

Date with Health

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KIDS FIRST AID WORKSHOP

HEAL ADVANCED ACUPUNCTURE CLINIC, Vashi empowers Kids with First Aid Skills in Summer Workshop

In a proactive initiative aimed at educating children on handling outdoor emergencies during the scorching summer months, Dr. Shabnam Ali, founder of HEAL-ADVANCED ACUPUNCTURE CLINIC in Vashi, orchestrated a dynamic first aid workshop.

Joined by her esteemed team comprising of

Dr. Cheryl Lawrence, a seasoned physiotherapist, and

Dr. Komal Daiya, a proficient dentist, the workshop proved to be an enriching experience for young participants.

bruises, and burns to heat strokes, nosebleeds, insect bites, fractures, and sprains, the workshop covered a comprehensive spectrum of potential emergencies.

edge while having fun. Parents, too, actively participated, volunteering as mock victims in simulated emergency scenarios. This hands-on experience allowed

nied by one of the adept doctors. Under their guidance, children learned the importance of quick thinking and decisive action in emergency situations. Through role-playing exercises and practical demonstrations, they mastered techniques such as wound care, bandaging, and identifying poisonous plants—a vital skill in outdoor settings.

Dr. Shabnam Ali's dedication to empowering the community through education was evident throughout the workshop. By equipping children with essential first aid skills, she not only instilled a sense of responsibility but also potentially saved lives. As summer approaches, the impact of



Held amidst a vibrant atmosphere of learning and engagement, children were imparted with fundamental first aid skills essential for tackling various outdoor mishaps. From wounds, cuts,

What set this workshop apart was its interactive approach. Dr. Shabnam Ali and her team ingeniously integrated play into the learning process, ensuring that children absorbed crucial knowl-

children to apply their newfound skills in a realistic setting, fostering confidence and competence.

The workshop was organized into three groups, each consisting of five eager learners, accompa-

this initiative extends far beyond the confines of the clinic, ensuring that young minds are prepared to face the challenges of outdoor play with confidence and resilience.

PLEASE NOTE: Vol. 7, Issue - 7 (April 1-30, 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

SPARE A THOUGHT AND A BOWL OF WATER FOR THEM

We have the resources and communication skills to ask for a glass of water when thirsty but then there are God's other creations which too feel thirsty but cannot communicate. Some things should just be felt and implemented before hand more so when one is aware of the severe weather conditions during summer. Animal and birds are the worst affected as ponds dry up. There isn't a drop to drink on top of it man's greed has already snatched their habitat leaving them no trees to rest and stay cool.

Do your part this summer and place a bowl of water in your balcony with a separate bowl with grains. If you are placing bowls near your society do see that the water isn't left for days. One can utilise it to water a plant and fill the bowl with fresh water.

Plant saplings this summer so that a few years later you can observe the change with less severe heat and greenery around.

When you feel thirsty and run towards the fridge to quench your thirst with a cold drink of your choice remember there are many God's creations who don't demand anything special to satisfy their thirst but need a bowl of water.

Remember JAL HAI TOH KAL HAI !!!!!

ROLE OF SENIOR CITIZENS AND FRIENDS



SALMA PRABHU
Clinical Psychologist Career Counselor and Author of Parenting book Mom Dad U R Wonderful and You are My Star salmaprabhu7@gmail.com Call 9322851484

I began this topic by writing about how senior citizens can weed off burdensome and stressful activities from their lives very politely. Today I write about how to also let go some toxic relationships and toxic people from our lives.

I recall my mom suddenly stopped calling or even talking about her best friend during the last days of her life. I asked her and she said, she does not like her friend always asking too many questions and giving too much advice and also enquiring about everything with a sarcasm. She said her friend always made her feel incapable and inferior. I totally understood

how she felt as I too had some experiences and I decided to weed them off from my life.

I often compare seniors to teenagers as this is the age when they want to be free of all the things that have held them back in their entire life. They have adjusted and compromised during their lives and now is the time to live freely in all aspects of life. Whether it is relationships or activities.

