



Chikitsak samuha's Sir Sitaram and Lady Shantabai Patkar College of Art and Science and V.P Varde College of Commerce and Economics. (An Autonomous College affiliated to Mumbai University)

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SPECIAL ISSUE

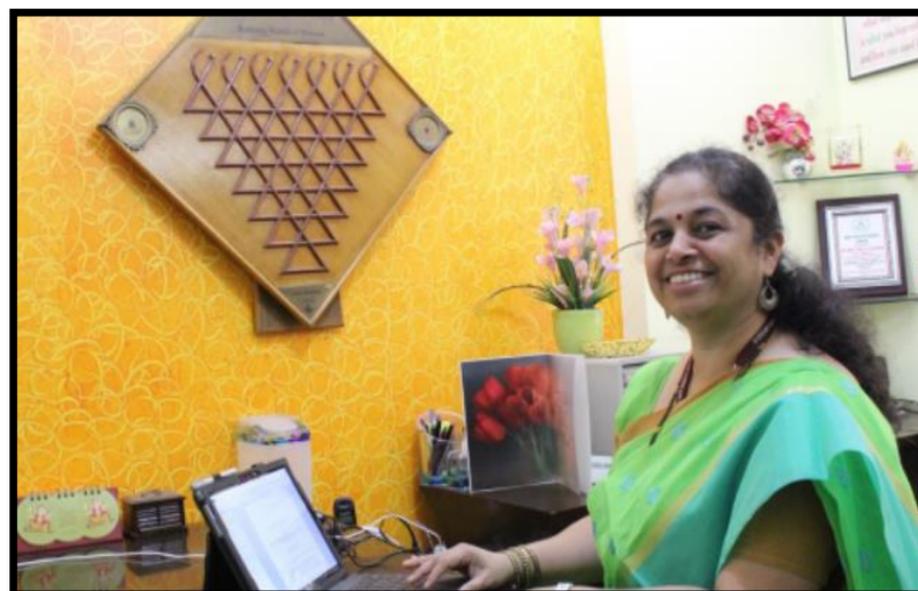
WEEKEND CHRONICLE

Important gems to the crown of life, health and fitness



WEEKEND CHRONICLE

SPECIAL ISSUE



A MESSAGE FROM CHIEF EDUCATION OFFICER'S DESK

Dear Readers,

“Develop a passion for learning. If you do, you will never cease to grow.” We live today in a world that is so very different from the one we grew up in, the one we were educated in. The world today is moving at such an enhanced rate and we as educationalists need to cause and reflect on the entire system of education. On-line learning provides new age technology to widen the educational scope. It prepares students to succeed in an increasing technology driven global economy. Technology makes life much easier, most of all it saves time and energy. It is one of the fastest growing field right now and there is no sign of stopping anytime soon.

It is indeed a great moment for all of us to bring forth this weekly E-Periodical “Weekend Chronicle”. We are sure this E-Periodical will help to acquire knowledge and skills, build build character and enhance employability of our young talented students to become globally competent. There is something for everyone here, right from the fields of Business, Academics, Travel and Tourism, Science and technology, Media and lot more. The variety and creativity of the articles in E-Periodical will surely add on to the knowledge of the readers. I am sure that the positive attitude, hard work, continued efforts and innovative ideas exhibited by our students will surely stir the mind of the readers and take them to the fantastic world of joy and pleasure.

**Dr. Mala Kharkar
Chief Education Officer
(Patkar-Varde College)**

WEEKEND CHRONICLE

SPECIAL ISSUE



A MESSAGE FROM THE PRINCIPAL'S DESK

Dear Readers,

As we know, "An Investment in knowledge pays the best interest."

Hence in this regard the E-Periodical Weekend Chronicle is playing a vital role in providing a platform to enhance the creative minds of our students of BMS Department.

The E-Periodical i.e online magazine drives us through varied genres containing- News related to Global affairs under departments like Business, Advertisement, IT and Science & Nature to intellectual news articles under Academics, Media and Library Departments. It also covers articles related to Food & Health care, Culture & Cuisine and Travel & Tourism which usually tops our "bucket lists" including article which address societal problems under Department of Social Issues. Lastly covering words and vision of our talented students as budding poets, writers and thinkers under Student's section Department.

