

Date *with* Health

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SHOOTING TO FAME ... A TALENTED PROSPECT FOR AN OLYMPIC GOLD IN FUTURE

Young trap shooter Sabeera Haris, a class 11 student in the Senior Secondary School Girls, Aligarh Muslim University (AMU) won bronze medal in the women's trap event, in the International Shooting Sport Federation (ISSF) Junior World Cup Shotgun, held at Porpetto, Italy.



“
I am happy to win bronze in the junior world championship. My dream is to represent my country in the 2028 Olympics and win a medal.
”

Sabeera Haris (Class 11)
Senior Secondary School Girls,
Aligarh Muslim University

Sabeera shot 29 out of her first 40 final targets and finished third to open India's accounts in this coveted championship. Earlier, in the qualification round, she had secured the fifth position with a total score of 113.

Sabeera has participated in the Junior World Cup twice at Germany in 2022 and 2023 and in the Junior World Championship at Croatia in 2022.

UP girl 'shoots' to fame with bronze in junior World Cup

Fazal Khan/rise

Lucknow: Aligarh girl Sabeera Haris (17), who brought honour to the country and Uttar Pradesh by clinching a bronze medal in women's trap to open India's account in the ISSF Junior World Cup in Porpetto, Italy on Friday, aspires to win a gold medal in the 2028 Olympics.

Sabeera, a Class 11 student at Aligarh Muslim University



father Haris-ul-Islam was a national skeet shooter and currently participates in the master's category of skeet shooting events. My mother Subuhi Haris was a state level rifle shooter and elder sister Afiya Haris is also a state level rifle shooter," Sabeera said. "My father is a skeet shooter, and I first tried my hands on his gun when I was 11. Later, I started trap shooting. My uncle Talha-ul-Islam is a national shooter in trap events. After my father, he became my mentor. Currently, I am getting

Publication is for release on 10th November 2023 at Lucknow

The 100 Honorees celebrated in this book capture the diversity and exemplary accomplishments of U.P.'s Muslim women. They are from over 30 districts of Uttar Pradesh- from Agra, Azamgarh, Aligarh, Amroha, to Bareilly, Barabanki, Bijnor, Bulandshahr, Bhadohi, Bahraich and Sitapur, Shahjahanpur, Saharanpur, Shamli, Sultanpur besides Kanpur, Varanasi, Prayagraj and Lucknow among others.

Market volatility teaches us the importance of diversifying our investments to align with our needs and goals. Greed for short-term gains can hinder our progress toward financial objectives. Emotions also play a crucial role in investment decisions.



BHUMIIT FINANCIAL
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A well-structured financial plan is essential. Here's a step-by-step approach:

Secure your family's future with life insurance (e.g., Pure Term Plan), based on your human life value.

Invest in health insurance and personal accident coverage to avoid depleting your savings.

Allocate investments according to your goals, needs, and risk tolerance.

Finally, ensure asset allocation is a key component of your portfolio.

REMEMBER, DIVERSIFICATION IS KEY: DON'T PUT ALL YOUR EGGS IN ONE BASKET.

For personalized guidance, feel free to reach out to us:

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PLEASE NOTE: Vol. 8, Issue - 5 (February 1-28, 2025) 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

PHONES HAVE BECOME MOBILE & SMART AND HUMANS 🤖🤖🤖

DULL AND DUMB

Thick and heavy mobile phones of early 2000 have become slim and light. On the other hand humans were relatively agile and active have acquired weight and become lazy. Technology has taken our day to day activity on a different level. Communication has become so fast that distance doesn't matter any more. Smart phones have made people connect across the globe in a way which makes look as if they are sitting live in your homes.

Using technology to cut short time and make the communication faster is fine but we have probably gone beyond usefulness of it. Phones have become almost "everything" for us as keeping them charged and up to date is top priority instead of attending to the needs of the family. People hardly speak to one another even when most of the family is home as each one is busy with their smarter companion either doing professional activities or just playing games. Families hardly give time and there seems to be a breakdown of emotional connection.

Health of the children has become the biggest casualty as nobody goes in the playground any more, every sport is available on the fingertips sitting in the drawing room itself on the smart phones.

