. Try to plug the loopholes and feel success in life. Saving is a very good habit and cultivate the same for rainy days. Small drops makes an ocean is true. Nationalized Banks are there to keep your small savings and that sum grow and double to help you at the time of need.

3. Don't be Selfish

Live and let others also live. Metro city Mumbai is helping so many people to start their career and become rich in record time. Thus so many people are coming to the Business capital to make their living more comfortable.

4. Learn to leave bad habits

The year 2024 is the best opportunity moment to leave bad habits. Cigarette smoking is injurious to health as per the statutory warning message. However, so many people taste smoking and spoil their health in the process. Chewing Gutka / tobacco and drinking habits can also be done away with grit and determination in the New Year.

5. Teaching is good hobby

Inculcate the knowledge avail-

able with you to others Teachers play a very crucial role in imparting knowledge. We forget the teachers once we get a good living. Cricketers are helped by coaches; but once they become superstars they forget the role of the coaches in bringing their career to limelight. Music teachers bring melody in the voice of the wards.

6. Respect Elders

Express gratitude to your parents, teachers and the patients. At one time or other we may also lie down with an ailment and we need the help of others.

7. Try fast methods

Be a sport and try to finish your work as early as possible and accept more work and help others and the institution. If your Institution grow, then you will also grow simultaneously.

8. Work is Worship

Play a key role in your sphere of work. If you are in retail Banking introduce new products in the New Year.

You must think that you are the backbone and shoulder additional responsibilities. You need not go to a temple if you treat the work as your worship.

9. Patient Listening

Listen to what others say. Improve their views and make a successful suggestion. Give credit to



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai



the team members also instead of poking your nose alone.

10. Have Concern for others

Instead of thinking about you always give some attention towards poor, downtrodden people. After all you live to help others and that attitude is a great virtue.

11. Control your anger

People may irritate you with unwanted comments; but try to maintain composure

and do a world of good to your institution and give attention to family values and traditions. After all anger will come and go but the name and fame you gained will also go with your anger.

12. Try to be a fitness freak

The retirement age of Government employees was increased from 58 to 60 and a recent notification says it may be again increased to 62. Hence, try to fit with healthy habits.

13. Develop good Character

Our life span is short. During our time try to develop good character and try to adopt them in day to day life as well. After all, your character reflects your mind. Apply patience and perseverance to achieve your objectives and don't take hasty decisions and never look for short cut to success.

14. Compliment People

Give respect and take respect. Appreciate a good song. Compliment a good knock by a batsman and encourage him. Stop talking discouraging words.

15. Aim of your life

In the best interest of your family you wish to have loving parents and loving children. After all, you will become old one day and your sons will have to look after you, the same way you looked after your parents. The love and affection is passed on from fore fathers to our father, father to son etc.

If you are able to get what is required for your life with the above good thinking you can lead a peaceful living for which, you maintain robust health, work with honesty and sincerity, have faith in God and that will give you peace of mind and try to instill confidence in your children because the future of India is in the hands of present children. Wishing you Happy New Year 2024.

The year is opening up for the welfare of the senior citizens in a big way. First of all, the health sector needs to be pruned up for the benefit of senior citizen Free Medical services should be offered to seniors with low premium insurance policies for the high hospitalisation expenses. Again, the travel plans are upset as the costs of tickets are highly priced because of concessions are withdrawn even for train journey. Many measures for the welfare of seniors found wanting and a monthly pension needs to be considered for the living at an old age.

PLEASE NOTE: Vol. 7, Issue - 3 (December 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

NEW YEAR NEW HOPE !!!!

Every year begins on a high note with people having new resolutions and trying to leave behind the negatives. If people rewind a year back they must have made certain resolutions then too, how many have been achieved and how many missed the target. Those which have been missed in the 2023 resolution can be carried forward if they had been started and haven't been completed. Also it will have to be taken into consideration that those resolutions which have missed the target are still achievable or not? If it's the latter it would be better to drop them and set goals which can be realistically achieved even if they will take a few dedicated years.

Plantation of saplings is one resolution which should be included year after year because this isn't a thing to be completed in a year (though one can set a yearly goal as to how many saplings have to be planted annually). One more resolution which probably should be in everyone's list is the use of MASK in public places and gatherings. There is a scare of a new variant of Covid hitting the world though proper management and precautions will not allow it to spread. Every individual should be vigilant (not scared) and take precautions. Masks are probably the best and strongest protection.

