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75th Republic Day celebrations at NMCWA



Navi Mumbai Citizens Welfare Association (NMCWA) celebrated 75th Republic Day on 26th January 2024 at 7.30am.

The Chief Guest was Ms Abhilasha Mhatre, Sports Officer, NMMC (She is also the former Captain of Indian Women Kabbadi team and an

Arjun award winner)

The Chief Guest hoisted the flag at sharp 7.30 am in the presence of senior members of NMCWA Mr. Baksh, Mr Mahesh Singh, Mr Abdullah, Mr B.B.Sonawane and the Trustee and founder member Mr. Ram Kanwar Chandel.

Chief Guest distributed the mementos to the best staff of NMMC

- 5 best gardeners
- 1 best security guard
- 1 Life time achievement of Navi Mumbai Citizens Welfare Association.

PLEASE NOTE: Vol. 7, Issue - 4 (January 1-31, 2024) 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

GIVE THEM CARE E(A)R !!!!

Where has the “baccha” in our kids gone, why have we turned them into robots who have been programmed to lead a stressful life. Right from entering into the nursery school children have been treated unfortunately by their own parents as a future ATM. You cannot put a square piece in a round socket then how do we expect every child to take up a career for which he / she isn't fit. Does it make sense to fit every child in a predetermined mould even if that leads to a life full of frustration and stress.

Recent incidences have brought this question again into limelight. Do we want young aspiring students to suffer heart attacks and die in their prime age.

Why should a child be compared to the other just on the basis of a marksheet? May be he / she may be extraordinary in some other field. The society needs doctors and engineers but surely they need talented young minds in other fields too. A child left to select a profession of their choice will be an asset to the society rather than churning out professionals with mediocre skills.

These months are probably the most stressful for the children and for parents with misplaced ambitions from their kids. Reduce the stress that's in the parents hands by removing tons of burden of expectation. Let the child prepare with their full potential for the exam at hand without thinking about the results and admission in a good college.

The parents job should be to create a wonderful atmosphere at home providing good healthy food and words of constant encouragement. Whatever the result should be taken with a smile and a positive outlook. We don't need over production of just two professionals but a bunch of a vast variety of them !!!!

Wishing the students All the very best 💕💕
keep calm and give it your best 🙌🙌

MENTAL HEALTH AND RELATIONSHIPS



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Mom Dad U R Wonderful
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The Healing Power of Gratitude

Every relationship yearns for being harmonious, happy and feeling of being satisfied.

Right since childhood, as far as my memories go, my mother taught us to be grateful for every little thing that we were blessed with.

She taught us to not complain for small things and always be grateful to God for the food that was served and also for little and big joys of life.

We also learnt in school in the class of moral science the manners of saying thank you even for little things.

I of course went ahead to teach the same to my son and when he was very small and got gifts I would thank the friends and relatives on his behalf, which he observed carefully. His father and myself both encouraged the art of being grateful

by us saying the same to each other for small and big gestures. He also watched how his dad always complimented my cooking and how I always was grateful for the lovely gestures. He grew up to do the same. Not a single day would go by that he would not say thank you and compliment the cooking we did at home, or when we drove him to school, or we gave him anything. When we helped him with his studies etc.

We also always celebrated his birthday with a party for him and at the same time visiting orphanage or spending time with street children. We also did many social activities throughout the year to help him learn the art of sharing and caring for every one.

Not only did he learn to be grateful, he also saved money and shared with the underprivileged and also bought gifts for his grandparents and uncles on their birthdays.

Some about three decades ago I also learnt the art of being grateful from Rhonda Byrne by also being grateful to the body, to nature, to crops, to the amazing seasons and the bounties of earth.

We never realise that every part of the body is so vital and it

does so much during the entire day. Every part of the body keeps working and when we say thank you to the legs to the eyes, to the hands, the brain etc, we actually create a very healthy relationship with our own bodies and mind.

I also learnt to be grateful for the beautiful mornings, the flowers, the air, the free flowing water we have, the food, the various services we get from our house help, our securities, our grocery stores, the farmers, the waiters the hosts and began writing the gratitude journal.

The journal asked to begin by being grateful for just three things or acts of things around us. Three in the morning and three in the evening for minimum 60 days. This would form an automatic habit of not just being grateful, but also being mindful. I got into a practice of being mindful the entire day and also recollecting all the amazing things and gestures around me. This mindfulness attracted more amazing experiences and smooth processes right from traveling to interactions with everyone. Suddenly there was always the green signals whenever I would reach the signals.