If we don't reverse the trend the future of our kids would be doomed due to unimaginable health issues. Any society which doesn't have healthy and fit younger generation is heading for disaster. Still things can be changed for the better but if we don't realise now there won't be any scope to come back.

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DATE WITH HEALTH

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STRESS AND ANXIETY



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I am so glad that it is the beginning of another year with Date with Health and a new topic for me to write on. I begin this topic of writing about mental health in Adults with the most burning issue I have been coming across with and that is stress and anxiety. One leads to the another and has become a part of everyone's lives.

I decided to begin with this topic when I was travelling last to Mumbai to spend a fantastic day with my cousin who was visiting from Dubai and we make it a point to meet and chill together around Mumbai. We visit our favourite places which we did as teenagers. Before I picked her up from her house the Uber driver was chatting with me and he shared how he runs away from Mumbai to his village in Latur for an entire month and he destresses himself with his entire family. He was sharing that village life is so relaxing and calming, but due to lack of rains they have to come to Mumbai for earning their bread.

So am I saying that stress is only in Mumbai. No. Stress has become a part of every person who does not know when to draw the line between personal and professional time. It is necessary for every individual to recognise the first signs of stress and prioritise their life and their personal time. When stress goes unnoticed, it can often lead to anxiety, though anxiety can be also a part of one's personality. However, it is recommended to keep the stress at bay and deal with it by balancing it with good habits and exercise.

Let us understand how stress can cause anxiety first. Stress can cause anxiety by triggering the body's

"fight or flight" response, leading to the release of hormones like adrenaline and cortisol, which can manifest as physical symptoms like rapid heartbeat, increased breathing, and muscle tension, all of which can contribute to feelings of worry and nervousness, essentially creating an anxious state when prolonged or excessive stress is experienced; essentially, when stress becomes chronic, it can disrupt the brain's chemical balance, making one more susceptible to anxiety disorders.

Therefore, I would say nip it in the bud and recognise the stress. Let us understand the symptoms of stress. The physical symptoms of stress as mentioned above are rapid heartbeat, increased breathing and muscle tension. If you are experiencing that then begin by paying attention to first identifying what is causing that. Suppose you are travelling daily and many a times you rush at the last moment to catch a bus or a train, then write that down as a cause and ensure that you wake up 15 minutes earlier to enjoy the extra time and leave house a little early. My daughter in law loves her morning hours to have tea, breakfast and get ready in a relaxed manner, so she wakes up at 5.30am which is two hours prior

to her leaving the house to travel and hour to work. She also relaxes while travelling in the train with the music she likes or talking with her family and friends.

Next step is to practice relaxation on a daily basis and do breathing exercises. Basic Yoga asanas are very helpful too. Focussing on your breath helps you clear your mind and energises the mind and the body.

Third step is to ensure that you keep some time for yourself on weekends when you can do what you love like learning a relaxing technique, or join a group of people who are also on the same path of learning to relax and prioritise and combat stress. It is always good to listen to others who may have some very simple techniques to deal with stress.

Playing must never stop in our lives. And it is a very good idea to keep playing or learning a new game or sport. Most of us are good at some or the other indoor or outdoor sport or game. But eventually many of us leave that behind once children are born and priorities change. It is a good idea to pick that up again.

Singing, dancing, painting, spending time with children, senior citizens, or nature is also very calming and releases happy hormones.

One thing is for sure that do not get addicted to alcohol, smoking or screen time to combat stress. These are worst, as they shall add to your feeling of guilt and create other issues like weight gain or other health issues.

I encourage you all to tame this most common demon in our lives and live a life of joy, calmness and fun.

I shall be covering more about anxiety in the next article.

Dance Movement Therapy: A Powerful Tool for Women's Mental Health

MARCH, celebrated as International Women's Month, is a time to recognize the strength, resilience, and well-being of women. In today's fast-paced world, women often juggle multiple roles—caregivers, professionals, homemakers—sometimes at the cost of their mental health. One powerful yet underappreciated tool for emotional and psychological well-being is Dance Movement Therapy (DMT).

