

CENTRUM RECHARGE CYCLOTHON A REFRESHING RIDE FOR HEALTH

Wheels and Barrels Cycling Club, Thane organized the Centrum Recharge Cyclothon on Sunday, 18th May and 25th May, in collaboration with Centrum Recharge. The event received an overwhelming response from cyclists. Although each ride was planned for 70–80 participants, around 100+ cyclists joined both

events.

It was a free event, and Centrum Recharge gifted all participants a t-shirt and a cotton bag as tokens of appreciation.

The first ride (18th May) was from Cadbury Junction to Airoli, and the second ride (25th May) was from Cadbury Junction to Ghatkopar. Both routes offered a smooth and

enjoyable cycling experience.

Anushka Sharma, brand ambassador of Centrum Recharge, brought additional motivation to the event, promoting the message of health and well-being.

The cyclothon successfully encouraged fitness, community spirit, and a healthy lifestyle through the joy of cycling.





Editorial

MAINE CONTRACT LIYA

All big claims about roads and other infrastructure fall like a pack of cards with the first monsoon showers. Previously one would witness waterlogging and traffic jams in the suburbs of Mumbai and other metro cities across the country, but this time there was no such discrimination as monsoon wrecked havoc in the posh localities of Mumbai that too with the first heavy downpour in the financial capital of the country.

Where are all the tall claims of no waterlogging or smooth traffic throughout the monsoon gone. It seems the Mumbai contractors (and for that matter the principle is the same across the country with the contractors) have taken the famous Salman Khan-Bhagyashree starrer Maine Pyaar Kiya line "Friendship may No Sorry No Thank you" a bit too seriously with a slight modification. For them it is "Contract may No Responsibility No Accountability"

With the monsoon arriving a week earlier this year the tax paying citizens are in for an extended period of misery. When will someone be seriously pulled up and held accountable for the deaths loss of property and unimaginable torture caused to the common people !!!!!

Foods to Avoid During Rainy Season



Obsessive Compulsive Disorders (OCD) in adults

The title speaks for itself regarding what is OCD.

Obsessions are thoughts, images or impulsive feelings that occur over and over again and the person feel that there is no control over it. The person does not want to have these ideas and they seem to be disturbing and unwanted. They want to shake it out of their mind but it is uncontrollable, uncomfortable and may have feelings like fear, disgust, doubt, guilt. Perfection is sought after and it may take a long time to get the daily necessary activities done like bath, cleaning, writing, cooking etc. This would not be OCD if it occurs occasionally and does not disrupt the daily life of a person or the people living with them.

I have always been approached by the family first who have observed and felt that the person suffering from this required help. One can see the symptom, but a diagnosis needs to be done by a professional who would listen and note down the history and also conduct an assessment to arrive at the exact diagnoses.

Compulsions are the repetitive behaviours or thoughts that a person engages in to make their obsessions go away.

What are the causes of OCD in adults

Research shows that OCD can start anytime from preschool to early adulthood and the cause has been shown that it runs in the families and genes play a role in the development of this disorder. It is also possible that the stress can activate the genes associated and cause this disorder. Serotonin also plays a role in this and can be treated with either serotonin medicines and also CBT Cognitive Behaviour Therapy.

It often goes untreated till it becomes very severe and harmful. For example, the obsession to compulsively wash hands may lead to skin wounds and that is when the treatment is finally looked at due to denial or hiding the disorder. Early diagnosis and treatment is best as take 14 to 17 years to get treated for this disorder.

It also often goes untreated due to lack of awareness or taboo of going to a psychiatrist and therapist and due to not being able to afford treatment.

The best treatment would be CBT from an



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experienced therapist who will use exposure and response prevention and also train the family how to support the person suffering. Along with the therapy, medication has to be taken on a regular basis. Unfortunately, very few continue CBT and many also stop taking medicines due to their side effects or for other reasons. One reason would be to find an experienced therapist.