Seniors feel the need for companionship and that may lead them to have a friend at times who gives a lot of nonsense. It is like companionship at a heavy price. I would say have relationships and friendships but not at the cost of your self esteem and sanity. If you have to let them go, so be it. You shall find a new friend if you attract one.

While senior citizens often cherish and benefit greatly from friendships it is also important that it is a relationship that compliments each other and not one over the other.

Having companionship can provide emotional support, reduce feelings of loneliness, and contribute to overall well-being. But a companion needs to be empathetic and kind. It's important for seniors to maintain social connections and cultivate new friendships to enrich their lives however not at the cost of their self esteem or self respect.

Keep the following in mind while introspecting your relationships with your existing or new friends.

1. Qualities that make a good friend for seniors include empathy, patience, reliability, and a willingness to listen. I have written a lot about listening skills in many articles.
2. Additionally, shared interests, a sense of humor, and companionship can enhance the bond between senior friends. Someone who is highly sensitive and you need to always be alert of what you

say might create a lot of stress and burden.

3. Being understanding of each other's challenges and providing mutual support are also valuable traits in a friendship for seniors.
4. Encouraging each other and sharing a hobby together is another great way to compliment each other's time and skills.
5. Most important is speaking kindly, staying away from gossip and indulging in happy conversations and happy memories together.
6. Supporting one another in times of low moods and giving space to each other. Overbearing and possessiveness is not what is appreciated by anyone.

I am sure the seniors shall find the above steps useful for letting some stress off by politely telling the friends who are toxic to take a break.

26th NMSA Annual Summer Coaching Camp - 2024

Navi Mumbai Sports Association is conducting 26th. NMSA Summer Coaching camp 2024 for the youth of Navi Mumbai from 1st May 2024 to 2nd June 2024 for age group 7 to 18 years. This is with a view to include the Sports habit in the younger generation, and to locate such talent which can be shaped to good Sportsmen of future.

Coaching will be in number of sports Viz. Cricket, Badminton, Football, Swim-

ming, Tennis, Athletics, Dance. The camp will be held under expert coaches from 1st May 2024 to 2nd June 2024 and will be open to both Members and Non Members.

Forms are available from 15th April to 29th April 2024 at Gr. Floor Reception.

The camp will be inaugurated at 5.00 p.m. on 1st. May 2024. You are requested to attend the function to be held at the Swimming pool lawn.

S.NO	SPORTS / ACTIVITY	COACH NAME	CONTACT NUMBER
1	ATHLETICS	ROHIT KANOJIA	8898412088
2	BADMINTON - YPBA	YOGESH PATIL	9004093196
	NBA	SHRISHAL MITKARI	9930626989
3	CRICKET	JAVED KHAN	9967660066
4	FOOTBALL (Alternate Days)	ANTONIO DIAS	9930819468
5	SWIMMING	MADHUKAR CHAVAN	8779195260
		N.D.SURYAVANSHI	9769201068
		JOGINDER THAKUR	9004327131
		SANKET SAWANT	9820893109
		TANMAY SUTAR	9920604390
		DARSHNA KALAP	9920036001
		N.D.SURYAVANSHI	9769201068
6	TENNIS (ASA TENNIS ACADEMY) (Bhaskar Gawal)	ARUN BHOSALE BHASKAR GAWAL	9833798901 9764607426
7	DANCE	DARSHNA KALAP/SNEHA NAIR	9920036001

Health and Wellness

Health and wellness are among the most in-demand topics, as taking care of one's physical, mental, and emotional health is crucial for a happy and fulfilling life. Topics related to health and wellness can range from fitness to mindfulness to nutrition. Writing about such topics can help many people find ways to improve their health. Some ideas are:

Mental Health and Psychology:

Mental health includes our emotional, psychological, and so-



Sana Nisar Mukri, Khopoli, Raigad

disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated

Alternative Medicine:

Complementary and alternative medicine includes practices such as massage, acupuncture, tai chi, and



cial well-being. It affects how we think, feel, and act.

