

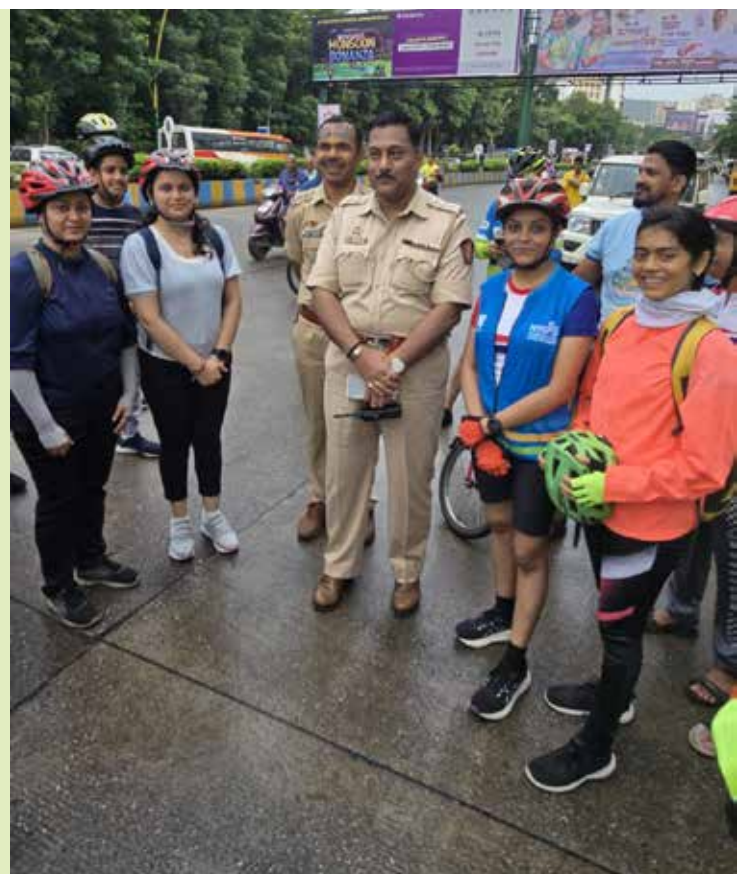
CYCLE RIDE WITH THANE POLICE – A POWERFUL START!



Wheels & Barrels Cycling Club proudly flagged off its first-ever joint ride with Thane Police, focusing on Road & Cyber Safety Awareness. Huge thanks to Shri Ashutosh Dumbre, Commissioner of Police – Thane, for supporting and encouraging this initiative.

Despite the rains, the energy was high and the purpose clear — to promote safety, awareness, and fitness. This is just the beginning! We aim to organize such rides monthly, strengthening the bond between citizens and law enforcement through the power of cycling.

Together, let's ride for a safer, smarter community!!!





Editorial

GOOD IS NOT ALWAYS FINE

Weather experts predict seasons especially before monsoon. Our faces lighten up if the prediction indicates 100 percent or above normal rains. It indicates that there won't be drinking water shortage as lakes and reservoirs would be adequately full to provide for rest of eight months. It also gladdens our hearts in anticipation of good harvest and bumper vegetation.

But is "good" always fine, probably not, because a good monsoon according to MET department usually means normal or above normal rains but it doesn't indicate whether it will be scattered throughout the country.

Theoretically we are receiving normal rains but practically some areas receive normally high showers whereas some below normal.

So good monsoon doesn't necessarily mean stable and equally scattered rains. Some parts especially the western and northern parts of the country are witnessing heavy to very heavy rains resulting in flooding and loss of lives and property. Water harvesting which time and again has been discussed seems to be the need of the hour. Hope instead of just discussing it year after year we take the next step of implementing it to bring some stability in the overall region.

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Monthly Newspaper

DATE WITH HEALTH

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SLEEP DISORDERS

"A good laugh and a long restful sleep are the best cures in the doctor's book."

Sleep is one of the most important need of mind and body as it not just re-charges us but also every cell in our body and helps us to function effectively in all areas of our lives. I understand the importance of it as personally I have faced a lot of sleep issues probably due to genetic pre-disposition as my mother had sleep issues all her life. It is not just in adult life that disturbed sleep can be harmful, but throughout the life span and it can cause many mental issues as well.