Let me share with you regarding the Exposure and Response Prevention. Exposure refers to confronting the thoughts, images and objects

and situations that make the person anxious. At first glance one can understand that this is not right. This is when the response prevention begins. Once you come in contact with the things that make you anxious, you have to make a choice to not do the compulsive behaviour. The commitment is not to do the act until drop in anxiety is seen. CBT practitioners teach methods of bringing down the anxiety with simple breathing techniques, distraction technique, progressive muscular relaxations etc.

I have shared the gist of the above technique to help to find an appropriate therapist who would be trained in the above and has practiced with results.

I am not qualified to write about the medicines, however am aware that treatment is very effective with medicine and therapy together.

All the psychiatrist and also the general hospitals around you have facilities to treat this disorder and one must be proactive to approach them along with the help of family members or caretakers.

The community also needs to organise awareness camps for all age groups and ensure that relevant doctors and psychologists participate and share the information and the facilities available for all strata of society.

The family can help by learning to recognize the symptoms and also learn the family accommodation behaviour, help them find the right treatment which would also include therapy and support groups.

Lastly, I would like to add that it is a nightmare for the person suffering as they feel so out of control and are often rebuked by the family members.

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“Flowing Rhythm Through the Figure of 8”

Today we explore the movement of the figure 8—symbol of balance, connection, and continuity. Let’s feel its rhythm within and around us.

The figure of 8 is a powerful and symbolic movement pattern used in Qigong, Tai Chi, and other somatic practices and alternative therapies, DMT being one such modality. It holds significant importance in Dance Movement Therapy (DMT) particularly for seniors or those seeking mindful, integrative movement.

Infinity (∞) The infinity symbol is literally a horizontal figure 8, symbolizing eternity, limitlessness, and continuity. It promotes a sense of ongoing movement, life cycle, and wholeness.

Let’s explore how these can be effectively integrated into a DMT session:

Importance of the Figure of 8

- **Symbolism:** The figure of 8 represents infinity, balance, flow, and continuity. It embodies the connection between opposites—left/right, upper/lower, inner/outer.
- **Neurological Engagement:** Crossing the midline while tracing a figure of 8

stimulates both hemispheres of the brain, enhancing cognitive coordination and neuroplasticity.

- **Energetic Flow:** In Qigong, the figure of 8 is associated with harmonizing yin and yang energies, encouraging qi (life force) to circulate smoothly.
- **Postural Balance:** Practicing figure of 8 movements helps center the body, promoting alignment and



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

Drawing figure of 8s with the hips or legs gently stimulates the sacrum and pelvis—essential for grounded

Movement Therapy and how it is woven into various activities for bringing healing through Movement.

Movements with arms tracing horizontal figure of 8 and transitioning to vertical loops are good to start with. Eyes can be used in many ways, firstly the eye maths as I call it, tracing up down, right left and across (minus, plus and multiplication) and then do eye tracking with fingers and hands—a combination of hands

can be playful and stimulates body-brain coordination. Pelvic strengthening movements can also be incorporated.

Creative Exploration like Pair work and encouraging improvisation will also help to a great extent coupled with add on use of music for rhythm. Emotion of empathy and connection is established.

Most importantly the space is safe and non judgemental, which encourages the participants to come out in open and thus volunteering for healing.

Benefits for Seniors or Therapeutic Groups

- Enhances mobility and postural control.
- Supports cognitive clarity and mid-line crossing.
- Cultivates body-mind awareness and emotional regulation.
- Offers a playful, symbolic structure to explore both individual and group movement.

Thus a simple 8 and how it helps in healing trauma in many setup, in the true sense of infinity.

NOTE: In this write up we are simply discussing the use of power of 8 with specific reference to Dance Movement Therapy – a Healing Art.



body awareness. Balance and gait are main issues for seniors.

Walk of 8 / Drawing 8 with Legs

- **Gait Re-patterning:** Walking in a figure of 8 path encourages spatial awareness and conscious foot placement, aiding balance and mobility.
- **Pelvic Activation:**

movement and core strength.

- **Directional Awareness:** Drawing an 8 with each leg in opposite directions fosters coordination, bilateral integration, and dynamic balance.