Tips for Taking Care of Mental Health:

- Try to relax and reduce stress
- Find ways to learn and be creative
- Spend time in nature
- Connect with others
- Look after your physical health
- Try to improve your sleep

Fitness and Exercise:

Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.

Nutrition and Diet:

It protects you against many chronic noncommunicable diseases, such as heart

drinking green tea.

Mindfulness and Meditation:

Meditation and mindfulness practices may have a variety of health benefits and may help people improve the quality of their lives.

Healthy Lifestyle Habits:

- Getting enough sleep
- Eating a healthy diet
- Maintaining healthy body weight
- No smoking
- No alcohol

Disease Prevention and Management:

- Eat healthy
- Get regular physical activity
- Visit a doctor and dentist
- Know your family history
- Get enough sleep

CREATIVE SPACE



Nikhil Subramaniam (11 Years) Reliance Foundation School, Koparkhairane



Children of Millennium Towers Sanpada rejoice as they procure and build their dream house during the summer months as their prized catch.

How to enjoy summer vacation



Safwan Nisar Mukri Class: 9th Khopoli (Raigad)

Vacations are the best time to have fun. Summer vacation can be whatever you make of it, so make each day memorable by your interests.

1. Staying organized :

- Make summer goal
- Clean your room
- Mark an important event

2. Getting active :

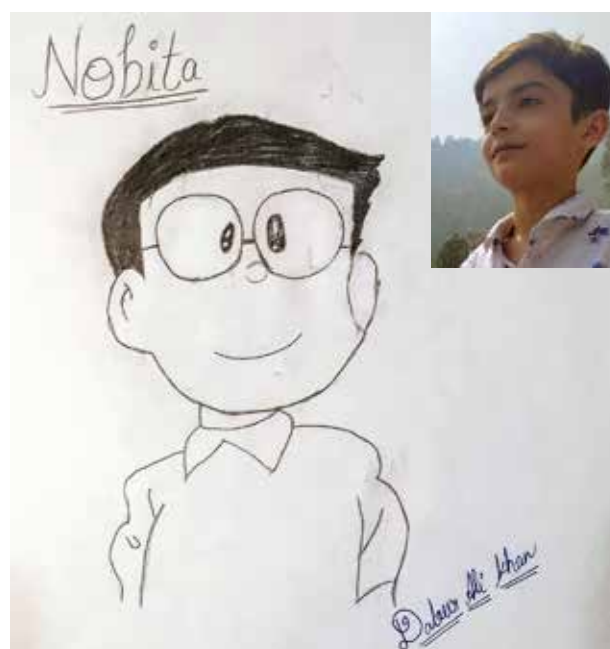
- Go for a swim
- Go for running
- Take a hike

3. Making time for friends :

- Friends get-together
- Plan a picnic
- Cook a meal together
- Explore some new place

4. Relaxing alone :

- Watch television
- Do some schoolwork
- Read a book
- Learn new skill
- Enjoy your summer vacation !!!!!



Dabeer Ali Khan Eden Public School, Shahjahanpur (UP)

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PRIORITIES

If I ask you what your priorities are what would be your answer? Let's give you some time to think about it. Priorities are nothing but the stuff at the top of all your other tasks. It can be people, goals, tasks etc. everyone of us has different priorities. You can have school as a priority whereas I can have my TV.



Filzah Syed (13 yrs) Student, Navi Mumbai

This way you can decide what needs your attention and dedication more or less, now or later etc.

Here are some outstanding quotes that are not boring!