What is Dance Movement Therapy?

DMT is a therapeutic approach that uses body movement to promote emotional, cognitive, and social well-being. It is based on the principle that the mind and body are interconnected, and by moving freely, individuals can express emotions, release stress, and foster inner healing.

How Can DMT Benefit Women's Mental Health?

1. Stress and Anxiety Relief

Women often experience high levels of stress

due to work, family responsibilities, and societal expectations. Movement therapy provides a safe and Non Judgmental space to release tension through expressive Movement, reducing anxiety and promoting relaxation

2. Emotional Expression and Healing

Many women suppress emotions due to



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

moving freely and em-

es, and uplift each other, reducing feelings of loneliness and isolation.

5. Promotes Mindfulness and Joy

Engaging in rhythmic and spontaneous movement enhances mindfulness, helping women stay present and focused. Free unstructured movements also triggers the release of endorphins, the body's natural feel-

silience. By embracing movement, women can find a path to healing, confidence, and joy—one step at a time.

Why 'Me Time' is Essential for Women

Women are often conditioned to put others' needs before their own, whether in the family, workplace, or community. However, neglecting self-care can lead to burnout, stress, and emotional exhaustion. Taking time for oneself—'Me Time'—is not selfish; it is essential. When women prioritize their well-being, they gain renewed energy, emotional balance, and clarity, allowing them to function better in all aspects of life. Just as a car cannot run on an empty tank, women need to recharge to continue supporting their families and contributing to society effectively. Dance Movement Therapy offers a unique and enjoyable way to engage in self-care, allowing women to reconnect with themselves while enhancing their emotional resilience.



fear of judgment. DMT allows for non-verbal expression of feelings, helping women process trauma, grief, or suppressed emotions in a safe and supportive environment.

3. Boosts Confidence and Self-Esteem

Dance therapy encourages self-awareness and body positivity. By

bracing one's physicality, women develop a stronger connection with themselves, boosting self-confidence and self-acceptance.

4. Enhances Social Connection

Participating in group therapy workshops fosters a sense of belonging and support. Women can connect, share experienc-

good hormones, improving overall mood and happiness.

As we celebrate International Women's Month, it is essential to prioritize women's mental health. Dance Movement Therapy is an accessible and empowering tool that encourages emotional well-being, self-expression, and re-

A POEM ON SPARROW

By C. K. Subramanim

A little sparrow once with zest,
Built a small but beautiful nest.
She thought it was sound and strong,
And did not even guess anything would go wrong.
But one day, down poured the rain,
And her efforts went in vain.
Her dreams were destroyed and so was her nest,
She did not know what to do next.
She was hurt by the fury of nature,
But I decided to take a step towards the future.
She built another nest,



With equal hope and zest.
Her first nest was good,
But in its place now stood
A more beautiful home,
That was built not with twigs but with hope.

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Date : 1 March 2025

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Ryan Christian School, Vashi Graduation Day & Annual Day Report



The Graduation Day and Annual Day of the school was held on 11th February 2025 at Vishnudas Bhave Natyagruha Auditorium, Vashi, under the theme "Roots to Grow and Wings to Fly." The event commenced with Praise and Worship, setting a reflective and celebratory tone, followed by a Welcome Speech and Guest Felicitation, honoring esteemed dignitaries and guests. The program featured a series of well-coordinated performances and recognitions, beginning with the Ballroom Bees Dance (Mont 1) and Brown Girl in the Ring (Mont 2), both of which showcased the enthusiasm and

grace of the young students. A key highlight of the event was the Graduation Ceremony (Mont 3), where students marked their transition to the next stage of their academic journey with great pride. The evening continued with an engaging lineup, including the Winding Buttons Dance, the Ryan Awards (Mont 1 to Grade 5) celebrating academic and extracurricular excellence, and the Ryan Prince and Princess titles recognizing well-rounded students. The performances progressed with vibrant presentations such as the Iko Iko Dance (Grade 1), Dynamite Dance (Grade 1), and Choona Hai Aasman (Grade 2), each reflecting creativity and artistic expression. A Musical Skit captivated the audience with its blend of drama and melody, while Sustainable Goals (Grade 4) emphasized critical environmental themes. The Cultural Diversity segment further highlighted the richness of global traditions, reinforcing the values of inclusivity and unity. The program also fea-

tured an inspiring address by Ms. Doris Rawal, who underscored the importance of education, character development, and ambition. The evening's momentum continued with a dynamic Rock Band Performance, adding a musical vibrancy to the celebrations. The event concluded with a formal Vote of Thanks, acknowledging the efforts of the school leadership, faculty, students, and parents.