In view of the above understanding let us come to the integration of power of 8 in Dance

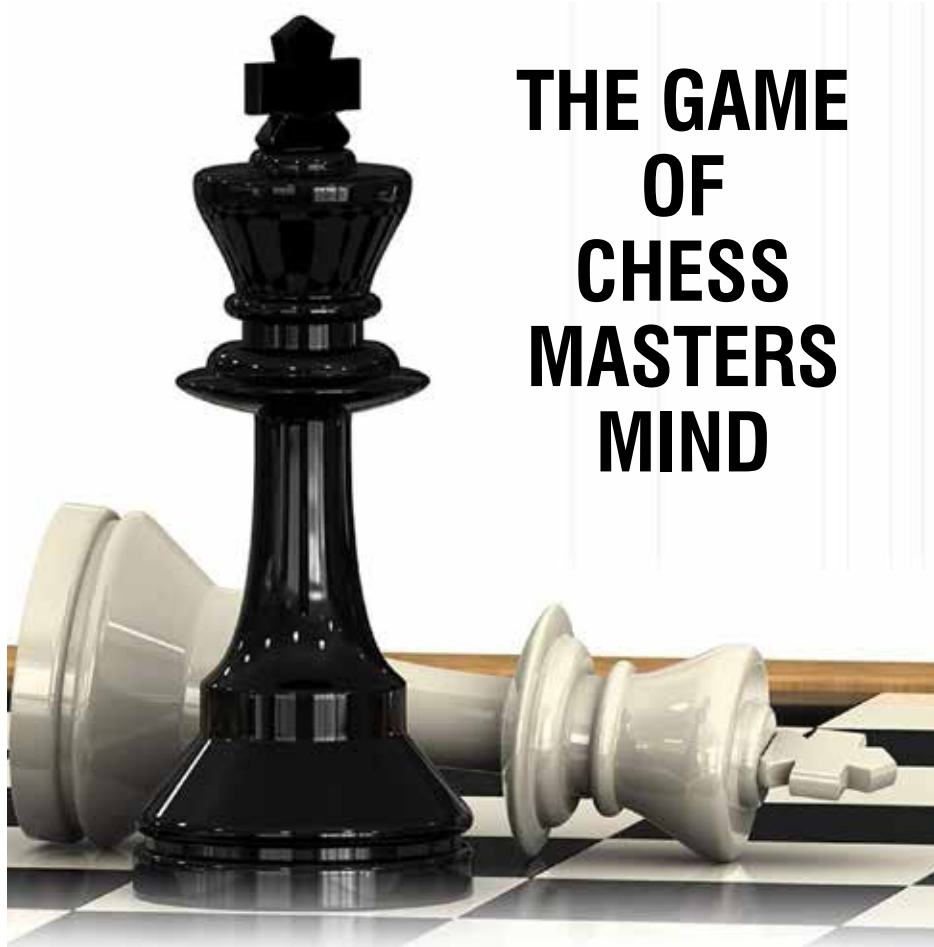
and gaze which will strengthens visual-motor coordination.

Core Activities like use of gymnastic ribbons, walk with use of props and various walks, Leg 8s in Opposite Directions: Seated or standing, ask participants to draw a small 8 with each foot—one clockwise, the other counter clockwise. This



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.



THE GAME OF CHESS MASTERS MIND

Playing chess offers several cognitive, emotional, and social benefits for men in their 50s, supported by research and cognitive science principles in this regard. Chess requires recalling openings, strategies, and patterns, which strengthens working memory and attention span. Moreover, it helps the mind an Improved Executive Function. Planning moves, problem-solving, and adapting to opponents strategies boost skills like decision-making, logic, and mental flexibility. Regular mental stimulation through chess encourages the brain to form new neural connections, counteracting age-related decline in synaptic plasticity.

Studies suggest that engaging in mentally challenging activities like chess may delay or reduce the risk of dementia and Alzheimer's. The study linked board games to a lower risk of cognitive impairment in older adults. It helps stress reduction focused gameplay can act as mindfulness practice, lowering cortisol levels. Achieving mastery or winning games releases dopamine, improving motivation and emotional re-



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silience. Social chess clubs or online play foster connections, reducing isolation common in midlife. While not physically intensive, moving pieces supports fine motor skills and hand-eye coordination, which can decline with age.

