

BEST WAY TO BEAT THE SUMMER HEAT ... EAT THESE FRUITS !!!!

It is essential to remain healthy and hydrated during the scorching summer. People quench their thirst and need to remain hydrated by consuming butter milk sugarcane juice and nimbu pani. But these are not what people can rely on throughout the season. Eating fruits is a better option to fight these summer issues. Several fruits are popular in India

during the summer months, offering both refreshing coolness and various health benefits. These include Watermelon, Mango, Muskmelon and Papaya among others. These fruits are rich in vitamins, minerals, and antioxidants, helping to combat the heat and boost immunity.

Here are some popular summer fruits and their benefits:

Watermelon:

High in water content (around 92%), watermelon is an excellent choice for staying hydrated during hot weather. It also provides vitamins A, B6, and C, and has antioxidants that may help reduce inflammation and support heart health.



Muskmelon:

Similar to watermelon in its high water content, muskmelon is another refreshing and hydrating option.



Papaya:

Papaya is a good source of vitamins A and C, and also contains the enzyme papain, which aids digestion. It's also known for its cooling properties and can help soothe sunburn.



Mango:

Often referred to as the "king of fruits," mangoes are rich in vitamins, minerals, and antioxidants. They are also a good source of fiber and can help boost the immune system.

Oranges:

Oranges are a great source of vitamin C and antioxidants, which can help boost immunity and protect against the sun.



Bananas:

Bananas are high in potassium, which helps regulate blood pressure and supports muscle function.





Editorial

WEATHER ISN'T COOL 🤔🤔

WHETHER YOU PLANTED SAPPLINGS OR DID YOU GET BHOOL !!!!

Last year as temperature soared and went to unbelievable level everyone wanted to just plant as many saplings as possible. It will be interesting to see how the temperatures will be this year. Even if the temperature falls by a point it will indicate we took the extreme weather last year very seriously.

Human Being has this tendency to promise to take corrective action when surrounded by calamity but conveniently forgets when bad time passes away. He doesn't realise that next time the problem will come with more severity and may even prove fatal.

Will we repeat the same tortuous moments during summer season and promise again to act conveniently forgetting again with the first shower of monsoon.

Hope we have learnt our lessons well during the last summer and acted wisely. If we haven't we deserve another roasting summers !!!!

It isn't still late start the plantation soon the next generation will thank us for it



Benefits Of Tomato Juice

1. As I mentioned, tomato juice is a abundant source of Vitamins A and C.
2. Drinking tomato juice can also help in the prevention of high cholesterol.
3. Another big benefit of tomato juice is that it aids in weight loss.
4. The best solution available to counter this is tomato juice
5. Tomato juice is rich in Vitamin B6
6. Tomato juice has a detoxification effect on the body due to the presence of chlorine and sulfur.
7. The red colour in tomatoes is due to a fat soluble antioxidant known as lycopene.

MID-LIFE CRISIS IN MEN

Just as women go through many phases and the associated changes in life, men too experience these changes and they come along with a bagful of turmoil, dilemma juggling between their responsibilities and their inner desires. It has been observed that men find it harder to speak regarding their troubles and issues as they have been raised to remain strong always and therefore they have a different coping mechanism for their challenges in life.

However, one must be alert to see the first signs of a crisis and try and nip it in the bud. Mid-life crisis is not a totally destructive phase as I have come across many men who have taken to bringing about a drastic change in their attitude and even self-care. Many have taken to regular exercises, meditation, healthy diet or a new activity and even changing their choice of a career.

Let us understand what men experience when they go through midlife crisis. Just as women do, they too experience that age is passing and soon they shall be at the doorstep of retirement age 60 which is considered to be the end of an era for many. They feel regrets of what they have not been able to do or achieve in their career growth. Some of them start feeling the slack or disappointment in their relationships and may even start considering a change in partner. Many men feel the need for a younger partner as their partner who is also going through this crisis may not be interested in physical or emotional attachments any longer. "Naughty at Forty" is an age old saying and it is quite true for many men feeling the desire to live again and live wholly or fill in the gaps of their lives which they feel have left a deep vacuum.