Let us make a resolution to keep our surroundings green and clean and our personal health protected.

**Wishing all Happy Prosperous
Safe and Peaceful 2024**

10 Health Benefits of BANANAS

1. Prevents Anemia
2. Contains Anti-oxidants, Vitamins & Minerals
3. Lower risk of Heart Diseases and Hypertension
4. Can Boost Brain Power
5. Get Instant Energy
6. Regulate Bowel Movement
7. Relieves Menstrual Cramps
8. Promote Healthy Bones
9. Reduce Depression
10. Helps people with ulcer



RELATIONSHIP WITH YOURSELF

Wish you a very Happy New Year. May you all be blessed with amazing joy and success.

I was waiting for this time to write this article. As we embark into the leap year, it is literally a good time to grow in leaps and bounds as far as our mental and physical health is concerned.

While you have been reading about different kinds of relationships and how to make them more meaningful in your life, it is also very essential to know what kind of relationship you have with yourself first.

We generally resonate what we have within us. If we love ourselves, we attract love, if we respect ourselves, we attract respect, if we criticise ourselves, we shall attract the same.

Therefore first and foremost discover what relationship you have with yourself and if it is not what you would like to attract then change the personal relationship with the following steps.

How to understand your own relationship.

The best way to do that is to take a paper and pen and answer the following questions

1. Do I love myself
2. Do I respect myself
3. Do I see myself internally and externally the same.
4. Do I do a reality check regularly
5. Do I forgive myself for the mistakes I make
6. Do I blame myself for everything
7. Do I try and keep benchmarks for improvement
8. Do I have many unresolved baggages from childhood.

The above questions shall help you to arrive at your conclusion and if the conclusion is positive then you are on the right path and you can keep benchmarks for transcendence.

However If the conclusion makes you further unhappy then you may begin on your path with the following steps

1. Monitor your self talk right from the time you wake up till you sleep. Actually keep aside time for yourself and pay attention to what you are thinking and talking to yourself when you wake up, when you brush your teeth and look into the mirror. This morning time is most potent to bring about a change in yourself. Similarly monitor the entire day



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for a week.

2. Step 2 would be to highlight all the damning statements about yourself, your looks, your behaviour.

Highlight all the negative statements. For example "I should have not left the work incomplete last night"

"I must keep my house in perfect order"

Especially mark the "shoulds" and "musts"

3. After you have done this, now make positive statements of these damaging statements for example. I

shall complete my work today. I shall clean my house bit by bit with ease and smartly.

I love myself and take good care of myself.

4. Consciously change the self talk the language you use and start monitoring the change you get from the outside world as well.

5. Consciously do this and make it a permanent habit to change your negative talk to positive.

6. To support your self introspection and your efforts to change the talk, write positive affirmations neatly on an A-4 size paper and keep it next to your bed to read when you wake up and when you sleep.

Example of statements would be "I love myself"

"I am kind to myself"

"I respect myself" write simple statements of all the qualities you want in yourself.

Next prepare affirmations chart with same statements and put it up in your washroom to read when you are brushing your teeth or whenever you visit the washroom.

The above will have a fantastic impact on your Subconscious mind which is in Alpha brain waves when you wake up and before sleeping.

A very good way to sleep peacefully is to read these statements from the paper and not from mobile or notepad.

7. Before sleeping close your eyes and watch your breathing. Make it more and more relaxed and then begin by being grateful for the wonderful events of the day. Follow it up with affirmations.

Do share your experiences.

In the next article, I shall share the power of gratitude.

Wish you all a great self introspection and freedom from negative emotions.

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Wake Up to Year 2024; Prioritizing Mental Health

I am Parizad Shaikh, the Founder & CEO of "divine-giftstore.com", a teacher by profession, a counselor, and the author of the book "Kimaya". I wish to take this opportunity to shake you all up to bring awareness about mental health.

In a world that often moves at a relentless pace, the spotlight on mental health has never been more critical. Beyond the facade of daily life, there exists a vast and intricate landscape of emotions, thoughts, and struggles that demand our attention. This article aims to shed light on the importance of mental health and the pressing need for collective awareness and action.

The Silent Epidemic: Understanding Mental Health Challenges

Mental health challenges are pervasive, affecting people from all walks of life, irrespective of age, gender, or socioeconomic status. Anxiety disorders, depression, stress-related conditions, and other mental health issues silently weave their way into the lives of millions, often going unnoticed or unaddressed.