MRI studies show that strategic games correlate with preserved gray matter in brain regions tied to memory and executive function. Most studies on chess focus on general cognitive benefits, not gender-specific effects. However, men in their 50s—a demographic at higher risk for stress-related cognitive decline—may particularly benefit from its stress-relieving and social aspects.

Chess should complement physical exercise, a balanced diet, and other brain-stimulating activities for optimal cognitive longevity.

Chess is a powerful tool for maintaining mental acuity and emotional well-being in midlife, but it's most effective as part of a broader healthy lifestyle. Encourage pairing it with aerobic exercise and social engagement for maximum impact.

BUILDING A LIFE AROUND MANGOES

Kalimullah Khan was never meant to become a scientist. He failed Class 7, dropped out of school, and spent his days wandering his family's mango orchard in Malihabad, Uttar Pradesh. But what he lacked in formal education, he made up for in instinct — and an idea no one else dared to imagine: what if a single tree could grow hundreds of different mangoes?

Today, the 84-year-old is a Padma Shri awardee, known across the country as the 'Mango Man of India'. His name is in the Limca Book of Records, and his orchard has become a living laboratory — home to a tree that bears more than 350 distinct varieties of mangoes.

But Kalimullah doesn't speak of success. He speaks of soil, failure, grafting, and love — the kind of quiet work that has kept him rooted to the same land for

over six decades.

"I may not have the energy to speak much today, as age has taken its toll, but I will share what I can. There's so much to say about my tree. It has been nurtured with immense love, and it holds a lifetime of memories," Kalimullah tells The Better India. "People should visit my orchard to see the tree and understand the variety of mangoes, each with its distinct qualities," he proudly shared.

Khan's innovative approach to grafting has earned him national and international recognition. This ancient technique, which involves joining a branch from one tree to the rootstock of another, has been used in agriculture for centuries. Through his research and years of hard work, he has created a mango tree that bears a staggering 350 varieties of mangoes.



CONNECTION OF WRITER'S BLOCK WITH LIFE !

You know when I sat down for writing an article having high hopes about writing with same perseverance that I wrote my previous article. But then I sat with my keyboard and phone but wasn't able to get a single topic or maybe even an idea to write about an article. lastly I sat down and told myself to write an article on writer's block. Writer's block is a basically a time period when writers don't get an idea for writing even an article, story, quotes anything. You know it gets quite frustrating when you don't get any ideas. You sit with imagining yourself the best masterpiece ever written in your life and imagine yourself in euphoria but still not able to write anything. I generally prefer background music during some of my works not all like this one. Your full focus then gets shifted on what can you write. You go on social media for searching the trendy topics but still can't grasp your idea of writing. Search some of the news but still



Shabd Chawla (16 yrs)
Noida Extension

don't get anything to write then I tried why not explain this only ! Initially when I first started writing short poems and articles. I used to get many ideas but slowly writers tend to develop this habit that what is relevant talking or writing about and what is not. I also have developed this habit thus have trouble finding topics. You know at some time, it results even better because you too force your mind to think of a topic and exercise your mind which also helps in academics and even in your daily life and sometimes when you don't get an idea after trying and sitting thinking for a topic for a long time. You automatically get an indication that this isn't the perfect

time to write something or perfect place or maybe your masterpiece is waiting in near future and to unlock that patience is required. This is the reason why writers are always on the go, they always love to travel to places even to sit in the balcony because our mind gets stuck working or doing something at a constant place and requires a change of place or change of time. thus when we as writers move because of the lovely body co-ordination given to us by god does a wonderful job here. When we see or visualise our things, with the help of our minds we turn into an account of writing it down and express our own viewpoints by giving its boon, bane and even some

of our suggestions because if you are just trapped in a 4 walled room, how much can you write in that room, you would feel suffocated mentally and would give up eventually. Thus our mind demands for a change in life and inturn gives us the outcome we want and that outcome

which was also expressed by us and gives us double satisfaction. For a change in life, one should never hesitate, you would only see the gleaming result in yourself or else why was their variety of vegetables. humans, weather, animal species if survival was possible with one kind only? I prefer writing because some things can be expressed only through words and talking becomes difficult for people and eventually prefer writing. In the end, I just want to say that whatever you do in your life, you should be 2 times ready to face its consequences and an efficient planning has to be done to reduce its impact on life and you could easily stabilize your life!