They may show signs of extreme obsession with their looks or express themselves impulsively. They could also experience irritability, depression or anxiety with mood swings.

A good way to support someone going through this phase is to avoid being critical and practice patience and compassion with them. Expressing to them lovingly that they



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can make plans to catch up with what they feel has been missing in their life would be great and that you can definitely support them even if the idea is totally not appealing to you. A friend's husband was going through this phase and he wanted to fulfil his desire to learn dancing and perform before an audience. He joined dancing classes and his wife totally supported him by being there for his shows encouraging him and applauding him for his efforts. He regularly practiced and this helped

raise his happy hormones and even energy levels. He was excited, felt good, happy and the marriage had a new sparkle. When people take up to fulfilling their long-lost desires, it is actually good for them as it helps them maintain the serotonin level and this leads to new vigour and zest in life. New goals are set, new skills are learnt and this is what is actually required for a human being to move towards aging gracefully.

However, for the ones who are supporting them, being patient is very essential as at time their passion can become an obsession and it is quite possible that one would override all other things to become the best in what they are doing or become over indulgent which the partner may find it difficult to cope with. In another case, I came across the husband was very hurt as his wife wanted to travel all the time with her friends and she became obsessed with the fact that she would become old soon and may not be able to travel later.

I have been mentioning mostly about the positive changes the crisis period can create. There are also negative aspects like going through depression or becoming over dependent on alcohol or substances and this phase could also bring about destructive behaviour or extra cynicism in a person and lead to isolation from the family or even the world. In such cases it would be great help If the family slowly guide them to support group and let them feel all is not lost or hopeless.

The best way to go through this phase is practice a balance between the responsibilities and also fulfilling the unfinished desires.

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MOVEMENT THERAPY IS A JOURNEY THROUGH THE STORIES WE CARRY AND RELEASE THE SAME



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

Our bodies are archives of the emotions we carry. Movement therapy is a journey through the stories we carry. I call them expressed as EMOTION IN MOTION.

Our bodies are not just physical structures — they are living, breathing repositories of our life's experiences. Every joy, sorrow, fear, triumph, and trauma leaves an imprint, not just in our memories, but deep within our muscles, our posture, our breath, and even our unconscious gestures. This concept is often referred to as "the body keeps the score," meaning that emotions and unresolved experiences get stored within our physical being, sometimes leading to tension, pain, illness, or patterns of move-

ment that reflect emotional holding.

Dance Movement Therapy (DMT) taps into this intimate connection between the body and emotions. It recognizes that movement is a powerful form of expression, especially for feelings that words cannot fully capture. Through movement, individuals are encouraged to explore, express, and sometimes even relive the stories they carry — stories that may have been hidden, suppressed, or forgotten. Through the medium of Movement we let go of all the hidden stories and thereby holistically heal self. That is why my outfit is named Khoj a search within - move heal and rediscover oneself- i.e. the real self.

Movement therapy becomes a journey:

- **A journey into awareness:** When we begin to move consciously, we start noticing where we are holding tension, where we feel restricted, and where we feel free. This aware-

ness is the first step towards healing.

- **A journey into expression:** Through dance and movement, we give our inner world an external

form, accepting narrative. Movement allows for healing not just through thinking but through being.

How Dance Movement Therapy



form. This can be incredibly cathartic, allowing buried emotions to surface and be released.

- **A journey into integration:** By connecting body, mind, and emotions, DMT helps individuals weave fragmented parts of their experiences into a co-

hesive, accepting narrative. Movement allows for healing not just through thinking but through being.

1. **Releases Emotional Blockages:** Movement can unlock emotions stored in the body, offering a safe outlet for feelings that may otherwise manifest as anxiety, depression, or physical illness.
2. **Reduces Stress**

and Anxiety: Rhythmic and expressive movement activates the parasympathetic nervous system — the body's natural relaxation system — reducing cortisol levels (the stress hormone) and creating a sense of inner calm.