Therefore, I begin with the symptoms of sleep disorder so it becomes easy for anyone to identify whether it can be labelled as a disorder. There are different types of disorders such as insomnia, sleep apnea, restless legs syndrome etc.

The first symptom is difficulty in falling asleep even after an active day and this would be occurring every night. One may feel very sleepy and also would be yawning, but while in bed, it would take a long time and it would be quite frustrating.

The other could be sleeping because of tiredness, but waking up in a short while and finding it difficult to go back to sleep.

The third type of sleep disorder is when one has slept through the night, however still feels drowsy during the day.

Restless leg Syndrome is when one feels the need to keep moving the legs and thus not being able to sleep. I found relief by taking magnesium and calcium supplements at night.

The above symptoms would lead to mood changes, irritability, difficulty in concentration, memory issues etc.



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Initially there are many home remedies like drinking warm milk with nutmeg, honey and turmeric, Chamomile or valerian root tea is also effective. Drinking tart cherry juice, eating almonds and walnuts in small quantities.

Switching off the screen at least two hours before sleep time. Eating two hours or more before sleep time. Listening to relaxing or white noise which is consistent sound of a fan, cooler, rainfall or ocean waves, taking a warm bath before sleeping, keeping the bed and the environment cosy and comfortable, reading for 10 minutes something pleasant and relaxing, meditation or positive affirmations, prayers, chanting etc.

When the symptoms persist and cause disturbance in the day to day living and carrying out regular activities, then I recommend do not wait for it to get severe and consult a doctor or a sleep specialist.

I personally have tried all the above and consistently follow the screen time and dinner routine, however yet I was having issues and then I tried melatonin which was recommended for a short duration. Along with the above I was also recommended other plant-based supplements which would eventually help with cognitive functioning and also wean off the use of

melatonin.

It is also very necessary to understand the causes of sleep disorders as that helps in formulating the right plan for correction of that disorder. Causes would include stress and anxiety, depression, effect of a trauma which would cause thinking about it often and disturbing especially during sleep time. It is the tendency of people with sleep disorders to experience the mind working overtime during sleep hours and all the things which were forgotten during the day tend to surface at night.

Physiological issues like hormonal imbalances, breathing disorders or some chronic pains like migraines or arthritis could also lead to sleep disorders.

Irregular sleep cycles, surroundings with a lot of noise or uncomfortable temperatures could also be the cause.

Therefore, identify the causes and get it treated as if one keeps suffering then it can lead to weakened immune system, mood disorders, obesity, heart diseases and other risks such as being accident prone due to low focus or concentrations.

Treating this in adulthood can lead to protecting the brain from cognitive decline and other neurological issues of old age.

Along with the treatment, ensure you get at least 30 to 60 minutes of natural light every day.

You sleep at same time and wake up at the same time, manage stress and its triggers, avoid napping in the afternoon, eat early and reduce the intake of caffeine and avoid too much fluid near bedtime if you need to use the washroom frequently.

I wish you all a very good restful and deep sleep every night.

CELEBRATING SELF-CARE – A GIFT TO OURSELVES

It is important to pause and recognize something that often gets left behind in the hustle of daily life — ourselves.

July is celebrated globally as Self-Care Month, and the 24th of July is marked as International Self-Care Day. It's no coincidence that the date 24/7 — July 24 — symbolizes the concept that self-care should be practiced 24 hours a day, 7 days a week. What a beautiful reminder that self-care isn't an occasional indulgence, but a consistent commitment to our own well-being.

When was the last time you really paused, took a deep breath, and asked yourself, "How am I doing? What do I need today?"

Self-care isn't just about spa days or relaxing holidays — although those are lovely! It's about nurturing our physical health, protecting our mental space, listening to our emotions, and giving ourselves the permission to say "no" when needed and "yes" to things that matter.

At its core, self-care is self-respect. It is not selfish — in fact, it is the opposite. When we take care of ourselves, we are able to show up better for our families, our friends, and our communities. A well-rested, peaceful, and fulfilled person is a gift to the world.