- "Your priorities are reflected in where you invest your time, energy, and attention." – anonymous
- "Don't be fooled by the calendar. There are only as many days in the year as you make use of." - Charles Richards
- "Action expresses priorities." - Mahatma Gandhi
- "The key is not to prioritize what's on your schedule, but

Our paper tells you that your priority should be your health which is totally right. This does not mean if you prioritize school, you can't your health. This is totally up to you. Here's how to make it simpler, today take a sheet of paper with the title priorities under which you are going to make 4 columns. The 1st 'must do vs can wait', 2nd 'personal vs work', 3rd 'now vs later' 4th 'big picture vs small stuff'

- **Must-do vs Can-wait:** Tasks or goals that are urgent fall under must-do while those that can be addressed later belong to can-wait.
- **Personal vs work:** This doesn't mean whether you prefer to prioritize work or your personal life but rather suppose in your personal life you can prioritize health, family time etc. while in work you can place emphasis on projects meetings.
- **Now vs Later:** Here the tasks that need to be done right away belong in 'now' for e.g. Your homework or doing the dishes whereas the tasks that can be done some time later fall under 'later' for e.g. Organizing your closet etc. this is similar to the must-do and can-wait section so you can either make this section or add all your tasks to the 1st column.
- **Big picture vs small stuff:** Big picture is your long-term goals or values e.g. Career choices or further studies etc. while small stuff contributes to more immediate tasks that might not have a significant impact on your overall objectives.



"Nobody is too busy, it is just a matter of priorities."

to schedule your priorities." - Stephen R. Covey (MY FAVORITE)

That is it for this article and for more recipes, articles and creative thoughts and art keep reading our monthly newspaper which is based on prioritizing health (is this a coincidence!)

"Date with Health"

This is Filzah Syed signing off!

AUTISM AWARENESS AND ACCEPTANCE

Autism Awareness Program, Navi Mumbai. 20th April 2024. Forum for Autism and Sunshine School jointly organised the program which started with an Awareness Walk from Sunshine School and reached Chatrapati Shivaji Maharaj Chowk. At the Chowk, a Cultural program was conducted where



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

Mumbai Association of Pediatrics and Indian Association of Pediatrics.

Cell Therapy) that supposedly 'treat' Autism.

Shri Anil Kaushik, Ex Deputy Mayor and President- Navi Mumbai District Congress, was present for the Cultural Program. He greatly appreciated the talents of the performers and promised all support towards Autism Awareness and Ac-



autistic children/young adults performed. A few young adults spoke about their journey with Autism. There were enthusiastic and electrifying performances by the children - there was singing, group dances and keyboard playing. They were cheered and appreciated by a crowd of more than 200 people. The co-host for the evening was a young man with Autism who compared the entire program with great flair.

The event was supported by Navi

Dr Leena Deshpande, Developmental Pediatrician, addressed the gathering and advised the parents about

ceptance efforts in the future too.

The writer C K Subramaniam has been pioneering the cause of autism in



how they should carefully choose the correct therapist and also how not to fall for miracle cures (including Stem

navi mumbai by encouraging Aashray School, Sanpada and Palvit Foundation, Nerul in the last decade.

KING OF FRUITS - "MANGO"

Summer is synonymous with mangoes. Mango has the most versatile flavour, the king of fruit has made many fans across the globe. The bright yellow fruit is sumptuous, pulpy and amazing. Mango is also rich in several nutrients including Vitamin C, vitamin A and minerals like copper, potassium, and magnesium. Mango also offers plenty of copper, thiamine and riboflavin. This fruit is not just a treat to the tongue. It is also a mineral mine for the body.

Mango is native to India and Southeast Asia, and people have cultivated it for over 4,000 years. Hundreds of types of mango exist, each with its own characteristic taste, shape, size, and color.

Mangos comes in different shapes, sizes, and colors. Their flavor is usually described as a sweet, floral, and evergreen taste. Mangos are often added to smoothies, desserts, snacks, and salads to help sweeten the flavor of a dish or recipe.

The undisputed 'king' of the fruit kingdom, pack a host of health benefits too! Here are some more reasons to have mangoes this summer:

1. Helps in Digestion:

Mangoes are loaded with fibre, that prevents constipation and maintains the health of the digestive system. Mangoes contain enzymes that aid the breakdown and digestion of protein, and also fibre, which keeps the digestive tract working efficiently. Green mangoes contain more amount of a certain fibre which helps in lowering the risks of heart diseases in people.