3. **Promotes Physical Health:** Engaging the body in movement improves circulation, flexibility, strength, and balance, while also enhancing body awareness and fostering a healthier body image.
4. **Encourages Emotional Expression:** Some emotions are hard to articulate. Movement provides a non-verbal language for grief, joy, anger, love, or fear, allowing a more complete emotional expression.
5. **Builds Mind-Body Connection:** Many people are disconnected from their own bodies, especially after trauma or emotional hardship.

DMT strengthens the bond between how we feel and how we move, empowering individuals to trust and listen to their bodies.

6. **Fosters Social Connection:** Group movement experiences create a sense of belonging, empathy, and shared humanity, reducing feelings of isolation.
7. **Supports Self-Discovery and Growth:** As individuals explore their natural movement patterns and experiment with new ones, they discover hidden strengths, reframe old narratives, and open new pathways for personal development.

In short, Dance Movement Therapy does not treat the body and mind as separate — it honors their inseparable relationship. Healing becomes not only about overcoming past pain but also about rediscovering joy, spontaneity, and authenticity through the body.



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.

BEST BREAKFAST

Three idlis, a bowl of sambar and a tumbler of filter Coffee (kaapi) – Chennai's traditional breakfast is not just a gastronomical delight for many but also the most nutritious morning meal compared to those in other metros. 'India Breakfast Hab-



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its Study', a survey conducted in four metros, found that Chennai has the best breakfast 'nutrient profile' in the country. The study covered other metros like Mumbai, Delhi and Kolkata on a sample size of 3,600 subjects, split across 8 to 40 years age groups, and described 'alarming' figures of nutritional inadequacy in our country. Although people in India are increasingly becoming health conscious, this doesn't reflect in their eating behaviour. Changing lifestyles and behavioural patterns result in meal skipping or inadequate food intakes particularly at breakfast time. The nutrition scale was assessed based on the adequacy of carbohydrates, energy, proteins, fats and calcium. While there have been many studies on the number of people skipping breakfast, very little has been done on the content of the meal and its nutritional value. The study found that 79 per cent of those surveyed in Mumbai had nutritionally inadequate breakfasts, followed by Delhi and Kolkata at 76 percent and

75 per cent. In Chennai only 60 per cent reported that their breakfast was nutritionally inadequate. Kolkata's traditional breakfast has excess maida which has a lot of carbohydrates, very little protein and no fibre at all. Delhi's parathas are too oily

and Mumbai doesn't have a typical breakfast as such. People eat bread mostly, which just has carbohydrates. Nutritionists say the nutrient value in rural areas down south is even greater as many of them consume ragi. "Ragi is rich in Vitamin B, fibres, protein, calcium, iron and phosphorus. It is confirmed that idli and sambhar is a "complete meal". The rice and urad dal in idlis complement each other, making it a complete protein. The vegetables and dal in the sambhar are good supplements. The study found that one in four Indians skip breakfast. Although the number of those skipping meals were fewer in Chennai, 'skimping' (eating inadequately) was more prevalent. It is reliably learnt that the effect of skipping and skipping meals is more or less the same. "Only the intensity will be lesser in the latter. It was also found that in Chennai nearly 50 per cent of the housewives, 30 percent of the elderly and 20 percent of working adults have only a beverage for breakfast.



St.Lawrence High School,Vashi Marathi Divas Celebration



Marathi a language native to the state of Maharashtra. It is one of the ancient languages and the veteran poet Shri Vishnu Vaman Shirwadkar has contributed majorly to this language through his work in poetry, literature and drama so to honour the language and the legend Marathi Din is celebrated all over Maharashtra. Today 27th February 2025. St. Lawrence High School, Vashi celebrated Marathi Din to keep the students

was the decoration and the attire with full Marathi Swag.... It was a spectacular, vibrant cultural event.

"Marathi Day is a special day for us, as we get to learn about our cultural heritage and celebrate the beauty of the Marathi language," stated one of the school council member.

Our Chairman Sir encourages and emphasizes on the all-round development of the students, keeping this inview different cultural



stay connected with roots of the state in which they live. SLHS celebrated Marathi Day instilling our cultural roots and the importance of the Marathi language in our students. The celebration commenced with Special Assembly, Music, Drama, Dances like Lezim, Marathi lok geet, and the main attraction of our celebration

programmes are conducted.