Especially for seniors, self-care becomes even more essential. As we age, the body needs more care, the mind seeks more calm, and the heart craves more connection. Self-care can look like a morning walk, listening to music that uplifts us, dancing, practicing breathing exercises, journaling, or simply spending time with those who make us feel

valued and heard.

Also, let's not forget the power of routine health checkups, eating well, hydration, and adequate sleep. These are not luxuries — they are foundations of a good life.

Self-care also means tending to our emotional and spiritual health — whether it's through prayer, meditation, meaningful conversations, or engaging in activities that bring us joy. For some, it may be gardening; for others, storytelling or singing or Travelling. Whatever it is — do more of it, guilt-free.

Let us reflect — what does self-care mean to each of us?



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

tal health challenges

- Enhances overall quality of life

Let us honour ourselves with the same kindness, patience, and love that we so often give others.

Let us look at Essential Self-Care Practices for Mental Health

Physical Self-Care
Physical self-care forms the foundation of mental wellness. Regular exercise, adequate sleep, and proper nutrition directly impact brain chemistry and emotional regulation. The American Psychological Association notes that physical activity can be as effective as medication for treating mild to moderate de-

tal role in mental health. Social self-care involves nurturing relationships that provide support, understanding, and joy while setting boundaries with those that drain your energy. Participating in community activities or volunteer work, learning to say No when it is overwhelming. Most importantly be open to therapy sessions and seeking professional help without feeling any kind of stigma.

Spiritual Self-Care

Spiritual self-care doesn't necessarily involve religion—it's about connecting with something greater than yourself and finding meaning and purpose in life. This might include meditation, spending time in nature, or engaging in practices that align with your values.

While self-care is powerful, it's not always sufficient for managing mental health challenges. Professional support can provide additional tools and strategies for effective self-care.

Effective self-care doesn't require expensive treatments or products.

Many of the most beneficial self-care practices are free or low-cost:

Let not just July 24 — but every day — be a beautiful reminder that we matter. That our health, happiness, and peace of mind are worth every ounce of effort. Let's care for ourselves, so that we may continue to live fully, age gracefully, and shine brightly.

May we always be gentle with ourselves

Sources: Harvard Medical School. (2023). The science of self-care. No copyright infringement intended as no commercial involved.



What one small habit can you start today that will make your tomorrow a little better?

As we celebrated July month and this special day, let us remember that self-care is not a trend or a buzzword — it is an essential life practice. And it's never too late to start.

Benefits of Regular Self-Care

- Reduces stress and anxiety levels
- Improves emotional regulation
- Increases energy and motivation
- Builds resilience against men-

pression.

Mental and Emotional Self-Care

Mental self-care involves activities that stimulate and challenge your mind while providing emotional support. This includes practices that help process emotions, reduce stress, and maintain cognitive function. Some of the examples are Journaling to process thoughts & emotions, practice of mindfulness & meditation, any form of Art, setting boundaries and practicing gratitude.

Social Self-Care

Human connections play a vi-



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.

RYAN CHRISTIAN SCHOOL - VASHI

TREE PLANTATION DRIVE & CLEANLINESS DRIVE



Event held - On 12th July 2025

Venue – CISF Colony, Sector 11,
Behind Swami Narayan Mandir, Vashi.

In a commendable effort to promote environmental consciousness and civic responsibility, the Council Members of Ryan Christian School, Vashi, in collaboration with noted social worker Mrs. Darshana Bhoir, organized a Tree Plantation and Cleanliness Drive at CISF Colony, sector 11, Behind Swami Narayan Mandir, Vashi.

The initiative saw enthusiastic participation from students, who planted saplings and active-

ly engaged in cleaning the surrounding areas. This drive aimed to instil values of ecological preservation and community service among young minds.

Speaking on the occasion, Mrs. Bhoir appreciated the initiative and encouraged the students to continue being ambassadors of change. The event reflected the school's strong commitment towards sustainable development and nurturing environmentally responsible citizens.

"We are proud of our young leaders for taking this step towards a cleaner, greener future," said the school spokesperson.