2. A strong gut:

Mango pulp contains prebiotic dietary fibre, which helps feed good bacteria in the gut. A healthy gut is important for a healthy state. Hence, eating mangoes can prevent leaky gut-related health issues such as IBS, asthma, slow metabolism, food intolerances and allergies.

3. Immunity Booster:

Mangoes protect you from many diseases. The fruit contains high concentrations of vitamin A and C as well as carotenes. It improves the immune system

of the body and helps you avoid many ailments. Mangoes keep us away not only from common cough and flu but also prevent various other diseases by keeping our immunity high. Vitamin C rich fruits give us beautiful skin as well.

4. Good for the eyes:

Mangoes are rich in vitamin A and a single cup of sliced mango provides 25 per cent of daily intake of vitamin A, which prevents night blindness, fights dry eyes and improves eye health.

5. Promotes weight loss:

The phytochemicals in the mango skin act as natural fat busters. The mango flesh is filled with dietary fibres. Fibres induce a feeling of satiety. Hence, when eaten in moderation, mangoes can help you tuck your tummy in.



6. Mangoes can curtail cancer:

The polyphenols in mango contain anti-cancer properties that protect the body against a harmful process called oxidative stress, which can increase various types of cancer. Mangoes contain super antioxidants that can help inflammation and protect against cancer.

7. Reduce acne:

When the body is deficient in vitamin A, it increases acne. This can happen because when the body is deprived of them produces a protein called keratin.

Overproduction of keratin will clog hair follicles or sweat glands that can develop acne.

The vitamin A content in mangoes can help a person avoid acne.



Sahrish Akhtar

8. Centuries-old but can reduce signs of ageing:

Environmental damage can take a toll on the skin. Vitamin E and vitamin C in mangoes fight together to protect the skin from environmental damage.

The body stores these two vitamins in the cells in the skin. These vitamins are reduced when the skin is exposed to pollution or sunlight. Reduced vitamins in the skin can cause skin damage and lead to premature ageing.

As vitamin C helps the body with collagen production, mangoes help reduce symptoms of age loss. Collagen is essential to hold the structure of the skin.

Due to the enormous content of vitamin A, mangoes have photoprotective effects. The photoprotective effect happens when



the body is fighting against sun damage and its symptoms.

9. Mangoes help to speculate skin cancer:

Polyphenols, synthesized by plants naturally, are chemicals that mango contains.

Mango seeds, peels and kernels contain a higher concentration of mangiferin. These antioxidants can lower the risk of certain types of cancer like skin cancer, colon cancer, breast cancer and cervical cancer. More human research is required to completely understand mangoes'

anti-cancer effects on people. Relishing mangoes is an experience a person can adapt regularly to improve their skin health.

Along with consuming fresh mangoes, it can directly be applied to the skin as mango butter or other products. Mango is a popular fruit in the cosmetic industry for the benefits it has to offer.

How to consume mangoes?

The king of fruit is undoubtedly delicious, versatile, and easy to accommodate in the diet.

Some of the ways a person can enjoy mangoes are to:

- Consume them raw and peeled
- Add them to smoothies
- Dice or mix it into salsa
- Consume it as a fruit salad
- Add it to yoghurt or oatmeal
- Grill mangoes to top burgers.
- Add it in desserts also.

The fruit, boasting over centuries of legacy, is truly a delicacy.

Rich in minerals, vitamins, and antioxidants, mangoes are associated with various health benefits that can protect against a few types of cancer and improve immunity and digestive health.

It is also important to remember that with the king of fruits, moderation is the key. If a person keeps their consumption reasonable, mangoes can be a treat for the taste buds and for improving a person's overall health. Over-consuming mangoes can also spike the blood sugar level in the body. Even though the fruit contains natural sugar, it is best to consume them in moderation.