GUESTS OF THE DAY:

- Mr. Ranjeet Jain - Chairman and Managing Director - Mahajan Multinational Foodgrains
- Adv. Anshuvardhaan - Advocate at High Court
- Mr. Tanmay Mali - National Basketball Player
- Pastor Allwyn Paul- Mizpah Gospel Fellowship Church, Kalamboli
- Mr. Abhishek Gupta - Director- Andtoapps Technology Pvt Ltd
- Mr Mitesh Mishra - Choreographer
- Ms. Deepika Parkar - PR media expert

The ceremony concluded with the Closing Chorus, followed by the School Anthem and National Anthem, leaving attendees with a deep sense of pride and accomplishment. The Annual Day and Graduation Ceremony 2025 was a resounding success, reflecting the school's commitment to holistic education and the empowerment of its students.

Dehydration Deficiency

In a medical college, a professor was teaching fourth-year medical students about medicine. He asked them the following question:-

What are the causes of mental confusion in elderly people?"

Some students answered: "Brain tumors."

The professor replied: "No"

Others suggested: "Early symptoms of Alzheimer's (memory loss)."

The professor again replied: "No"

With each incorrect response, the students struggled to find the right answer.

Finally, when the professor revealed the most common cause, the students were shocked.

The cause he mentioned was:

Dehydration

It might sound surprising, but it's not a joke.

People over 60 gradually stop feeling thirsty, so they drink less water.

As a result, when no one is around to remind them, they quickly become dehydrated.

Why is dehydration dangerous?

Dehydration is a serious condition that affects the entire body.

If dehydration occurs, it can lead to:

- Sudden mental confusion
- Low blood pressure
- Increased heart rate
- Angina (chest pain)
- Coma
- Even death

This habit of forgetting to drink starts at age 60.

At this stage, the body's water content is already below 50%.

Most elderly people have low water levels. This is part of the natural aging process.

However, this leads to more complications. Even when dehydrated, they don't feel thirsty



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because the brain's internal balance system does not function properly.

Conclusion:

People over 60 are easily prone to dehydration.

Not just because they have less water in their bodies, but because they don't realize they are dehydrated.

Even, if they appear healthy, dehydration slows down the body's chemical and physiological functions, affecting their entire body.

Two Important Warnings:

Encourage elderly people to drink fluids regularly.

Fluids include:

- Water
- Fruit juices



- Tea
- Coconut water
- Soups
- Water-rich fruits (watermelon, muskmelon, peach, pineapple, orange, and tangerine)
- Most importantly, drink some fluids every two hours.

For family members:

- Ensure that elderly people drink fluids frequently.
- If you notice that they refuse to drink fluids and show signs of irritability, breathlessness, or lack of focus, these are definite signs of dehydration.

Now, do you realize how important it is for elderly people to drink water?

- Share this information with others.
- Help your friends and family stay healthy and happy.

This is valuable advice for senior citizens!

CIGARETTE SMOKING IS INJURIOUS TO HEALTH

Wealth goes up in Smoke

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. In airports a special enclosure is made to encourage the smokers to pursue smoking in a closed place. Even though the prices of cigarettes are increased in every budget, the interest in smokers is not coming down drastically. One more cause for accepting this cigarette smoking habit is seeing their super stars smoking on the silver screen. The caution is totally ignored and we see the role model super stars smoking cigarettes.