One of the significant hurdles in addressing mental health concerns is the persistent stigma surrounding the topic. The fear of judgment and societal misconceptions often prevent individuals from seeking the help they desperately need. As a result, many suffer in silence, their struggles hidden behind a veneer of normalcy.

Breaking the Silence: The Power of Open Conversations

The first step towards addressing mental health challenges is breaking the silence that shrouds them. Open and honest conversations play a pivotal role in dismantling stigma and fostering a culture of understanding. Families, communities, and work-

places must encourage dialogue, creating spaces where individuals feel safe sharing their experiences without fear of judgment.

Public figures and celebrities sharing their mental health journeys have played a significant role in normalizing these conversations. By showcasing that mental health issues can affect anyone, regardless of their external success or public image, these figures contribute to a broader understanding of the universality of mental health struggles.

The Impact of Modern Life: Stressors and Challenges

Modern life brings with it a myriad of stressors that



Parizad Shaikh

excel in performance, and navigate office dynamics can take a toll on mental well-being. Employers must recognize the impact of the work environment on mental health and actively implement policies that prioritize employee well-being.

Practical Steps Toward Mental Well-being

Addressing mental

significant barrier to mental health care is the lack of accessible resources. Communities should work towards ensuring that mental health services are readily available and affordable. Telehealth options and online resources can be instrumental in reaching individuals who may face geographical or logistical barriers.

Creating Supportive Environments: Families, workplaces, and communities should actively work to create supportive environments. This involves fostering a culture where individuals feel comfortable seeking help, whether from friends, family, or mental health professionals.

Government Policies and Advocacy: Governments play a crucial role in shaping policies that impact mental health. Advocacy for mental health awareness and the allocation of resources to mental health services should be priorities at both local and national levels.

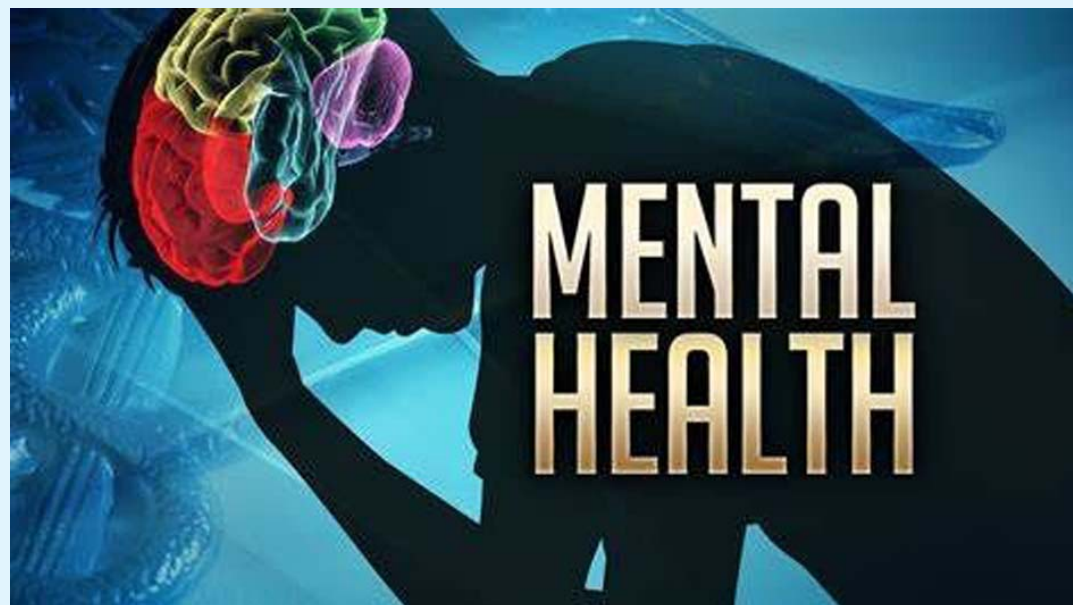
Promoting a Healthy Work-Life Balance: Encouraging a healthy work-life balance is essential in preventing burnout and stress-related disorders. Employers should promote policies that discourage excessive overtime, support flexible work arrangements, and encourage employees to take regular breaks.

Media Representation: Media has a significant influence on societal perceptions. Responsible and accurate representation of mental health issues in the media can contribute to destigmatizing mental health and creating a more empathetic society.

The Road Ahead: A Collective Responsibility

As we navigate the complexities of the 21st century, we must prioritize mental health as an integral component of overall well-being. From open conversations that break the silence to practical steps that create supportive environments, the road to mental well-being requires a collective effort.