Over all this vision of constructing E-Periodical by students will engage today's youth and the crafters of the youth (teachers) in their communities which is the necessity to over come hurdles of present reality. We will strive to make a better world through our acts and thoughts. Rather it is a challenge to be met!!!

**Dr. Shrikant B Sawant
Principal
(Patkar-Varde College)**



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NATIONAL MILK DAY: A TRIBUTE TO THE GURU, DR VERGHESE KURIEN

BUSINESS

Just 30% patrons in gyms, say owners

PUNE: Gym and health club owners are offering various discounts as only 25-30% customers have returned to the treadmills and weight training racks since reopening on October 25.

Nilesh Kale, president of Pune Fitness Club Association (PFCA), said, “Although, many of the owners would not earn much from the move immediately, they are expecting to get the crowd back to the gym.”

“Most clients we have approached recently have sought an extension of their subscription, which is not possible. It is difficult to make them understand our financial problems. We are losing our old clients too. This has forced us to limit our activity, in terms of new investments until the situation improves,” Kale added.



Gym operators said that clients in the 18-40 age group, who are fitness freaks, have resumed gymming regularly. However, the volume of such customers is small so most trainers work only for limited hours.

“We have recorded a dip among older customers. Over 90% of them are married and have children. They are cautious and feel that gyms and health clubs are not safe in the current situation,” said a gym owner, who operates a set-up in Dighi.

“We will need at least three to four months to earn any profit. The current income can help us meet expenses such as rent, electricity bill and employees’ salaries,” said Satish Kale, who runs a gym in Dapodi.

-Reetu Patel
(NEWSCASTER)
Ref:-(www.timesofindia.com)

Local Gyms vs Fitness Apps: Choose Wise

ADVERTISEMENT

Bajaj Allianz's #PlankForIndia campaign supports emerging sports stars

This year the company is creating the viral sensation with #PlankForIndia.



Bollywood actor Anil Kapoor has also participated in the #PlankForIndia challenge. Life insurer company, Bajaj Allianz Life, has brought back its plank initiative. The company also released a video across its social media channels to give #PlankForIndia movement greater visibility and to take the message to a much larger audience. According to the company, it has come up with second edition of their plank initiative for two reasons- first, for every plank the company will contribute monetarily towards the training and development of India's emerging sports stars. Second, through the cause of supporting India's future athletes, the company is encouraging more and more people to keep themselves fit for achieving their health and life goals.

Chandramohan Mehra, chief marketing officer, Bajaj Allianz Life Insurance, said, "We believe that sustained good health is essential to achieve life goals. Through #PlankforIndia initiative, we want to encourage everyone to pursue good health, and support a good cause of helping India's emerging sports stars get their life goals done."

Bollywood actor Anil Kapoor has also participated in the #PlankForIndia challenge. He supported the initiative by doing the plank, and shared an inspirational message for all to follow.

#36SecPlankChallenge was the first edition of Bajaj Allianz Life's plank initiative that was designed to encourage people to take on healthy living. The initiative started on social media in September 2018, and culminated with Bajaj Allianz Life Plankathon on November 25, 2018.



- Shruti Bhaskar Amin
(NEWSCASTER)

Ref:-(<https://youtu.be/M00tjPYGdsMhttps://brandequity.economictimes.indiatimes.com/news/marketing/bajaj-allianzs-plankforindia-campaign-supports-emerging-sports-stars/73186056>)

Marketers decode the real meaning of 'Health Is Wealth'



Marketing and advertising activity in pharma, consumer health and wellness categories has increased significantly since the spread of the novel coronavirus went from 'epidemic' to 'pandemic' level. A Comscore study conducted in February-March this year, found that visits to health information and health retail websites increased by 25% and 146%, respectively. This surge in traffic to these sites is a direct result of the Covid-19 pandemic Prasoon Joshi, chairman, McCann Worldgroup Asia, which includes healthcare agency McCann Health, tells Brand Equity, "This pandemic has taught people the real meaning of health is wealth. 'Health' might start getting the prioritization that it always deserved."