After all, we are slowly caught on the death trap for a pleasure lasting few minutes. Again, your monthly earnings are unnecessarily diverted to such a bad vice. Instead, that amount can be invested on Children's Education or for the Welfare of the Family. There lies your will power to abstain from smoking. Even children follow footsteps of their parents. It is time to take care of life from the vagaries of bad vices. Life is really precious. And we should educate children to take the right route and not to get spoiled from the young age. Prevention is better than cure is true.

The World Health Organisation's theme this World Tobacco Day (May 31) focuses on the impact of tobacco on cardiovascular health. Tobacco is a key risk factor for coronary heart disease, stroke and peripheral vascular disease. But awareness on tobacco being a leading factor in heart ailments is low. This year's WHO campaign seeks to promote awareness on the link between tobacco and heart and

other cardiovascular diseases (CVD), including stroke which, combined, are the world's leading causes of death; encourage feasible actions and measures that key audiences, including governments and the public, can take to reduce the risks posed by tobacco to heart health.

As the world gears up for World Tobacco Day, the campaign needs to move from larger



JAYANTHI SUBRAMANIAM
Navi Mumbai

ous to health as per the statutory warning message. However, so many people taste smoking and spoil their health in the process. In airports a special enclosure is made to encourage the smokers to pursue smoking in a closed place. Even though the prices of cigarettes are increased in every budget, the interest in smokers is not coming down drastically.

One more cause for accepting this cigarette smoking habit is seeing their super stars smoking on the silver screen. The caution is totally ignored and we see the role model super stars smoking cigarettes. After all, we are slowly caught on the death trap for a pleasure lasting few minutes. Again, your monthly earnings are unnecessarily diverted to such a bad vice. Instead, that amount can be invested on Children's Education or for the Wel-

fare of the Family. There lies your will power to abstain from smoking. Even children follow footsteps of their parents. It is time to take care of life from the vagaries of bad vices. Life is really precious. And we should educate children to take the right route and not to get spoiled from the young age.

Prevention is better than cure is true. As a matter of fact, there is no treatment if caught into the smoking web. Only an early diagnosis can improve survival chances. Use of Tobacco is one of major reason for Oral Cancer.

It is a slow death for a smoker and chain smokers rarely survive from oral cancer. When you buy a pack of cigarettes you find statutory warning is loud and clear. With more and more people joining IT Industry they have the means to pay high cost for the cigarettes. Further, we can see young girls smoking cigarettes by road side and spoiling their health. They do it for style or to reduce stress. The increase in appointments in call centres saw them sitting late nights and thus cultivating a bad habit.

After all every cigarette smoke spoil your lungs and the respiratory system. It is one way of consuming poison for slow death. Even the person sitting in front of you will be getting the smoke going inside his nostrils. So the part of the cost can be claimed from the person enjoying a portion of the smoke. We follow Western style blindly and spoiling our health totally. Women smoking cigarettes face the risk of getting cancer and that may affect foetus also. The uterus will be affected as well preventing further pregnancies.

The main cause for cultivating this bad habit is stress. However, cigarette smoking is practised by youngsters and fall prey to the habit after wards. They become chain smokers. There are rehabilitation centres for cigarette smoker to come out of the deadly habit. Some people take Paan Parag and other items to curtail the bad smell emanating out of Cigarette smoking. So two bad vices are practised to retain one habit. Cigarette smokers should fix an auspicious day like New Year Day to forego smoking and lead a healthy life. After all Health Is Wealth.



pictorial health warnings to plain packaging. Tobacco is the only consumer product with no useful or beneficial qualities, instead it causes death and disability. An interaction with an oncologist or his patient on tobacco products will leave you extremely grim and concerned at the dangerous prospect of India sitting on a fast-ticking cancer time-bomb. Tobacco is the only product that loses one-third of its consumers to death or disability. The warning "Cigarette smoking is injurious to health" sounds good.

Cigarette smoking is injuri-



MISSION CLEAN AND GREEN ENVIRONMENT

We at DATE WITH HEALTH have started an Environment awareness mission wherein we encourage people to use every opportunity like birthday marriage anniversary any other important achievement to plant a SAPLING and celebrate the occasion.