"We encourage and promote our students to participate in initiatives that give them an opportunity to showcase their linguistic skills. The event inspired our students to learn and appreciate the rich cultural heritage of Maharashtra." said the Headmistress Mrs.Saira Kennedy.



Free Acupuncture Treatment Camp by HEAL Advanced Acupuncture Clinic

Date: 12th April 2025

Venue: Om Sai Foundation, Sector 11, Kharghar, Navi Mumbai

Time: 10:00 AM – 5:00 PM

With immense gratitude and dedication, HEAL Advanced Acupuncture Clinic, under the leadership of Dr. Shabnam Ali (M.D. Acupuncture, British Certified Nutritionist), organized a Free Acupuncture Treatment Camp in collaboration with Om Sai Foundation. This initiative was designed to bring the healing power of Traditional Chi-

nese Medicine to the heart of the community — all without the use of drugs.

The camp witnessed a phenomenal response, attracting individuals suffering from various chronic conditions such as arthritis, sciatica, migraine, neck and back pain, stress, thyroid issues, indigestion, insomnia, menstrual problems, hair loss, and skin disorders. Patients from different walks of life found relief, hope, and guidance through the holistic approach offered by acupuncture.

What made this camp truly special



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Founder of HEAL- Advanced
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was the dedicated support of the HEAL Acuteam — a passionate group of practitioners trained in HEAL's signature integrative healing approach. Their tireless energy, compassion, and professionalism ensured that each patient was cared for with warmth and precision.

From the moment patients walked in,

they experienced a sanctuary of healing. The team's commitment reflected HEAL's mission:

To create a drug-free, deeply personalized, and result-oriented path to wellness.

Highlights of the Camp:

- Treated about a 100 patients in a single day starting from 10am to 6pm.

- Personalized acupuncture sessions with lifestyle and diet recommendations
- On-the-spot improvement for many chronic pain cases
- Free consultations and awareness about acupuncture's long-term benefits
- Overwhelming patient testimonials and positive word-of-mouth
- Empowerment of community members to choose natural healing

Dr. Shabnam Ali shares:

“Every needle in-

serted was a promise — a promise of healing, balance, and hope. Seeing smiles replace pain was the greatest reward for our entire team.”

This camp wasn't just a healthcare initiative — it was a movement. A movement towards conscious wellness, self-awareness, and natural healing.

The journey doesn't end here. With the HEAL Acuteam by her side, Dr. Shabnam Ali envisions many more such camps, expanding access to quality acupuncture across Navi Mumbai and beyond.



CREATIVE SPACE



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

SOLAR ENERGY SPECIAL



Nikhil Subramaniam
(11 Yrs)
Reliance Foundation
School, Koparkhairne

Solar energy is a special kind of energy that comes from the sun. The sun is a big star that shines really bright and warm. The sunlight is made up of tiny things called photons. We use photons to make electricity. Solar panels are like magical mirrors that can catch these photons and turn them into electricity. That is why we call it Solar because it comes from the sun. Solar energy is clean and does not cause pollution. It is never ending because the sun is always shining. Solar makes the world a cleaner and bright place.



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MILK**

BAGELS



BANANAS

TUBERCULOSIS (TB) - TESTING TIME

JAYANTHY SUBRAMANIAM

The disease, though serious, is fully curable. TB continues to pose a public health concern, especially among the economically weaker sections of the society. It is a communicable disease, as it can spread from person to person, primarily through the air when someone with active TB coughs or speaks. But even today, unwillingness by people to get screened for the disease due to stigma continues to remain a major challenge for health authorities in detecting TB cases. A cause for concern is that young people, mainly alcoholics, and those with uncontrolled diabetes are reporting with TB.. With the country reportedly consistently logging on an average 100 new TB cases every month, we find ourselves struggling to achieve the ambitious quest to eradicate the disease by the end of 2025. It is necessary to make health cards mandatory for migrant laborers and the health care department to act fast.