By understanding the impact of modern life on mental health, addressing stigma, and actively implementing policies and initiatives that support mental well-being, we can work towards a society where individuals feel empowered to seek help, and where mental health is a priority for all. The journey begins with each one of us, recognizing the importance of mental health and taking steps, however small, to foster a culture of empathy, understanding, and support.



can contribute to the development or exacerbation of mental health issues. Academic pressures, professional demands, financial worries, and societal expectations can create a perfect storm for stress and anxiety. The constant connectivity facilitated by technology, while offering numerous benefits, also brings forth challenges such as information overload, social comparison, and a sense of being constantly 'plugged in.'

The workplace, often considered a source of livelihood and fulfillment, can also be a breeding ground for stress and burnout. The pressure to meet deadlines,

health challenges requires a multifaceted approach that combines individual and collective efforts. Here are some practical steps that individuals, communities, and institutions can take to prioritize mental well-being:

Education and Awareness: Knowledge is a powerful tool in the fight against stigma. Educational institutions, workplaces, and community organizations should prioritize mental health literacy. Understanding the signs of mental health issues, the importance of seeking help, and how to support others are crucial aspects of mental health education.

Access to Resources: A

Workplace Well-being Programs: Employers play a vital role in the mental health of their employees. Implementing workplace well-being programs, offering mental health days, and providing access to counseling services are essential steps in creating a supportive work environment.

Community Initiatives: Local communities can organize events and initiatives that raise awareness about mental health. Support groups, mental health workshops, and community outreach programs contribute to creating an environment where individuals feel connected and supported.

SENSORY INTEGRATION AND RELATED ISSUES TO OVERCOME WITH DANCE/CREATIVE MOVEMENT THERAPY

Prior to know how Movement Therapy helps people affected with Sensory Integration Disorder, let us see what is Sensory Integration first.

Sensory integration is about how our brain receives and processes sensory information so that we can do the things we need to do in our everyday life. There is a theory of sensory integration and a therapeutic approach based on the theory.

In simple words, different parts of our body that receive sensory information from our environment (such as our skin, eyes and ears) send this information up to our brain. Our brain interprets the information it receives, compares it to other information coming in as well as to information stored in our memory and then the brain uses all of this information to help us respond to our environment. Therefore sensory integration is important in all the things that we need to do in our daily life (Such as getting dressed, eating, socializing, learning and working).

This is purely non-medical academic article on Movement Therapy which is a parallel therapy.

In sensory integration we can probably imme-

diately think of 5 – seeing, hearing, tasting, smelling and the sense of touch. There are 3 more viz Proprioception, Vestibular and Interoception.

Proprioception (Body Position)

Proprioception is the body awareness sense. It tells us where our body parts are without having to look for them. This helps to know where body parts are relative to each other, which strengthens our coordination skills. It also tells us how much force to use when we're holding, pushing, pulling, or lifting objects. Simply put helps in body parts coordination. For example if we have food in spoon it should go to mouth.

Vestibular-Balance of body

Refers to our body moving forwards, backwards, side to side, tilting our head, turning round or moving up and down. Our brain uses information to plan for movements and help us maintain our balance

Interoception (Intelligence)

This is a fairly new area for discussion in sensory integration; in-



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

teroception is how our body tells our brain what is going on inside our body, when we are hun-

brain under or over responds impacts on their ability to do the things they need to do in everyday life. As a result, they could become distressed or miss out on things that could keep them safe. Problems with modulation can cause the person to become anxious, fearful, angry and frustrated.

It has been found that people can be over responsive or under responsive in all the dif-

ferent senses, they can be over responsive in one sense and under responsive in another.

For some people they can be over responsive and under responsive within the same sense. Responsiveness can be dependent on a situation, for example a stressful situa-

tion can make us more and sometimes less aware of sensation.

Sensory Integration Disorder (SID) or, as it is often called, "Sensory Processing Disorder (SPD)", is a neurological disorder that results from the brain's inability to integrate certain information received from the body's sensory systems.

Generally noticed at a young age. Sensory processing issues are often

first recognized during the toddler years, when parents notice that a child has an unusual aversion to noise, light, shoes that are deemed too tight and clothes that are irritating.

Though Sensory processing problems are usually identified in children. But they can also affect adults. Sensory processing problems are commonly seen in developmental conditions like autism spectrum disorder. Many children have symptoms like these from time to time. But therapists consider a diagnosis of sensory processing disorder when the symptoms become severe enough to affect normal functioning and disrupt everyday life.