Slowly I started becoming so confident that I would tell the cab or auto person that we shall get all green signals and they would also notice and say, yes ma'am that is true. You are magical. But the fact is that we all have magic with us when we become grateful of small and big things and we stop complaining and bickering.

When I say stop complaining, I do not mean that we can allow injustice or insults. What I mean is that stop complaining for small things and be grateful for everything that we have. I know many people who have a habit of criticising their spouse for the cooking, or the way they raise the children or for keeping the house unclean. These are the people who themselves do not help and at the same time they take pride in becoming the best critic of everyone. This ungrateful behaviour only brings grudges, disharmony and feeling of dissatisfaction in a relationship.

I encourage you all to take this step and start with a gratitude journal.

Step 1 is to buy a nice journal or use your notepad

Begin by writing

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HEART Health Month

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EMBRACING 2024: A HOLISTIC JOURNEY WITH ACUPUNCTURE AND WELLNESS

As the world steps into the canvas of 2024, a wave of optimism is sweeping across individuals who seek not only new beginnings but a holistic approach to well-being.

Resolutions Reimagined: The Holistic Touch



In this transformative year, resolutions take on a holistic hue. Beyond traditional goals, individuals are embracing comprehensive well-being, placing mental and physical health at the forefront. Acupuncture emerges as a beacon, offering a time-tested pathway to balance, harmony, and renewed vitality.

Acupuncture's Resurgence: A Modern Wellness Trend

In the wellness landscape of 2024, acupuncture is experiencing a renaissance. This



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ancient practice, rooted in Chinese medicine, is recognized for its ability to address a spectrum of health concerns. From stress reduction to pain management, individuals are turning to acupuncture to enhance their overall quality of life.

Community-Centric Healing: Shared Benefits of Acupuncture



2024 sees a resurgence of community-centric initiatives, and acupuncture is no exception. Group sessions, community acupuncture events, and shared wellness chal-

lenges create a sense of collective support. The communal journey towards well-being amplifies the benefits of acupuncture, fostering a shared commitment to health.

Optimism and Resilience: Aided by Acupuncture



In the face of global challenges, the optimism of 2024 is fortified by the resilience cultivated through practices like acupuncture. Its ability to promote mental clarity, alleviate stress, and enhance physical vitality becomes a cornerstone for individuals navigating uncertainty with strength and positivity.

As we embark on the journey through 2024, the tapestry of new beginnings is woven with the threads of acupuncture's ancient wisdom. May this year be marked by holistic health, shared wellness journeys, and the enduring benefits of embracing acupuncture as a catalyst for balance, resilience, and personal growth.

MENTAL HEALTH AND RELATIONSHIPS...

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Thank you to three things or people in the morning for example "I am grateful for this beautiful weather this morning" I am grateful that the tea was prepared by my husband, I am grateful that there is nice warm water in the washroom.

Repeat the same act at night and write in the journal what you have been grateful for during the day

For example "It

was wonderful that the travel was so smooth today".

"I am grateful that my health was perfect today, It is amazing how beautifully I wrote an article today" thank you, thank you, thank you.

I am grateful that I have this opportunity to reach you all through this article.

Do this for 60 days and you shall get into the habit of Mentally

doing this and you shall realise that there are not just 3 but more than 30 things or opportunities to be grateful for.

Do observe and watch mindfully the amazing things that happen around you and the way you attract positive experiences and people and how positive feelings arise in your relationships and around you.

Wish you all amazing experiences.

With magical love

MILLETS MEANS HEALTHY DIET

(Learned during this staycation down South of India _ Preparing Ambali) This is a bundle of nutrients and no one can argue with you that vegetarian food do not have enough nutrition. This is prepared in 3 steps, soak, boil and ferment.

Soak millets overnight, boil them with 1 to 6 water, and ferment in an earthen pot. The fermentation takes the same time as curd preparation and var-



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ies by season. After fermentation, have it with curd, milk or sambar as per your choice and taste. It is not recommended to reheat after fermentation. Health is wealth and Ambali is a balanced food for breakfast.

WINTER WELLNESS TIPS



Sahrish Akhtar

Winter months are truly special and unique. While some of you might love the freezing cold and the festivities that accompany the cold season, others might absolutely dread the chill and the discomfort or ailments that come with it. Well, love it or hate it, but you simply can't ignore winter. So, to make the most of this season and its festive flair, try and stay healthy and fit.