MORINGA MAKER

Kamini Singh, a former scientist, traded her lab coat for the fields of Uttar Pradesh, empowering over 1,000 farmers with organic moringa farming. What began with a Rs 9 lakh loan transformed into a thriving business worth

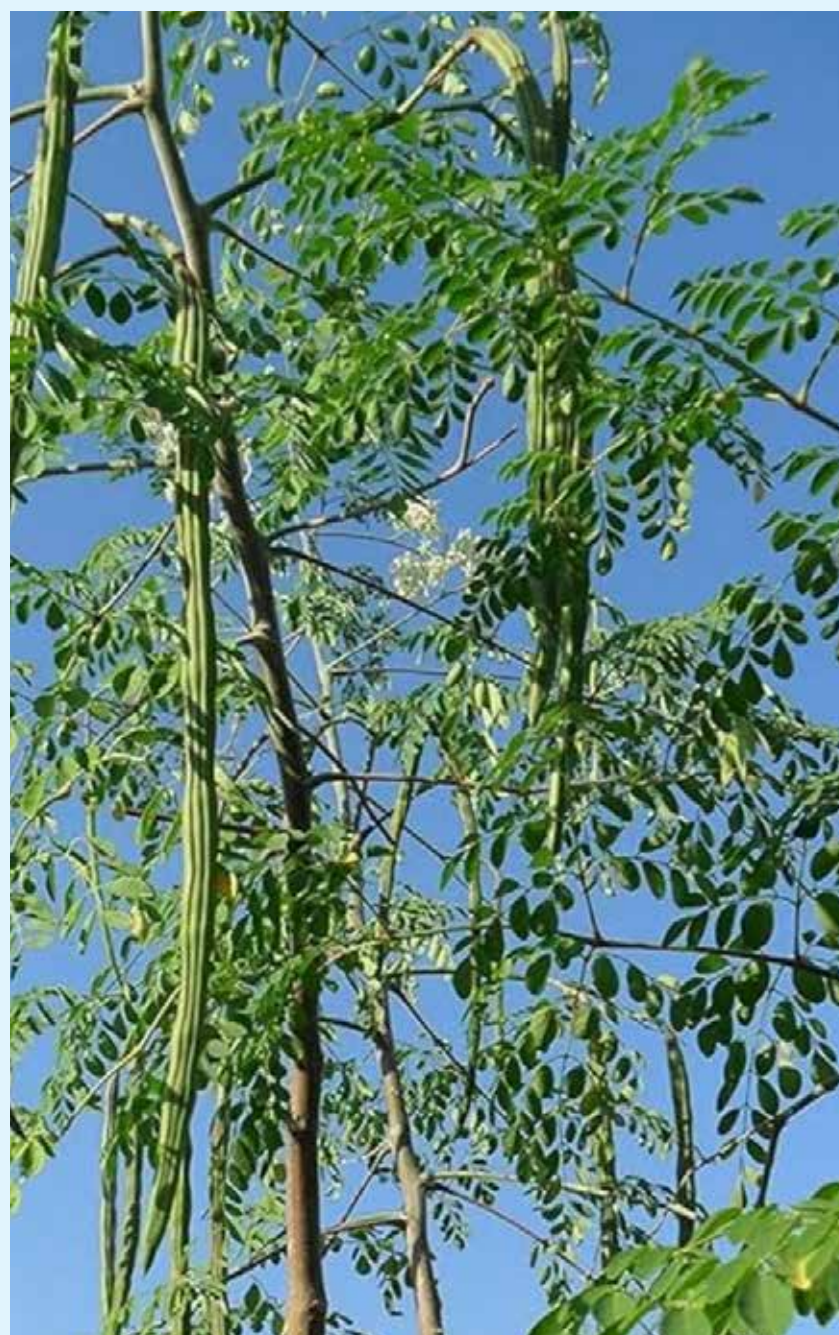


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Rs 1.75 crores, demonstrating how science and sustainability can uplift lives. Kamini Singh's journey is one that began in the halls of some of India's top research institutions — the Central Institute for Subtropical Horticulture (CISH) and the CSIR-Central Institute of Medicinal and Aromatic Plants (CIMAP). Promotion of Moringa cultivation and developed value added by products like Moringa powder, oil, handmade soap, Mo-