Movement Therapy helps in handling these conditions with expressive movements which are nonverbal. The space is safe and non-judgmental. With activities like Spinning & Swinging, fun filled group activities will help in balancing and regulate coordination to begin with. We will discuss how DMT helps in improvement of those affected with disorder in the spectrum in the upcoming articles. There is light at the end of the tunnel. With hope let us look at the coming year.

**Wishing all readers a
VERY HAPPY
NEW YEAR**



gry or feel full, when our heart is beating fast or when we have that sensation of butterflies in the stomach. This sense helps us understand our body's internal sensations. This is the sense that helps us know if we're hungry, thirsty, hot, cold, or any other feeling that begins within our bodies.

We could all say we have similar experiences, but for some people the degree to which their

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 !!!!



Ryan Christian School - Vashi: "Annual Sports Day 2023-24"

The 8th of December 2023 marked a phenomenal day for the Ryan Christian School, as we had the "Annual Sports Day Celebration" in the school ground. The Mascot for this year was the mighty 'Eagle' symbolising the unbeaten strength and

After the March Past, lighting of the torch and Oath taking the chief guest Mr. Stainley Nair declared the meet open. After this all the participants reached out to their concerned place accompanied by their respective class teachers. The at-



speed. The Montessori and the Primary section students participated in the event.

The event was graced by
1. Mr. Anurag Mishra - Profession-cricketer
2. Mr. Stainley Nair - Represented Maharashtra in the National Football championship. Attended Junior India camp. Played for RCF in the Harwood League championship Mumbai for 20 years.

Parents of the participants were also invited for the event. The event began at 8.15 AM with Lord's Prayer, Bible Reading and special prayer. Further, the event was followed by prayer song, welcome speech and felicitation of the Guests.

traction of the day was the eye catching fun games played, the Ring Game, Watermelon Race, Bag Packing, Hula Hoop Race, Glass on the Ball, Hurdle Race, Cones Race, Ball Balancing Race, Christmas Gift Collecting Race, Showman Race and the 4x100 m Relay was the talk of the day. The results were declared, with prize distribution ceremony (eventwise) was done simultaneously. This meet every year fills us with joy and energy all the students loved to be the part of this day. The guests were overwhelmed and appreciated the efforts of the children and had high regards for the management and the team work of the teachers.



CAUSES FOR MUCORMYCOSIS



JAYANTHI SUBRAMANIAM
Navi Mumbai

MUCORMYCOSIS MENACE

Mucormycosis is an uncommon aggressive fungal infection usually seen in immunocompromised hosts or patients with burns and trauma. The common presentations include rhino-orbital-cerebral and pulmonary involvement. Osteoarticular involvement is a rare presentation of this disease. We present two cases of osteoarticular mucormycosis of pelvis and long bones of the lower limb, one in a patient with burn injury and another one in a patient with chronic granulomatous disease, hitherto a rarely reported association. Delayed diagnosis in a setting where tuberculosis is a common cause of chronic osteomyelitis, challenges in medical and surgical management of these patients are discussed in this report. Doctors describe it as a serious but somewhat rare fungal infection that is caused by a group of fungi called mucormycetes.

As the country is fighting covid19 wave another black fungus is creating havoc and causing worry. The Central government has advised the States to declare mucormycosis as an epidemic. This would mean

health facilities will have to screen for the fungal infection and report it to the government. Mucormycosis or black fungus infection is a rare but highly dangerous disease.

The disease is caused by exposure to the mucormycetes mold and has a high mortality rate. It affects the ear, nose, throat, and mouth, particularly in people with diabetes issues or whose immunity is compromised. Steroids help in fighting COVID-19 but could lead to higher sugar levels, making the patients vulnerable to mucormycosis. The Mucormycosis menace is a new threat and the health care centres should spot out the disease at an early stage and nip in the bud with latest medicines.

With each passing day new hard-to-pronounce drugs and symptoms are getting added to the vocabulary of desperate family members of covid-19 patients scurrying around for hospital beds and medicines. The term now doing the rounds in most conversations and in the cries for help is: "mucormycosis."

Doctors describe it as a serious but somewhat rare fungal infection that is caused by a group of fungi called mucormycetes. The worry: Cases where patients develop these are rising sharply nationally. Though there is no clarity on the overall numbers, anecdotal evidence is quite alarming.