Environmental Conservation – Sudhir Thorwe's successful Mission

C.K. SUBRAMANIAM

It is universally acknowledged that environmental conservation is the need of the hour. In the pursuit of modernization, humanity has often ignored the environment. As a consequence, nature continues to remind us of our negligence through changing weather patterns, sudden storms, and floods. Although significant efforts are



being made at various levels globally to conserve the environment, these efforts still remain insufficient in addressing the growing

challenges. As part of environmental conservation, environmentalist Sudhir Thorwe from Navi Mumbai, along with his family, friends, and colleagues, has been actively working in this field for several years. A major part of their efforts includes tree plantation. To take this mission further with

more energy and organization, they have established the Vibha Foundation. Wanjale, Karjat was preferred for this Go Green initiative. Around 75 people from the age group of 10 to 65 participated enthusiastically, planting nearly 250 saplings in a family-like environment. Over the past four years, their dedicated efforts have transformed a barren hill into a green haven.

CLEAN AND GREEN ENVIRONMENT

DATE WITH HEALTH reader SULTANATE PATEL from Pune sent us these beautiful pictures of her garden.



Cleanest Cities In India



Satellite city in Swachh Super League

Indore, which has been the cleanest city in this category for the past seven years, has been elevated to the Super Swachh League (SSL) cities along with Surat (last year's joint topper), Navi Mumbai (last year's second), and Vijayawada, another consistent top performer in the million-population category. Ahmedabad secured 12,079 points out of a total of 12,500; runners-up Bhopal and Lucknow received 12,067 and 12,001 points. In contrast, the Municipal Corporation of Delhi (MCD), secured 7,920 points out of 12,500 (and the 31st rank), while Mumbai managed the 33rd rank with a score of 7,419 points. Both Bengaluru and Chennai, which ranked 36th and 38th, were awarded 6,842 points and 6,822 points, respectively. Hyderabad (11,805 points), Pimpri Chinchwad (11,782 points), and Pune



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

(11,653 points) performed better, securing the sixth, seventh, and eighth positions, respectively. While Bengaluru lagged behind in rankings, other major cities soared ahead, with Indore, Surat, and Navi Mumbai entering the exclusive

'Super Swachh League', a recognition for those demonstrating exceptional commitment to cleanliness. President Draupadi Murmu will present the Swachh Sarveksha 2024-25 Awards at Vigyan Bhawan. Indore retained its title as India's cleanest city for the eighth consecutive year. The Swachh Sarveksha 2024-25, India's largest cleanliness survey, introduced the Super Swachh League to ensure fair comparisons across city sizes. The survey's 9th edition celebrated cities of all sizes, emphasizing fairness, innovation, and citizen participation in India's cleanliness mission.

Doctor saves man's life with quick CPR at Delhi Airport- Cardiopulmonary Resuscitation

CPR – or Cardiopulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest. No one dies of cardiac arrest if attended in a timely manner. A video of the incident was shared on social media platform X and quickly went viral, garnering millions of views and countless praises from netizens. The doctor's actions were hailed as a testament to the importance of quick response and lifesaving

skills in emergency situations. According to reports, the man collapsed on the floor, prompting the doctor to spring into action and begin administering CPR. With passersby watching in amazement, the doctor asked others to call for emergency services at the airport. Her efforts paid off, as the man began to show signs of revival. The timely medical assistance in a dear life. This was how Ewan Chatfield, who almost felt dead, was resuscitated after being hit by a cricket ball in New Zealand a long time ago.

Rotary Club of Satellite City Navi Mumbai's "Drop of Hope" Drives Collect 80 Units of Life-Saving Blood

Demonstrating the spirit of service and solidarity, the Rotary Club of Satellite City Navi Mumbai (RCSCNM) successfully conducted three blood donation drives under the banner of "Drop of Hope", collecting a total of 80 units of blood to support patients in need across the region.