Acupuncture: The New-Age Drugless Therapy Without Side Effects

In a world where modern medicine often comes with a long list of side effects, many are turning to holistic approaches for healing. Acupuncture, an ancient Chinese therapy, has emerged as a revolutionary, drug-free treatment for various ailments, offering a safe and effective alternative to conventional medicine.

What Is Acupuncture?

Acupuncture is a practice that involves inserting fine, sterile needles into specific points on the body, known as acupoints. These points are believed to stimulate the body's natural healing mechanisms by balancing the flow of energy, or Qi (pronounced "chee"), through meridians or energy pathways.

Why Acupuncture Is Gaining Popularity?

Unlike pharmaceutical treatments that often come with unwanted side effects, acupuncture is a completely natural and drug-free therapy. It works by enhancing the body's ability to heal itself, making it suitable for people of all ages.

Pain Relief Without Pills: Acupuncture is widely recognized for its effectiveness in treating chronic pain conditions such as arthritis, migraines, back pain, and sciatica. It promotes the release of endorphins—natural painkillers—reducing discomfort without the risk of addiction or dependency.

Stress & Mental Health Support: With



Dr. SHABNAM ALI
M. D. Acupuncture (Colombo),
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Acupuncturist (Maharashtra
Council of Acupuncture)
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Founder of HEAL- Advanced
Acupuncture Clinic, Vashi,
Navi Mumbai.

rising cases of anxiety, depression, and insomnia, acupuncture offers a calming effect by regulating stress hormones and improving sleep patterns. Many people report feeling deeply relaxed and rejuvenated after sessions.

Boosting Immunity: Acupuncture strengthens the immune system, making the body more resilient to infections, allergies, and autoimmune disorders. It enhances blood circulation and reduces inflammation, promoting faster healing.

Digestive & Hormonal Balance: From irritable bowel syndrome (IBS) to thyroid issues and hormonal imbalances, acupuncture restores gut health and regulates hormones naturally. Women struggling with menstrual irregularities, PCOS, or menopause symptoms often find relief through acupuncture.

Aiding Fertility & Pregnancy: Acupuncture plays a crucial role in fertility treatments by improving reproductive health in both men and women. It is also beneficial during

pregnancy, easing nausea, back pain, and labor discomfort.

Scientific Backing & Global Acceptance

Modern research has validated the effectiveness of acupuncture, with several studies proving its benefits in pain management, mental health, and chronic disease treatment. The World Health Organization (WHO) has recognized acupuncture as a viable treatment for over 100 medical conditions. Even leading hospitals and medical institutions worldwide are integrating acupuncture into their healthcare programs.

A Step Towards Drug-Free Healing

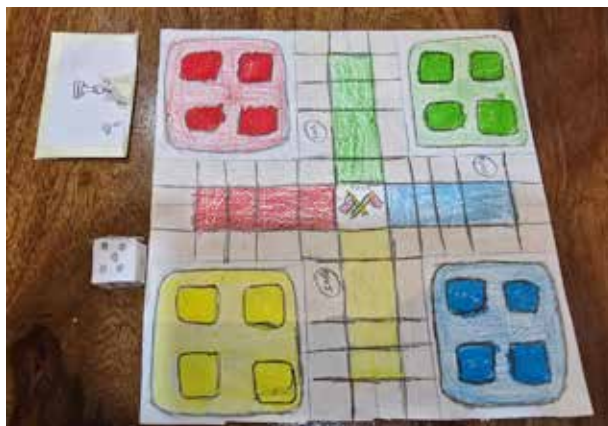
With people becoming more aware of the long-term effects of pharmaceuticals, acupuncture stands as a beacon of hope for those seeking a natural, side-effect-free approach to wellness. It's time to embrace this age-old science with modern advancements and experience the profound benefits of drugless healing.

If you're looking for a holistic solution to your health concerns, consider acupuncture—a safe, effective, and time-tested therapy that heals from within.

Would you like to book a session?

Visit HEAL Advanced Acupuncture Clinic, Vashi, where expert hands bring you the best in acupuncture care. Experience the power of healing, naturally!