With a significant increase in the fungal infection cases, the

government has mandated that all states have to report suspected and confirmed cases of mucormycosis to the Integrated Disease Surveillance Programme (IDSP).

The deadly infection is a cause of worry as of now. The ailment therefore strikes when the body's defense systems are down due to coronavirus and on top of this, there is rampant and unchecked use of steroids, going up at times to as much as six times what may be actually needed.

Mucormycosis is a rare and serious fungal infection that has been present for a long time now. While the cases of this infection were relatively less.

Now let's take a look at what this infection is and why it is caused more frequently among Covid-19 patients. The infection is rare, but once a person is infected, the fungus manifests in the skin, or can affect the brain or lungs. Many states in India, including Haryana, Maharashtra and Delhi, have witnessed cases of this infection.

The infection which is caused by a group of molds/fungus is abundant in the environment. People having sinus problems or those who are on medication for lung problems, have diabetes, cancer, organ transplant, are hospitalised or recovering Covid-19 infection, are susceptible to get the infection. The covid-19 infection has created an ideal environment for fungus Mucorales spores to grow and spread.

Better Health through Sleep

In the urban hustle, a continuous rhythm dictates our lives. Everyone adheres to a set routine, and any disruption demands extra time, often at the expense of much-needed sleep.

I noticed that the standard 9 am to 5 pm work hours are merely a starting point; upon returning home, the expectation persists in continuing working, sometimes overlooking the need for personal time. This phenomenon is shared among all employees, yet we persist in completing assigned tasks, even at the cost of sacrificing sleep and personal well-being.

It's crucial to remember that neglecting self-care may lead to pain and an unhealthy lifestyle. A properly functioning body is essential for truly enjoying and living life to the fullest. So why we don't care to keep ourselves healthy? We all know the importance of time but still, we work not for ourselves but for others. We have 24 hours divide that time wisely so that you get proper sleep and be healthy.

Why sleep is important?

Sleeping properly ensures good health and it helps the brain to function properly. Our brain needs to pause so that it can restart as we wake up. Everything depends upon on brain to take care of it we do meditation, yoga, and whatnot but I tell you the simple way to oil your brain – SLEEP.

Let's describe SLEEP-
S- Smart
L- Leave
E – Enchantment
E- Enter
P- Peace

Do's and Don'ts of Sleep

Sleep Well Benefit:

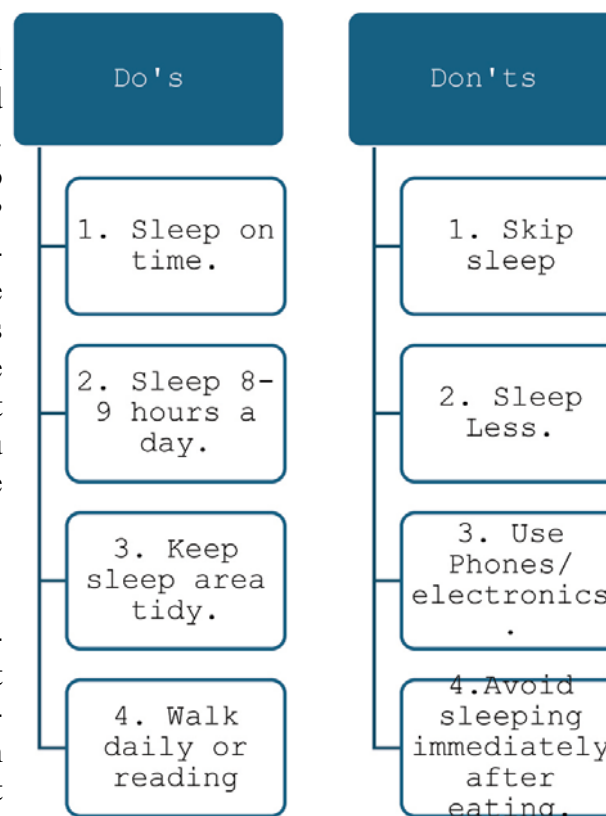
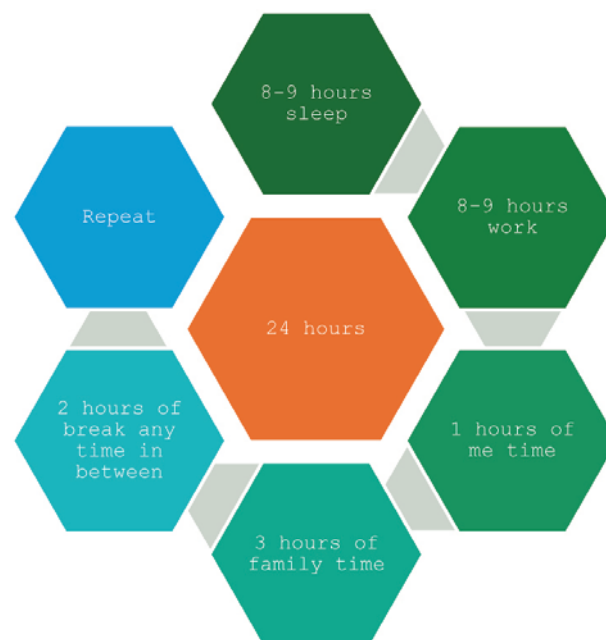
- Keep away from diseases: Getting enough sleep strengthens