GO GREEN: TERRACE GARDEN - AN INNOVATIVE METHOD

C.K. SUBRAMANIAM

With apartments quickly gobbling up open spaces meant for gardens, a number of residents in the city have taken to terrace gardening to add some green to their living space. We get hands-on training and awareness are must so that people start their own terrace garden and the open space comes very handy also. By planting more than 50 shrubs, herbs, flowers and vegetables on the building terrace will give the open space a fresh and colourful look. The vision is very clear to make the city clean and green. The main advantage is that the open space is used usefully and one gets fresh food for the family without adulteration and you are connected to nature and make use of waste far less food after growing it yourself. Add to that there is



less carbon print in your surroundings. You can grow crops by using the waste water left after washing utensils. By going for terrace gardening you are able to come up with a solution to solve the space crunch and make use of the open space in the best way possible.

YOGA ASANAS AND NAMAAZ

Yoga asanas and Islamic prayer (Namaz) share some physical similarities, particularly in their postures and movements, but they differ in their religious and spiritual significance. While Namaz is a form of worship with a spiritual purpose, yoga asanas are primarily practiced for physical and mental health.

Similarities:

Postures: Several poses in Namaz, like Qiyaam (standing), Ruku (bending forward), and Sajda (prostration), resemble yoga asanas like Tadasana (mountain pose), Paschimottanasana (seated forward bend), and Vajrasana (diamond pose).

Movements: The flowing, repetitive movements in Namaz can be seen as analogous to the sequences and postures of yoga asanas like Surya Namaskar.

Benefits: Both practices are believed to offer physical benefits like improved flexibility, strength, and balance, as well as potential mental and spiritual benefits.

Differences:

Religious Significance:

Namaz is a fundamental pillar of Islam, a religious ritual of worship and connection with God, while yoga asanas are primarily a physical practice, according to some perspectives.

Spiritual Intent: Namaz is centered around prayer and devotion, whereas yoga focuses on physical well-being, mindfulness, and mental clarity.

Goal: The primary aim of Namaz is to connect with God, while the goal of yoga asanas is to improve health and achieve a state of well-being through physical postures and breathing techniques.

CHILDHOOD OBESITY

Childhood obesity is a harsh reality and parents should take it seriously. They should not assume that when they grow up they will become slim. The quality of junk food is deteriorating. Preference should always be given to home



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cooked food. All soft drinks have very high levels of sugar which ultimately leads to fat gain. Once in a while eating outside is fine but if it becomes a regular habit it will lead to fat gain in children who already have low metabolism. The number of overweight children in India has doubled in recent years, with a quarter of children considered overweight or obese. Causes of obesity in children include unhealthy food choices, lack of physical activity and family eating habits.

This rise in the number of overweight

children is disturbing, because it causes health problems and can lead to social problems. Overweight children are more likely to be teased by their peers or to develop low self-esteem or body image problems. Once children are overweight, it requires a lot of effort and commitment for them to return to a healthy weight. Obesity can have a major impact on how children feel about themselves and how they interact with others. Obese adolescents are more likely to have low self-esteem, which may impact on other aspects of their lives, such as the development of friendships and competency

at school. Being obese as a child or adolescent increases the risk of a range of diseases and disorders in adulthood, regardless of whether the adult is obese or not. It's important to identify and start to reverse the condition before children

become adults. Ideally, overweight and obesity should be prevented.

Most of the health problems associated with obesity will become obvious in adulthood. Early signs of these problems are commonly found in children. As overweight and obese



sity have become more common, there have been some major changes in how we live. These changes have led to people either eating more or becoming less active, all of which has contributed to an increase in weight gain and obesity. Childhood obesity is a condition where excess body fat negatively affects a child's health or well-being. As methods to determine body fat directly are difficult, the diagnosis of obesity is often based on various tests. It is better for parents to make up their mind to have a good beginning in various aspects concerning obesity from a very young age.