ringa tea, Moringa tablets etc. CIMAP is steering multi-disciplinary high quality research in biological and chemical sciences and extending technologies and services to the farmers and entrepreneurs of medicinal and aromatic plants

(MAPs) with its research headquarter at Lucknow and Research Centres at Bangalore, Hyderabad, Pantnagar and Purara. CIMAP Research Centres are aptly situated in different agro-climatic zones of the country to facilitate multi-location field trials and research. A little more than 50 years since its inception, today, CIMAP has extended its wings overseas with scientific collaboration agreements in Malaysia.



A DIGITAL EYE ADJUSTMENT

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In today's digital age, screens are an essential part of daily life due to constant usage of smartphones, tablets, laptops and monitors. A prolonged screen use can strain your eyes if proper precautions are not taken. One of the simplest yet most effective ways to protect your vision is by adjusting your screen brightness to optimal levels.

Optimal screen brightness is essential for maintaining eye health and reducing strain, especially if you spend long hours in front of digital devices. Whether you are working, reading, or relaxing, adjusting brightness to suit your environment is a key step in maintaining healthy eyes. The golden rule is to match your screen brightness with the lighting in your environment. In a bright room or outdoors,

increase screen brightness to reduce glare and improve visibility. In low-light or dark settings, reduce brightness to avoid overwhelming your eyes.

Most modern devices come with automatic brightness adjustment, which uses sensors to adapt to surrounding light. Keeping this feature enabled

linked to eye strain and disrupts sleep. Warmer tones are easier on the eyes in the evening. High contrast improves readability, increases text size if you are squinting, Adjust Text Size and Contrast, Larger, clearer text and high contrast between text and the background ease reading and reduce squinting.



helps maintain comfortable brightness levels throughout the day and Save battery life on mobile devices. Use Night Mode or Blue Light Filters, which enable "Night Shift" (iOS), "Night Light" in both Windows/Android. Reduces blue light exposure which is

Every 20 minutes, look at something 20 feet away for at least 20 seconds. This relaxes your eye muscles and helps prevent digital eye strain. There lies the real secrets of your eyes when you are exposed to the Desktop/ Laptop screens for a longer duration.

MOONG DAL IDLI

A no rice, diabetic friendly recipe.

1 cup full moong dal

Wash and Soak the dal for about 2 hours. If urgent soak for about half an hour in hot water.

Drain the excess water. Grind to a fine paste. Use a little water at a time for grinding as soaked dal already holds sufficient water.

For tempering

Heat a tablespoon of oil.

Allow to splutter mustard seeds, jeera(optional)

half tsp asafoetida

Add finely chopped green chillies as per taste

A small piece of grated ginger

Chopped curry leaves, finely chopped coriander leaves

Salt to taste. Add everything to the batter. Mix well.

Grease your idli plates well.

Keep the cooker with enough water boiling ready on the stove

Just before steaming add 1 tsp eno and a little water to the batter. Mix well and quickly pour the batter into the moulds (just half as they swell due to eno added)

Cook for about 10 minutes. Check for doneness by inserting a knife/ toothpick should come out clean. If not, keep for 1 or 2 minutes more.

Allow it to cool. Demould as usual and serve hot with any variety of chutney / sambar.

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CREATIVE SPACE



Ayansh Rathour (9 yrs)
Class 4, Euro School, Balkum, Thane



Nikhil Subramaniam
(11 Yrs)
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PICK UP PHILATELY AS A HOBBY

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Stamp collecting, also known as philately, is a popular and rewarding hobby that offers a range of benefits. Here are some reasons why stamp collecting can be a good hobby.