Mango and its products can help a person improve their skin health. Next time you spot a store selling this bright and tasty fruit, never forget to buy a dozen more and include them in the diet.

Time for Lassi Last but not least, Mango lassi not just makes a tasty drink but also has major health benefits. The mixture of mango and yoghurt is healthy for your gut, helps in digestion and keeps your stomach cool. With minimal effort, mango lassi is a must-have summer drink!

Stay safe

Stay Healthy

Enjoy summer season!!!

Treat them as differently abled, not disabled



JAYANTHI SUBRAMANIAM
Navi Mumbai

All human beings have something special within us and some weaknesses too, and so do specially abled people. We as society must help specially abled people to focus on their strengths, instead of their weaknesses so that they can enjoy their life like us. We should also accept them as equal and not someone who needs to be pitied. They should be given equal opportunities to come forward. Specially abled people don't want to be treated as different, they want to be treated as equal. We must interact with them and make them feel normal. Opportunities must be given to these people to do something good in life.

It is important to provide proper and safe access to roads, transport, buildings and public places to differently abled persons so that they could enjoy a meaningful life and contribute to the progress of the nation. The focus should be on making educational institutions, classrooms, libraries and washrooms accessible to specially abled people. India

has a disabled population of more than 2.1 crore people and the Supreme Court's order is an essential move towards improving their lives. By building an environment for the disabled, improving public transportation and ramping up information and communication technologies, we can pave their way towards success. Companies should also start hiring more differently abled people in their verticals so that specially abled persons should learn skills, instead of regretting their disability.

It is essential to change our mentality and perception towards specially abled people. We as society must understand that these people are not abnormal and we don't pity them. They are equal to everybody and can perform to the best of their abilities if given the right guidance and opportunities. So we should not treat them as someone lesser. With such an understanding, we can not only establish government buildings, educational institutions, railway stations and other public places that are compatible with the needs of such special people, but can also ensure a conducive environment for them through generous counselling. One more suggestion I would like to give at the end is that we should stop treating them as differently

abled, instead as special creations of god.

Access is the key —if a specially abled person isn't able to go to school, college or office, how will they gain education or work. Our education system and work environment need to be disabled-friendly. Specially abled people need the right infrastructure and right people to achieve success in life. We need to give sensitivity training to people so that they give training to people with disability so that they explore their full po-



tential. Schools, educational institutions and offices should have special facilities such as ramps and special washrooms for differently abled people. Wheel chairs should be provided and staff should be trained to help the differently abled people. They should be capable of handling such people in the best way. They should be friendly with them and trained to serve them well.

The perception of treating specially abled people as ill, and marking them out, tends to isolate them. There

are approximately 70-80 million specially abled persons in India. All buildings must be made compatible with the needs of these people. Education should be made accessible to these people, and for this, school buildings, classrooms, libraries and washrooms etc. need to be modified. Access is the key to the inclusion. It should be made sure that an equal opportunity employment policy should be made so that in the selection of the best candidate, quotas or bracketing indi-

viduals as 'abled' or 'specially abled' is not followed. Visual free alarms should be arranged at all public places. Accessible toilets are required with adequate clearance, grab bars and fixtures within reach, doors that open out, non-slip flooring, panic buttons and signage etc. So we should make a way for specially abled persons. They do not need our sympathy and help, but our right attitude towards them is the key to equality. We as responsible citizens should make this world a better place

to live in for all irrespective of whether they are abled or specially abled.

It has been felt that specially abled persons need special arrangements in the environment for their mobility. It is important to identify public places that are inaccessible to differently abled and inform the government about it. The government should take steps to make public places accessible to specially abled. Installation of ramps, availability of an accessible toilet with grab bars, improving public transport, auditory signals in elevators, accessing special learning devices to help differently abled students enrolled for higher studies, resting areas for senior citizens and other utilities must be mandatory and properly maintained in public places.