Marketing and advertising activity in pharma, consumer health and wellness categories has increased significantly since the spread of the novel coronavirus went from 'epidemic' to 'pandemic' level. For starters, ask any doctor in your vicinity and she'll tell you how pharmaceutical companies are some of the most active on WhatsApp. As these companies are unable to reach their doctor networks through their medical representatives, they are bombarding information via WhatsApp, webinars, and emails.

But, as Susan Josi, managing partner, Havas Life Sorento, a healthcare advertising agency, says, "Many doctors have found this more a nuisance value than staying connected with brands."

In fact, the Indian Medical Association has warned companies, asking them to refrain from flooding doctors' inboxes with promotional mailers and messages. "The alternative is to find more meaningful conversations and engagement with doctors and chemists whereby content is of superior value and earns their respect and time," says Josi.

Brands in consumer health and wellness space, on the other hand, are upping their content game to engage consumers. GSK Consumer Healthcare is using a multichannel approach including remote calling using Skype or WhatsApp, animated GIFs, Facebook Live sessions, etc. to reach out to its retailers. But, in the coming weeks, the company plans to release content that is not only informative but also light-hearted.

-Tushant Gupta
(NEWSCASTER)

Ref:<https://www.google.com/amp/s/brandequity.economictimes.indiatimes.com/amp/news/marketing/marketers-decode-the-real-meaning-of-health-is-wealth/75431757>

INFORMATION TECHNOLOGY

3 BENEFICIAL WAYS TECHNOLOGY CAN IMPACT YOUR FITNESS



Technology has always been a big and impactful agent of change in the world. Most especially in people's ways and styles of living, it continuously does something that alters thoughts, beliefs and behaviors. What technology does is definitely massive and out of the ordinary. One of the life aspects wherein technology surely has made shifts in is people's fitness lifestyle. Because of the technology and its advancements, you can see that in little and big ways too, how people exercise, workout and care about their fitness and health are affected. This is not just about gadgets, but technology and its other facets in general. There could be good and bad conclusions, but below are 3 that show the profitable ways techy changes have made:

#1 Informative Consent About Health: Through social media and online search engines where people can share helpful content that informs others about health and fitness enlightenment and issues, you know that you can easily access and obtain information.

#2 Workout Guide And Tracking Applications: Aside from just scrolling up and down on your social media timelines while you're actually just letting time pass, you can also start working out through fitness guide.

#3 Dance Exercise Video Guides: Besides the standard and regular "exercise" people know about, dance exercises are also popular today. Dancing is actually a form of exercise that people absolutely find bliss in.

Technology, through the gadgets you have, equips you with an alarm that reminds that you should be doing this and that for your workout. As a person who is forgetful and who is full of busyness, you know how you need to be reminded, and possibly, you yourself consider your smartphone to help you. Technology nowadays can also set the mood and the drive for people to begin with their fitness plans, especially because taking the first step is undeniably the hardest part of the whole process.

-Ajay Lovekar

(NEWSCASTER)

Ref:<https://www.healthworkscollective.com/7-beneficial-ways-technology-can-impact-your-fitness/>

HOW DOES TECHNOLOGY USE AFFECT MEN'S & WOMEN'S HEALTH?



In the fight to stay healthy, technology can give us an edge in our personal and professional lives. We can use our digital devices to improve our diets, track our fitness efforts, or help us with medication compliance. And that's on top of all the other wonderful technological advancements that have improved our healthcare system by providing better patient care, improving relationships with patients, and faster medical results that go straight to your phone. When it comes to women's and men's primary care, physicians are increasingly seeing patients who exhibit signs of technology overuse, particularly with the current reliance on smartphones in our day-to-day lives. After all, Americans spend nearly 12 hours a day looking at multiple digital screens—and that number keeps going up. A recent Deloitte study found that 60 percent of adults ages 18-34 admitted to smartphone overuse.

We are by no means claiming you shouldn't use technology. In fact, we love staying connected. Instead, we want to encourage smart use of technology that takes advantage of its conveniences and counteracts the side effects caused by overuse. By considering the following symptoms linked to technology addiction, you can continue harnessing its power to improve your overall well-being while staying connected. Here are a few key considerations around technology use and how it affects our health. Digital eye strain, sleep disorders, physical inactivity, mental health are some of the considerations around technology use.