Led by President Vidyakant Jha and Secretary Hussain Harnesswalla, the initiative saw enthusiastic participation from Rotaractors, family members, and community stakeholders. Blood donation drives were held at:

- Fire Station, CBD Belapur – 25 units
- Inorbit Mall, Vashi – 27 units
- Gami Industrial Park, Pawane – 28 units

These drives were organized in association with Rotaract Club of DYPSBB Satellite City and NMMC Fire Services, Bhore Transport Services, and the Management Team at Inorbit Mall, Vashi.

smooth coordination and outreach. Their commitment was complemented by support from Fire Officer Sh. Ramchandra Choudary and his team, Directors Sh. Vasant and Sh. Santosh of Bhore Transport

team is proud to have contributed to this vital mission."

Fire Officer Choudary extended his appreciation for the initiative and welcomed future collaborations with Rotary.

said, "This achievement reflects the power of collective service. Every donor, volunteer, and partner played a crucial role in making this drive a success. We are deeply thankful."



The heart of the initiative lay in the dedicated efforts of Rotaractors from DY Patil Institute of Biotechnology, led by President Meghana Dantuluri, whose team ensured

Services, and the logistics staff of Inorbit Mall.

"Being part of a cause that directly saves lives is both humbling and empowering," said President Meghana. "Our Rotaract

Directors Vasant and Santosh also committed their continued support toward Rotary's service programs.

Expressing gratitude, President Vidyakant Jha

The RCSCNM's team TiTEN reaffirms its commitment to humanitarian service, championing compassion, collaboration, and community care as pillars of its outreach efforts

CREATIVE SPACE



Nikhil Subramaniam (11 Yrs)
Reliance Foundation School, Koparkhairne



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

Is being human that hard?

Have you ever been so honest about your feelings to your family, that you just go up to them and say- 'I think I want therapy'? if yes, then that's great for you. But for some of us, we aren't that lucky; we have to hide our feelings here and there to stay sane, or our families make it harder to go about our day. I'm speaking from experience; it's like my parents never lived my age. I understand times are different and that changes things a lot. But have we grown so insensitive over the years that it's so hard to make sense of a person struggling in life?

My parents kind of brush off my problems, saying I'm too young to take stress. I think we need to set a basic reality for them that stress isn't taken, it just comes with age. Who'll tell them that every age has its cons along with its pros? Who says people only struggle when they are 50, or that the happiest times in life are when we are teens or kids? Who are we to decide if childhood is better or adulthood, only if ours was good for us? It's common for us to state these as 'reality' when reality is that for some, childhood is the saddest part in life, and for some, adulthood is more refreshing.

It doesn't depend on age; it's common sense. But I guess nowadays, 15-year-olds like me have to make a little picture for you adults to even understand what I'm saying without calling me 'extra' or 'dramatic'. Well, let's picture a little scenario for both- imagine being born in a household where your parents are constantly fighting or being violent. And now I want you to imagine being 30 with your own family living independently with people who respect you and cherish you. Can you take a moment and tell yourself which scenario you prefer? I don't know about everyone, but I'd rather have a loving family of my own than live under a chaotic roof. Will you still defend your case of 'being a kid is fun'?

It's not the age now, is it? I don't think problems look for age when they enter your life. And I think the cherry on top is when we finally begin addressing our problems in life, someone is ready to tell us, 'Some-



FILZAH SYED
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Uttar Pradesh

one has it worse than you' or 'at least you are better than some other people'. Why are we comparing problems and pain like it's all a competition? It's really not, and when someone downplays an issue, it just makes the person suffering feel like their problems either don't matter or they just aren't important enough. It makes us feel like we're selfish and dramatic. Imagine opening up about your biggest traumas or problems, trusting that person to listen and understand, only to be met with a dismissive response: "So what? People go through way worse." How do you feel in that moment? Do you trust them again, or anyone else, for that matter? I know I wouldn't.

With the people we have become, I wonder- if it's that hard to be human? To know it's okay to feel sadness, anger, anxiety, and overwhelmed sometimes. What's important is to be heard. We can not completely save ourselves from any of these problems or any tough situations because it's part of life, but it's a humble request to the people around. Please check up on your loved ones, not just for daily gossip or other unimportant talks, but to ask every once in a while, how they're doing. Isn't kindness and humanity what makes us different from other living beings? If we lose humanity and empathy, then honestly, we are no better than animals who only feed and care for themselves.