PALLAVI JADHAV

the immune system, aids in the prevention of many diseases, and improves general health.

- **Proper function of all body parts:** All body parts operate well when you sleep, which promotes overall well-being by ensuring that everything from metab-



olism to cognitive processing runs smoothly.

- **Give you more space to think of new ideas:** Getting enough sleep clears the mind, enabling it to explore and produce original ideas.

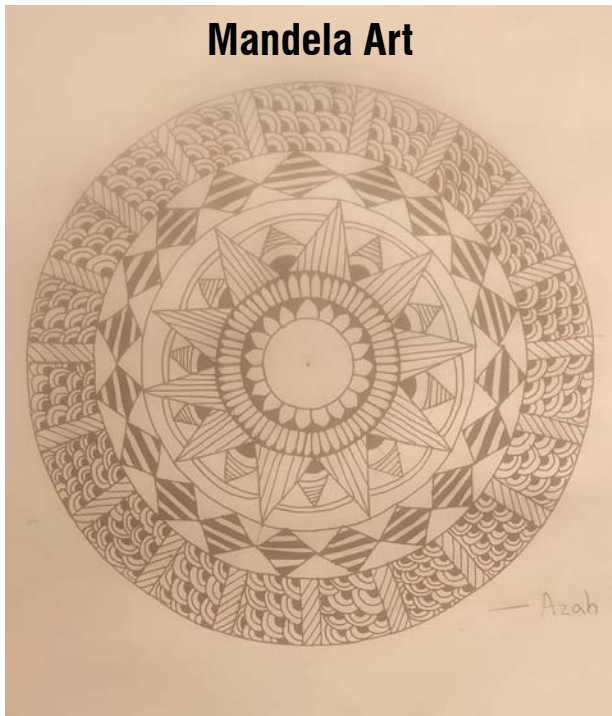
- **You become less angry and calm:** Getting enough sleep helps maintain emotional equilibrium, which lowers tension and encourages calmness in social situations.

- **Reduce Stress:** Getting enough sleep helps you relax and deal with the demands of everyday life

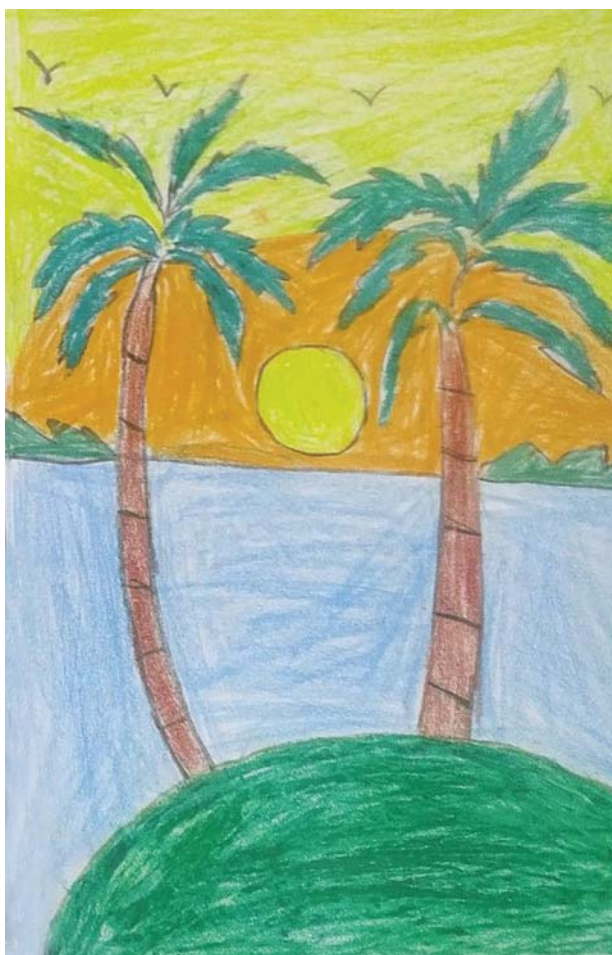
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CREATIVE SPACE