CREATIVE SPACE



Nikhil Subramaniam
(11 Yrs)
Reliance Foundation
School, Koparkhairne



Ayansh Rathour
(8 yrs)
Class 3, Euro School,
Balkum, Thane



Merril X Corera
(8 yrs)
Fr. Agnel Multipurpose
School, Vashi

St. Lawrence High School, Vashi Annual Day Celebration



The Annual Day event of our school was held on 12th February 2025 at Vishnudas Bhawe Auditorium, Vashi. The day was filled with excitement, entertainment and lots of celebration.

The function was themed around "Roots to Grow and Wings to fly" which was reflected throughout the performance also emphasizing on Sustainable Development Goals(SDG).

The celebration commenced invoking God's presence by reading the holy verse from Bible, Special Prayer and Praise and Worship Songs. Students presented a captivating array of dances highlighting on the theme and SDG.Global diversity was represented through Indian Cultural Dance from Ra-

jasthan, Japanese Fan, Japanese Umbrella Dance. The spectacular combination i.e fusion of Indian traditional Bharatanatyam dance and Spanish Tap Dance left the audience in awe. Achievers from different streams were recognized and awarded for their outstanding activities

Special invitees from different sectors of the city were invited.

They were amazed to see the wonderful reception, performance, coordination and arrangement done.

The Annual Function was a resounding success, providing a platform for students to showcase, their talents and celebrate their accomplishments while fostering a sense of pride and community within the school.

The event was well organized with exceptional performance that left a lasting impact on the audience.

Xavier's Prince and Princess from Nursery to Std.IX were crowned with loudest cheers.

Director of Ryan International Group of Institutions Ms. Sonal Pinto encouraged and motivated all the Achievers and expressed gratitude to parents for their unwavering support.

"We need to provide children with a foundation and the ability to express themselves and as parents and teachers it is our responsibility to nurture their innate talents and provide them with such platforms to showcase their skills" said the Headmistress of the school Mrs. Saira Kennedy.



Mouth Ulcers Causing Concern

Mouth ulcers, also known as canker sores, are small, painful lesions that develop inside the mouth. Though generally harmless, they can cause significant discomfort, especially while eating, drinking, or talking.



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1. Honey

Honey has antibacterial and anti-inflammatory properties. Apply a small amount directly to the ulcer to reduce pain and speed up healing. Repeat this process 3-4 times a day.

2. Coconut Oil

Coconut oil's antimicrobial properties help in preventing infection and reducing the inflammation. Dab a little coconut oil on the affected area a few times a day.

3. Saltwater Rinse

Mix 1 teaspoon of salt in a glass of warm water and rinse your mouth with it. This helps clean the ulcer and reduce irritation.

4. Aloe Vera Gel

Apply fresh aloe vera gel directly to the ulcer. Its soothing properties help reduce pain and promote healing.

5. Turmeric Paste

Turmeric is a natural antiseptic. Mix turmeric powder with water or honey to make a paste and apply it to the ulcer. Do this twice a day.

6. Yogurt

Eating unsweetened yogurt can restore the balance of

good bacteria in your mouth speeding up the healing process.

7. Clove Oil

Clove oil has numbing and antibacterial properties. Dab a small amount on the ulcer to ease pain and reduce swelling.

8. Avoid Irritants

Avoid spicy, acidic, or overly hot foods that can aggravate the ulcer. Drink plenty of water and maintain oral hygiene.

Ulcers persist longer than two weeks.

They recur frequently or are unusually large. You experience severe pain or difficulty eating and drinking.

Accompanied by unexplained fever or other symptoms.

Is always fit to prevent mouth ulcers and prevent discomfort in eating and speaking as well.

Kudos To Pratik Thorwe Sanpada's Chess Prodigy in us - He belongs to Millennium Towers

By C.K. Subramaniam

Navi Mumbai's chess prodigy, Pratik Thorwe, has made his dream a reality by delivering an outstanding performance to become the champion at the Washington State Championship 2025 in America. The FIDE-rated international chess tournament was organized by the Washington Chess Federation, USA. Pratik secured the top spot with 7.5 points out of a total of nine rounds. His success in these intensely competitive matches is truly commendable. Pratik's achievement is a testament to his dedication, hard work, and



concentration required for chess and sports. This accomplishment is a matter of pride for all of us in the satellite city.