And please remember, don't compare pain. If a person confides in you with their problems, get them help. Therapy doesn't mean a person has gone insane; it means a hurt person getting the help they need. It's like cold water over a burn. Ask your loved ones today before the damage is already done, don't waste time getting the help we all deserve.

We are humans after all, being 10 or 50 doesn't change the fact that problems arise in each of our lives, and sometimes we are just not strong enough to compete with life's challenges, and that's completely fine. This is not just for kids or teens, but it's also for all adults and even old people. This is life, and we have to be human enough to help when in need. Otherwise, what are we for?

Book Pre-launch

"What mental health needs is more sunlight, more candour and more unshamed conversation."

– Glenn Close

Born and brought up in India, I, **RIDA KAZI**, currently reside in Dubai. I am a sixteen-year-old girl who has a passion for literature. I was in a rut for about two years and getting out of it was a challenge. And that's why, I have set out on a journey to reclaim myself. Because of this journey, I have realised how important it is to spread awareness about mental health issues.

I believe mental health is an integral part of overall wellbeing. We cannot be reminded of it enough. Especially for young adults, as this young age can be the making or breaking point of their future. Today's world is fast paced and it is very easy to lose yourself to the noise of the world. With societal, parental, academic, peer and social media pressure, it is essential to preserve a sense of authenticity in ourselves.

Which is

why, I am writing a book, "The Journey From 'Who am I?' to 'Who I am'." In this book, I share about my experience of suffering with anxiety and recovering from it. The book's main objective is directly addressing mental health issues like anxiety and depression. It contains actionable steps, mindset shifts and self-love activities which helps with common problems like procrastination and lack of discipline.

The speciality of this book is that it will not just sit on your shelf. It is a concise, easy-to-understand book designed especially for teenagers who are new to reading. The simple language used in the book will help you understand what exactly you need to do to become your best self.

So, get your shoes on and start breaking the patterns. Keep yourself open to abundance and set out on your growth journey. Every day is a new blessing, a new opportunity... so let's make the most out of it.





Empowering young leaders to take charge with integrity and responsibility

St. Lawrence High School, Vashi, held its grand Investiture Ceremony for the academic year 2025-26 on 5th July 2025 at the School Auditorium. A momentous occasion that recognized and celebrated the official appointment of the student leadership body.

The ceremony commenced by invoking the presence of Lord Almighty through Lord's Prayer and worship songs sung melodiously.

The atmosphere was one of honour and enthusiasm as the school welcomed

the eminent guests for the day through musical tribute and speeches in different languages. The Guest of Honour graced the occasion by handing over the responsibilities and duties to the designated Council Members, including the President, the Prime Minister, Deputy Prime Minister, Speaker. The Council Members of Primary and the Pre-primary too proudly stepped forward and received their scarf and badge.

The newly elected Council Members were all highly exuberant to explore a



world of new challenges and a plethora of opportunities handed to them.

Later, the guest shared their gracious support for the environment by participating in the Ceremo-

nious Tree Plantation along with the newly elected leaders.

The Headmistress, Mrs Saira Kennedy stated that the Investiture Ceremony at St. Lawrence was not just a formal event

but a celebration of student empowerment, nurturing tomorrow's leaders with the values of service, courage, and commitment.

Our Chairman Sir, Dr. A.F.Pinto's

vision, emphasizing the importance of leadership rooted in humility, accountability, and teamwork will be accomplished by us, said the newly elected President of the School.

URGENTLY REQUIRED

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Journalists / Intern
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Sent your resume to e-mail: varietymoments@gmail.com

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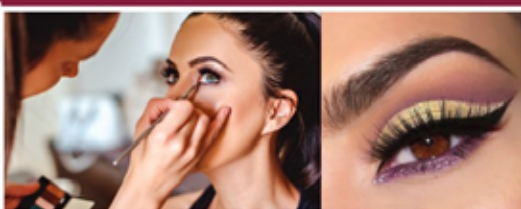
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प्रबोधि

Celebrating Womanhood



She Blooms
We All Shine