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Shabd Chawla (16 yrs)
Noida Extension

Nowadays, one may not feel their lives being at their prime stage or living life to its fullest, one may feel highly depressed around their families, friends, acquaintances and the clouds taking over the bright sunlight of their lives. People are nowadays finding it hard to cope with their usual with their surroundings and the elements changing around them continuously at a pace, impossible to match. Life earlier felt golden and vibrant when we felt what the word 'life' actually meant to us. When we didn't set alarms for the next day when we didn't know the meaning of

the word 'deadlines' or when the main tension in our life was to return before 8pm after playing a long match of cricket. These things with time have evolved and have acquired a dark, lonely and never-ending gap in our lives which always seems impossible to escape through.

Today we suffer from modern-day insecurities, lack of belongingness, jealousy and a defiant attitude of humanity and society towards each other. Amidst these sufferings, we forget about our kin and companions and participate in a race that leads to a pit of burden and affliction that gradually starts to suffocate without us knowing but follows us like a shadow gripping our necks tightly till the last second. All the dark matter gradually starts collecting within ourselves, having a reluctant nature to leave out in our bodies and

we start neglecting it for minutes, hours, days, weeks, and months turning into years, decades when finally a moment comes when we let go all of it usually on a very miser thing in a life which we call a 'mental breakdown'. Upon letting go of this dark matter, we become afraid of ourselves, and our mind and life become a one-way road to disappointment, envy and frustration as if stabbing a knife and piercing it to the core of our body.

Life used to be simpler and more colourful during our grandparent's times, with much less resources, with more ordeals and principles, there existed peace and harmony among the people. It was the time when people used to think about others by keeping themselves at no.2 on their priority list. There existed no form of race among individuals and the sole

purpose was to live to the fullest and save for future generations, upon achieving these two basic goals of life, for humanity, it was equivalent to achieving the true motive of life and happiness. Back then the term 'envy' was not popular among people, with people not posting their trips, achievements, status, and luxuries on Instagram but rather sharing it with all and maintaining an equilibrium in society. With evolution and development, we felt that lives would become simpler, more expressive, and vivacious and will continue to move on the path of light and honesty. We changed, the sun changed, the animals changed, the stars changed, and everything changed but with consequences that would take centuries to heal.

Now we do not live our lives rather we contest our lives with

others signifying that we have now started living our lives from a third-person perspective which one cannot see, hear, or feel and is imaginary to us. We have become inexpressive to one another, selfish and arrogant towards society. We do not wish to share the resources and prefer to keep and continue to collect as much as we can. Modern-day stress, worries, anxieties and envy have completely clouded our thinking, thoughts, feelings and even actions.

Even one's simple achievement is not celebrated or considered to be celebrated, by introducing a new achievement of someone else and continuing this chain of achievement to a point where the charm and magic of achievement have faded and have been replaced by a sense of enmity among each other.

We fake our lives

on our social media accounts, photos or videos to make another person feel special to us, we have stopped living our lives for ourselves and have become completely immersed in the sea of validation. Validation marks the end of vibrance and gleam in our lives as the sole purpose of life is destroyed, giving rise to the ill. This becomes the reason for widespread depression, low, and misery among all leading to harm to self and society. We have to realise that this vibrance and charm keep on declining as long as we live our life according to that person. It is time to look into ourselves, snatch the vibrance, gleam, vitality and vivid feeling of ours, and place it in the centre of mind to completely remove the dark and ill matter and start walking again on the path of eternal sunshine of love and humanity.

MORINGA- A HEALTH HEALER

C.K. SUBRAMANIAM

Do you worry that your energy levels are constantly dipping, or your skin and hair could use a natural boost? If yes, then try Moringa. This herb is packed with essential vitamins, minerals, and antioxidants. Additionally, Moringa is gaining attention for its ability to support immunity, boost energy, and promote well-being. Moringa is one of the most nutrient-rich



plants known today. It naturally supports immunity, gut health, and energy, says Dr Govind, Chief Innovation Officer at Kapiva. "It's

loaded with Vitamins A, B, C, D, calcium, zinc, and iron, all of which play vital roles in maintaining long-term health. Studies from

the National Library of Medicine suggest that moringa has 17 times more calcium than milk, 10 times more vitamin A than carrots.

अश्विनी
Celebrating Womanhood

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EQUALITY
is the Path to
EMPOWERMENT