During the winter, our immune system can become suppressed due to the cold temperatures, meaning that we can become more susceptible to illnesses if we do not keep up with our healthy habits.

Though most of these winter health tips can be practiced year-round, some of them can be especially helpful when the temperatures start to dip. Here's to a healthy winter!

How can we keep

our body healthy in winter? If you follow these simple winter wellness tips, you'll be able to spend more time with your loved ones and less time at the doctor's clinic...

1. Get your flu shot

The flu virus typically spreads in the fall and winter months and is usually at its peak from December to February. Unfortunately, many people don't take the flu seriously,

that giving the advice of "wash your hands" can feel like a no-brainer, especially due to COVID-19. However, washing your hands before and after meals, after using the restroom, and after leaving public places can help protect you against any germs you may have encountered. Scrubbing your hands with soap and warm water for at least 20 seconds can be the

immune system healthy and your heart happy. Taking some time to go outside in the daylight can prevent vitamin D deficiency, just be sure to bundle up before you head out!

If you'd prefer to stay in, you can stay active by doing indoor workout videos on YouTube, cranking up the music for a dance party, or heading to an indoor gym. Be sure to stretch often to avoid

extremely important year-round, even in the colder months.

Your body needs water to function properly regardless of the season, so continue to have a water bottle nearby at all times. Remember, soups and cups of tea can also count towards your fluid intake!

5. Eat healthy to store energy

Previous studies have shown that individuals take in

to keep your body healthy. Fruits and vegetables will help you keep your energy levels up when you may feel more lethargic. Try to drink around 64 ounces of water a day.

6. Quit Smoking

Smoking makes individual susceptible towards respiratory infections in winter hence one should quit smoking.

7. Vitamin D

Go outdoor and soak in the warm sun, our body requires vitamin D - which is essential for maintaining health and immunity, Vitamin D is also required to regulate the mood.

Winters give some of the best days of the year, especially for trips and travels as well. So, do not limit your plans and get out of the bed to enjoy these months of the year. At the same time, ample protection is needed as well. Exercising daily, eating healthy diets and sleeping enough are must. The role of nutrition in maintaining health cannot be ignored. Some people even make charts about maintaining good health, and that's definitely is helpful.



even though it can lead to hospitalization or other severe health problems.

Your best chance at protecting you and your family against the flu virus is to get your annual flu shot. Remember, it's never too late to schedule a flu shot, so do yourself and your loved ones too.

2. Practice good hygiene and wash your hands

We understand

key to not catching the cold and flu viruses that are rampant during this time of year. Plus, who doesn't love clean hands?

3. Stay active in a way you enjoy

As it begins to get colder, it can be tempting to stay inside all day and watch holiday movies on the couch. However, physical activity is the key to keeping your

muscle strain or a winter sports injury. Find an activity that you enjoy and stick with it! Once spring comes around, your body will thank you for all of the physical activity.

4. Drink plenty of water

When the temperature drops, we know you would prefer a warm mug of hot chocolate to a glass of water. However, hydration is

more calories during the fall and winter months and consume a higher level of saturated fats. Especially with Thanksgiving and Christmas dinner, it's likely that you will be doing a lot of eating this holiday season.

Believe us, you deserve to indulge every now and then! However, it's important to eat healthy on a regular basis

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 TV is the fastest growing Internet TV channel catering exclusively to the age group of 11 to 21

Ryan TV, the media initiative of the Ryan International Group of Institutions, imparts formal training to young student journalists (age group 11 to 21) for a TV News Presentation and Production course, entitled BBN or Beyond Breaking News, for which the students undergo the Hands On Training in fully equipped studios (capable of multi camera set-up, Chroma key facilities, professional lights and teleprompter) at the Ryan International

Schools at Malad (W) and Chembur in Mumbai, Kundalalli in Bengaluru and at Ryan International Academy, Hinjawadi, Pune.

Over the last fourteen years, over 3387 students from Ludhiana, Gondia, Surat, Vapi, Delhi, Noida, Greater Noida, Ghaziabad, Nagpur, Bengaluru, Pune, Navi Mumbai, and Mumbai have completed the BBN course.

“Education through the Lens” - the vision of the Chairman Dr. Pinto, is taking wing as it equips the students with the skills for yet another career option.

The certificate distribution takes place at the hands of eminent personalities from the field of media and entertainment.