Historical significance: Stamps often feature historical figures, events, and cultural icons, providing a glimpse into the past.

Cultural exchange: Stamp collecting can foster an appreciation for different cultures and countries.

Educational value: Stamp collecting can teach you about geography, history, and politics.

Relaxation and stress relief: The hobby can be calming and meditative, providing a break from daily life.

Community: Stamp collectors often join clubs and societies, providing opportunities to connect with like-minded people.

Thematic collecting: Focus on specific themes, such as birds, animals, sports, or space exploration.

Country-specific collecting: Collect stamps from a particular country or region.

Topical collecting:

Collect stamps featuring specific topics, such as famous people or historical events.

Start with a theme: Choose a theme or topic that interests you.

Gather materials: Invest in a stamp album, magnifying glass, and tweezers.

Join a community: Look for online forums or local stamp clubs to connect with other collectors.

Learn and enjoy: Continuously learn about stamps and enjoy the process of collecting.

Overall, stamp collecting can be a fun and rewarding hobby that offers a range of benefits and opportunities for learning and connection.



ST. LAWRENCE HIGH SCHOOL, VASHI
20 Students Secured more than 90%



Ms. Chavan Shreeya
Santosh
Marks: 480
Percentage: 96



Mst. Siddiqi Mohd.
Sahil Aejaz
Marks: 475
Percentage: 95



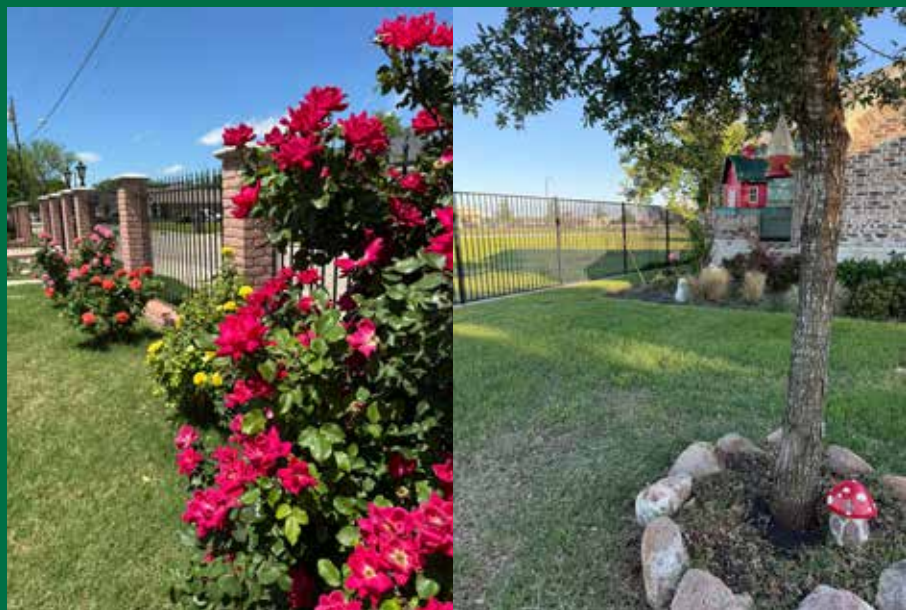
Mst. Bhalerao Tanish
Laxman
Marks: 472
Percentage: 94.4

5 Benefits of Eating Plums

- Aids in weight loss
- Eases constipation
- Boosts immunity
- Reduces Cancer Risk
- Replenishes fluid lost



CLEAN AND GREEN ENVIRONMENT



An IT professional who loves gardening has sent these beautiful pictures of her well maintained garden. She is a regular reader of DATE WITH HEALTH.

Kudos to her for contributing her bit to keep the environment clean and healthy !!!!

RASHIDA ZAIDI, McKinney TX, USA



This year World Tai Chi and Qigong day was celebrated on 26th April. This event was organized by Sifu Carlton Hill who is a Qigong Taijiquan Therapist and founder of Pranava. The highlight of this year was a series of Tai Chi and Qigong exercise demonstrations by senior citizens. This International event is celebrated in over seventy countries on the last day of April.



EQUALITY
is the Path to
EMPOWERMENT