Human life is the beautiful gift by God. Those who are complete in all aspects must help those who are differently abled. In India, there are approximately 70 million differently abled people. For these people, different NGOs are working for their inclusion in the mainstream. The Supreme Court also ordered the state governments and the Centre to make public places more accessible to differently abled. Each and every state government must take care of these differently abled people

and should provide facilities to access each public place without any hurdles. The provision of wheelchairs should also be there at all public places.

We often see that specially abled people are forced to live in enclosures. They are not allowed to go outside alone because of safety reasons. By continuously living in the same place, they feel depressed. It is important for them to move out so that they are aware of the outside world. But the question arises, is it safe for them to go in public places? And the answer is NO. And the reason behind this is unsafe and cracked roads, poorly managed parks and markets and other public places. We as society and the administration should keep a proper check on it. There should be footpaths on the roads where they can freely walk. The traffic police can play a great role by helping them on roads. We should strictly follow the traffic rules so that specially abled don't get hurt due to our negligence. Helpers should be provided by the administration for helping them in parks and markets. Proper seating facilities should be available for them at these places. Most importantly, we must teach others not to make fun of them. By this way, they will feel themselves equal to others.

Embracing Polarity: The Key to Healing through Dance Movement Therapy

In the realm of holistic healing, Dance Movement Therapy (DMT) stands as a beacon of transformation, rooted in the profound concept of polarity. This dynamic interplay of opposites serves as the cornerstone of DMT, offering a pathway to integration, balance, and profound healing experiences.

We are all aware that polarity exists around us and inside us. A general term used is Poles Apart i.e. opposites. What exists outside and around us is easy and tangible. For example open/close, bright/dark, big/small, narrow/wide etc. However most of the polarities that affects our thoughts and emotions are intangible – one can only feel the emotions. For example, fear/valour, happy/sad, positive/negative, low self-esteem/ full confidence and more. Opposites most of the times co-exists.

Polarity, at its essence, acknowledges the tension inherent in opposing forces – light and dark, tension and relaxation, chaos and order. In a DMT session, this principle comes alive through movement expressions that embody these dualities, allowing individuals to explore and reconcile conflicting emotions, thoughts, and sensations within themselves.

One of the primary ways polarity aids healing in DMT is by fostering embodiment. Through movement, individuals externalize their internal states, bringing unconscious patterns and tensions into conscious awareness. By embodying polarities such as strength and vulnerability, expansion and contraction, clients gain insight into their psychological and emotional landscape, paving the way for

self-discovery and integration.

Moreover, polarity serves as a catalyst for catharsis and release. In DMT sessions, individuals are encouraged to move fluidly between polar opposites, allowing suppressed emotions and traumas to surface and be expressed. By oscillating between states of tension and release, clients tap into the



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

plexity. This capacity for holding opposing truths fosters resilience and adaptability, enabling individuals to navigate life's challenges with greater ease and grace.