CHALLENGING TREKS IN MAHARASHTRA: CONQUERING HIGH RISK & EXTREME HEAT IN FEBRUARY

By Shalini Rathore

Maharashtra is home to some of the most thrilling and difficult treks, attracting adventure seekers who crave steep climbs, exposed ridges, and breathtaking views. However, trekking in February presents additional challenges, including intense heat, dehydration risks, and rugged terrain. Some of the most demanding treks, such as Bhairavgad (Shirpunje), Ghanchakkar, Katrabai, Gavlidevi, and Ratangad, require not only endurance but also strategic planning and proper gear.

Bhairavgad (Shirpunje) – A Daredevil's Climb with Iron Stairs

Distance: ~4 km one way

Elevation: 1,145 m (3,760 ft)

Difficulty: Very Difficult & Risky

Bhairavgad in Shirpunje is a thrill-seeker's paradise, known for its steep rock faces, exposed ridges, and near-vertical climbs. It is one of Maharashtra's toughest treks, requiring technical climbing skills to reach the summit. Iron stairs have been installed, but strong winds and narrow ledges make the ascent extremely dangerous. A small pond near the Bhairav temple provides a rare water source, but February's brutal heat increases the risk of dehydration and exhaustion.

Ghanchakkar – The High Ridge Trek with No Shade

Distance: ~6-7 km one way

Elevation: 1,538 m (5,046 ft)

Difficulty: Difficult & Risky

Standing as Maharashtra's third-highest peak, Ghanchakkar offers breathtaking views but comes with long, open ridges, extreme heat, and lack of shade. The dry, rocky terrain becomes especially challenging in February, as the direct sunlight makes the climb exhausting. Slippery slopes and dehydration add to the difficulty, requiring careful planning and ample water supply.

Gavlidevi –

Short but Intense Climb

Distance: ~2-3 km one way

Elevation: 900 m (2,950 ft)

Difficulty: Moderate to Difficult

Though shorter in distance, the Gavlidevi trek is demanding due to steep inclines and loose gravel paths. The absence of natural shade makes it a tough climb in February, as the sun beats down relentlessly.



lessly. The heat, combined with the dry terrain, can cause dizziness and muscle cramps if proper hydration isn't maintained.

Katrabai – The High Pass with Stunning Views

Distance: ~4-5 km one way

Elevation: 1,400 m (4,593 ft)

Difficulty: Difficult & Risky

Katrabai, one of the highest passes in Maharashtra, offers spectacular views but poses serious challenges. The trek is remote, with no water sources, making it particularly tough in the hot, dry conditions of February. The final ascent is steep and energy-draining, requiring good stamina and careful hydration management.

Ratangad – A Historic Trek with Iron Stairs

Distance: ~6-7 km one way

Elevation: 1,297 m (4,255 ft)

Difficulty: Difficult & Risky

Ratangad, a fortress trek with a rich history, is famous for its rock-cut stairs, the famous "Nedhe" (natural rock hole), and steep climbs. The trek involves navigating iron stairs, which can be tricky and dangerous in high winds. February's harsh sun and lack of water

sources make hydration a major challenge.

Total Trekking Distance & Duration

Total Distance: ~40km (bothways)

Duration: 2 days

Essential Tips for

Trekking in February

- Start before sunrise to avoid the intense midday heat.
- Carry at least 3-4 liters of water per person.
- Wear full-sleeve clothing, a cap, and sunglasses to prevent sunburn.
- Pack energy-rich snacks like dry fruits, protein bars, and ORS.
- A head torch and trekking poles are a must for safety.
- Avoid distractions like risky selfies or loud music while trekking.
- Solo trekking is not recommended – small, well-prepared groups are safer.
- Be mindful of iron stairs – they can be tricky in strong winds.
- Do not litter, especially near water bodies – they are the only drinking water sources on these routes.

These treks are not for beginners and require proper planning, physical endurance, and safety precautions. If you're planning to attempt them in February, be well-prepared, hydrated, and cautious of the extreme heat.

Are you ready for the challenge?



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