DATE WITH HEALTH reader Jayesh Rajput at the TATA MUMBAI MARATHON held on 21st January 2024

St. Lawrence High School, Vashi SHARE, CARE AND LOVE – THE TRUE ESSENCE OF CHRISTMAS



The fervour of Christmas Bells were ringing in St. Lawrence High School – Vashi, as the festive season of Christmas was celebrated with full vigour and enthusiasm.

The Lawrencians celebrated the birth of

name in their beautiful attire. The Biblical skit-tableau depicted the birth of Christ. The guest and the audience were enthralled listening to the blend of Indo-Western Orchestra. Carols sung by the students captivated everyone and every-

out to those in need especially the less fortunate. We need to share the gift of our time and talents". Christmas will always be as long as we stand heart to heart and hand in hand., was envisioned by our students. In this season



Christ Jesus with full zest. Children from all the sections participated with great fervour of Christmas in all the activities and competitions.

God's presence was invoked as the students called upon the Lord's

one rejoiced the music. The catapult effect of the celebration was the message given by Chairman Sir Dr.A.F Pinto and Managing Director Dr. Madam Grace Pinto stating that "During Christmas, we need to reach

of celebration may everyone be blessed with robust health, happiness and success", said the Head Mistress Mrs. Saira Kennedy.

**A Merry
Christmas &
Happy New Year
2024**

THE FEEL GOOD FACTOR



JAYANTHI SUBRAMANIAM
Navi Mumbai

The most important characteristic of a joint family is that it is large in size. Because it consists of members of three to four generations. It includes parents, grandparents, children, grandchildren and other close blood relatives. Several nuclear families live together as one and constitute a joint family.

We must cherish the role played by our joint family system in nurturing and preserving our cultural and social values. The family, in Indian society, is an institution by itself and a typical symbol of the collectivist culture of India right from the ancient times. The joint family system or an extended family has been an important feature of Indian culture, till a blend of urbanization and western influence, began to affect in home and hearth. This is especially true of urban areas, where nuclear families have become the order of the day. There is no denying the fact that socio-economic factors have played their role in the joint family system getting diluted.

With a tinge of sadness, we feel that the present-day lifestyle is causing serious damage to the critical role played by a joint or an extended family sys-

tem in preserving cultural values, traditions and customs, which have been passed on from generation to generation. However, at the same time, we Indians must consider ourselves to be better placed than others because the concept of 'Vasudeva Kutumbakam' (world is one family) is ingrained in our DNA. It is our duty to pass on the collective age-old wisdom to our succeeding generations.

Today's youngsters probably think that they are caught between two conflicting worlds and might also feel confused at times. Clearly, much can be said on the advantages and demerits of both — the joint family system and nuclear families. Societies evolve with changing times and any process that brings in progressive customs and practices should be welcomed by one and all. For instance, emancipation of women through education is essential to break the shackles of regressive social problems like child marriages, dowry menace, violence against women and superstitious customs. Women should not only be empowered through education, but they should be encouraged to be in the forefront of the battle against blind beliefs and customs, even if there is resistance from male-dominated patriarchal societies.

As has been very aptly said, educating a woman amounts to educating an entire family and a society, which is the fundamental requirement for the

growth and progress of a nation. One of the main advantages of a joint family system is the strong bonding it creates among siblings and other members of the family even while providing a sense of security to the children. It is believed that children who grow up in an extended family with grandparents, aunts, uncles and cousins will imbibe the qualities of sharing, caring, empathy and understanding.

This might not always be the case of children who grow up in a nuclear family, although one cannot simply generalize. The bonding and bonhomie one finds in close knit joint families has a positive impact on the emotional quotient of children. Of course, I do not mean to say that everything will be hunky dory in extended families. They too have their share of conflict situations, quarrels and misunderstandings. Family values play an important role in shaping the outlook of people. Respect and care for elders are among the central principles in Indian family system. It is saddening to know that the trend of the elderly being admitted into old age homes is increasing. There could be many reasons, including lack of adequate residential space in nuclear families, or in a globalised world, overseas location of children, for such a situation.