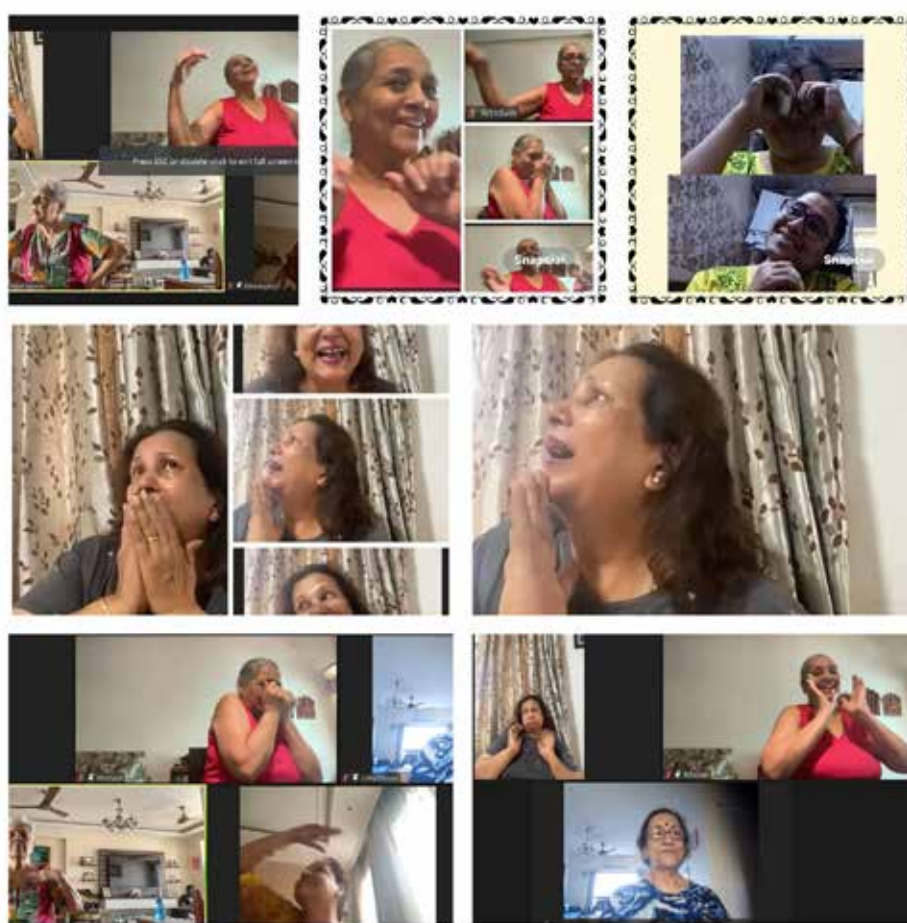
In addition, polarity facilitates somatic resonance and attunement within the therapeutic relationship. Through mirroring and attuning to clients' movements, the ther-

ment. By harmonizing conflicting aspects of the self, individuals experience a sense of wholeness and coherence. As they embody polarities within their movements, clients cultivate a deeper connection to themselves and their inner resources, empowering them to navigate life's challenges with greater resilience and authenticity.

Compilation of music with different speed alternatively helps in focus, alertness etc. Guided imagery exercise that explores polarities in imaginary landscapes or scenarios. Bringing out different emotions through expressions also helps participants to understand better. These activities can help participants deepen their self-awareness, expand their expressive range, and develop greater flexibility in navigating the complexities of polarities within themselves and in their interactions with others.

In conclusion, the concept of polarity lies at the heart of Dance Movement Therapy, offering a profound framework for healing and transformation. By embracing and embodying opposites, individuals embark on a journey of self-discovery, integration, and empowerment. Through movement, they cultivate awareness, resilience, and acceptance, ultimately fostering greater harmony within themselves and the world around them.

PS: DMT is an alternative and complementary therapy. Also what is discussed above is not from Medical angle and only as a HEALING MODALITY. Photos are from my recent session where they explored with emotions that are conflicting.



body's innate wisdom, releasing pent-up energy and emotional blockages that impede healing.

Furthermore, embracing polarity invites individuals to embrace paradox and ambiguity. By engaging with conflicting impulses and sensations, clients learn to tolerate ambiguity and find meaning amidst com-

apist creates a safe and supportive container for exploration and expression. By embodying polarities alongside clients, therapists model acceptance and non-judgment, fostering trust and rapport essential for healing to occur.

Polarity in DMT encourages holistic integration and align-

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 !!!!



CLEAN AND GREEN ENVIRONMENT



DATE WITH HEALTH reader Kavya Nema (11 years) from Hathital Colony Jabalpur (MP) has shared pictures of her beautifully maintained garden Kudos to her ❤️



- 1) May Improve Immunity
- 2) May Improve Digestive Health
- 3) May Support Eye Health
- 4) May Treat Anemia
- 5) May Promote Brain Health
- 6) May Aid Weight Loss
- 7) May Enhance Skin Health
- 8) May Improve Hair Health



Simply adorable ❤️ this cute little Rama on Ram Navmi Day in Millennium Towers Sanpada

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10,328 views

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જરૂરી
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