Mandela Art



AZAH KHWAJA
Grade 7
The Millennium School
Barabanki (UP)



ZAINAB KHAN
7 yrs
St. Paul's School
Shahjahanpur (UP)



PHOTOGRAPHY BY MAISHA SYED, STUDENT, VASHI, NAVI MUMBAI

Nikhil Subramaniam narrates his Christmas experience

Celebrations of this century for the children

Christmas is celebrated on 25 December. It is a holiday to celebrate the birth of Jesus Christ, who, according to the Christian religion, is the son of God. The name is a joining of "Christ" and "mass" which means the holy mass of Christ.

My favourite time of year is my birthday, I got lots of presents and wishes papers. We ate chocolate cake and drinks and another favourite time of year is halloween too. That day we wear costumes and scare our friends and go trick or treating we had lot of fun. Immediately after my birthday on 11/11, I set tone for Christmas celebrations. Both my grandfather and grandmother helped me in getting me the Christmas tree set prepared and colour many a pictures including Santa Claus.

Christmas is a joyous occasion associated with mistletoe, snowflakes, and kids love every activity associated with it. One of those activities happens to be story time, where you can tell your children some gripping stories about Christmas. In this post, we have assembled the Christmas story for kids in the most fun and exciting way you could imagine. These stories about the birth of Jesus and related events are captivating and will keep your children hooked.



NIKHIL SUBRAMANIAM
(9 years)
Reliance Foundation
School, Koparkhairane

Christmas time with young children is a magical experience, as they encounter all of its wonders: the expectation of waiting and counting the days till Santa Claus's visit, the years of tradition there are to explore. During this time of year – from as early as the beginning of November – early years settings can become



So enjoy the true spirit of Christmas this winter season by reading out stories to your children, which they will remember for the rest of their lives. Setting up a crib is my hobby every year.

hives of activity and parental involvement, as children work through arts and crafts activities, stories and tales, and rehearse performances for the eyes of proud relatives. I am trying to be part of the Christmas celebrations and I got my Christmas suit stitched with a bow to set the tone for celebrations.

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HEALTH AND FITNESS

Our health is our most valuable wealth. A healthy person is someone free from disease and can perform physical activities without getting tired. We cannot be healthy without being fit. Health and fitness brings happiness in the life and helps a person to live stress free and disease free life. Health and fitness brings happiness in the life and helps a person



Sana Nisar Mukri, Khopoli, Raigad

to live stress free and disease free life.

One must realise the importance of fitness.

One must make the habit of exercising

regularly.

We can develop strength and fit practicing yoga or meditation etc.

So eat of the lawful and good food which Allah has provided for you, and be grateful for the favour of Allah

Islam has honoured health as a fundamental right of every human being, which makes it a powerful source of guidance and information.

BETTER HEALTH THROUGH SLEEP.

Contd. from page 6

more skillfully. It also functions as a natural stress reliever.

- Time management: Effective time management is facilitated by a well-rested mind, which improves thinking abilities, productivity, and focus.

In conclusion, I would like to add it was a personal journey for me to realize how important good sleep is. Sleepless nights were the standard and getting out of bed in the mornings felt like a struggle against feeling

tired. That was before I made the decision to put my sleep first, and the change was nothing short of amazing. I believe this read will ask you to make an effort and sleep well as sleep is not a waste of time, it's just like starting the computer again.

Sleep is the thread that weaves health, vitality, and joy. Embrace it and watch as your nights become a sanctuary for your body, mind, and soul. Sweet dreams await, and with them, a richer,

healthier life unfolds.

I am Pallavi Jadhav, an overseas education counselor, who weaves dreams into reality by guiding students toward global academic opportunities. Beyond counseling, I am a wordsmith and photographer, capturing life's joy through her lens and expressing the extraordinary in the ordinary through my written narratives. Passionate about bridging cultures and crafting stories, I embrace the harmonious blend of guiding educational journeys and creating art.



DATE WITH HEALTH reader Parveen Aslam Khan, Pune sent these beautiful pictures of her elegantly maintained garden!

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