Children who grow up in an extended family not only imbibe qualities of tolerance,

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CREATIVE SPACE



Dabeer Ali Khan
Eden Public School, Shahjahanpur (UP)



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



NIKHIL SUBRAMANIAM (10 years)
Reliance Foundation School, Koparkhairane



Photography by Maisha Syed (student)
Navi Mumbai

HEALTH IS WEALTH

Medical professionals have been working on an article about young sudden cardiac deaths in India and every week one or the other in the late 40s or early 50s is succumbing. People past 40, should watch out for what they are eating, stress level, smoking, alcohol etc. Remember, as Indian people have a very high risk for cardio metabolic disorders



NIKHIL SUBRAMANIAM
Reliance Foundation School, Koparkhairane

compared to any other ethnic groups, be careful. Passing past 60 years is getting tougher.



Sports Scribe honoured at Millennium Towers Sahyadri Co op Housing Society Sanpada on Republic Day with Millennium Towers Award. The Chief Guest, National award winner for his films, SHRI JAHNU BARUAH presided over the felicitation ceremony and handed a set of pen to Mr C K Subramaniam (senior citizen and freelancer)



Don't judge each day by the harvests you reap, but only by the seeds you plant.
- R. L. Stevenson

THE FEEL GOOD FACTOR...

Contd. from page 6

patience, democratic attitude of accepting others' viewpoints, but also develop sportsman's spirit while playing with siblings and cousins. Various age-old traditions, customs and ways of living are all products of the family system. In fact, the family system lays the seeds for social cohesion and democratic thinking.

Families play an important role in preserving and promoting the cultural and social values in a society. In a resolution adopted in December 1989, the UN General Assembly had proclaimed 'The International Year of the Family'. In another resolution

in 1993, the General Assembly decided that May 15 of every year should be observed as 'The International Day of Families'. This day, according to the UN, provides an opportunity to promote awareness of issues relating to families and to increase the knowledge of the social, economic and demographic processes affecting families. The feel good factor in our joint family culture is indeed a blessing in disguise. We love to have such an arrangement in the long run to keep our family tradition in the best interest of maintaining our culture in the best way possible.

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RYAN CHRISTIAN SCHOOL – VASHI YELLOW DAY CELEBRATION



Decked in yellow, we are in mellow. The little ones of Ryan Christian School, Vashi have celebrated Yellow Colour day with ecstasy, joy and happiness. They have indulged in creating different craft work, They spent the day with utmost enjoyment. In participating different activities like making handmade sunflower, palm printing making yellow colour bird, Making a crown and bumble bee, bearing the theme yellow. They chose to be decked up their class too in different incarnation such as sunflower, sun, pineapple and honeybee to name a few. The essence of colour yellow has truly been captured by them, in right earnest that has turned the occasion

beautiful and extremely eye soothing, which the colour yellow really epitomises.

“Shades of yellow stimulates our little ones with happiness, energy and optimism...”

With an objective to recapitulate and reinforce the effects of yellow colour, A day dedicated to the yellow colour was marked with children dressed in different hues and tints of yellow. Children were not only beautifully dressed in their favourite yellow dresses but also brought yellow objects to make it a complete “Yellow Day”!

Cheerful Children attired in yellow outfits were sparkling with optimism, enlightenment and happiness. Beams of yellow

shades carried the promise of a positive future flashing creative thoughts in the young minds.

The motive of celebrating this yellow colour day was to make the children aware of yellow colour, its significance and to develop fine motor skills in the students.

The little champs had fun with different activity as they were dressed up like real-time yellow coloured objects. It was an amazing learning experience which will surely have a long-lasting effect on each student. All the students were happy and enjoyed it to the fullest. The presence of Section Head Mrs. Sharlet Fernandes encouraging words made the event more cheerful.



TATA MUMBAI MARATHON

The 19th edition of the prestigious TATA MUMBAI MARATHON (TMM) kicked off in the early hours of January 21, 2024.

The Marathon had the following race categories: - Full marathon (42 km), Half marathon (21 km), open 10 km, champions with disability (1.3km), Senior citizen's Run (4.2 km) and Dream run (5.9km)

Dream Run is a 5.9 km long run marathon. Participants of this marathon can participate in “IMAGICA RUN IN COSTUME” contest, where runners can dress – up as their favorite character

or wear a costume to spread awareness on a cause.

Ridhi Singh Solanki, from class XII, a resident of Koparkhairne, Navi Mumbai, Maharashtra participated in this event.

Dressed up as an injured person, Ridhi came forward to spread awareness against the extreme selfies and reels made by people on social media platforms.



She was seen holding a placard that read, “Take a selfie not a killfile”.

She won the second position in the contest receiving a price of Rs. 25000 and a ticket to Imagica as her award.

**HAPPY
NEW YEAR
2024**

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