Technology can add limitless value to our lives—especially if we take care to use it mindfully. As technology use increasingly finds its way into discussions about men's and women's primary care, people will explore new ways to tap into its power to improve their overall health and fitness.

Ajay Lovekar

(NEWSCASTER)

Ref:-(<https://www.nwpc.com/how-does-technology-use-affect-mens-womens-health/>)

NATURE

GREEN EXERCISE



A systematic review of studies comparing indoor versus outdoor activity conducted in natural environment suggests that outdoor activity which is conducted in a natural or green environment causes greater feelings of revitalisation and positive engagement.

All types of green exercises (**Green exercise** refers to physical **exercise** undertaken in natural environments) improve self-esteem and negative mood subscales, such as tension, anger and depression. Interestingly, the first five minutes of green exercise appears to have the biggest impact on mood and self-esteem, suggesting an immediate psychological health benefit.

Participating in green exercise activities also affects physiological parameters which differ to the changes observed in matched activity in an urban environment. Physiological outcomes have included heart rate, blood pressure and autonomic control (using heart rate variability) and endocrine markers including noradrenaline, adrenaline and cortisol (an objective measure of stress).

There is even some evidence to suggest that exercise may feel easier when performed in the natural environment. When allowed to self-select walking speed, participants tend actually to walk faster outdoors, compared to indoors.

To summarise, outdoor natural environments may provide some of the best all-round health benefits by increasing physical activity levels with lower levels of perceived exertion, altering physiological functioning including stress reduction, restoring mental fatigue, and improving mood and self-esteem and perceived health. Thus, exercise within green spaces and the great outdoors may be a useful natural medicine

FACTS: 1. People who don't regularly **exercise** may lose up to 80% of their muscle strength by age 65.
2. Regular **exercise** has been shown to help lower blood pressure and cholesterol levels, two major risk factors for heart disease.

-*Bhumika Mhatre*

- (NEWSCASTER)

Ref:-(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3710158/#!po=32.3529>)

DIET 80% AND WORKOUT 20%= PERFECT BALANCE. SHOCKING RIGHT...



Coordination between two things is always important to get things done in sync. Same goes for the human mind and body. With great mind there needs to be a great body as well. Most people tend to focus only on one of those things and their overall wellbeing gets hampered at some point. Mind and body both must always be in sync with each as it helps in 'Overall' development of Individual.

Exercise is the one thing which helps to keep both mind and body in proper sync. Even meditation, because you know 'what Exercise is to the body, Meditation is to the mind'. But here we are going to discuss about exercises and what mistakes people commonly make while doing them. The craziest fact and a truth is that development of the physical build of the body and shaping of it depends about 80% on the **Diet** a person takes

, what kind of food he intakes into his body and 20% on the **Workout** or exercise he/she does. The nutrition amount, quality of the food, proteins are the crucial factors to tone the entire body structure and gave a good physique. One of the most popular diet among that is the **Ketogenic** diet. Ketogenic" is a term for a low-carb diet (like the Atkins diet). The idea is for you to get more calories from protein and fat and less from carbohydrates. You cut back most on the carbs that are easy to digest, like sugar, soda, pastries, and white bread. The basic purpose of this diet is to remove unwanted fat mass inside the body. Eating in an energy surplus leads to body weight gain. With the ketogenic diet, you aim to eat **20 to 70g of carbohydrates per day**. The body then starts using fat and ketones as primary energy sources. A high protein diet (i.e. 2.2 g/kg) does not seem to prevent ketosis. Some claim that keto is the best diet for improving body composition, endurance, and strength. We generally see greater lean body mass (LBM) loss in ketogenic diet groups. Note that lean body mass contains water, glycogen, and muscle protein, by definition. It is hard to say with certainty that LBM loss implies greater "dry" muscle protein loss. Control groups tend to gain more strength than keto, yet most studies find no statistically significant differences between groups. In most studies, the keto group ate more protein than control. We can't rightfully compare them without matching protein and total energy. Several of the studies do not measure ketosis. In terms of dietary protein and fat, the keto diet isn't set in stone. It is usually moderate/high protein and high fat, but there are several variants of the ketogenic diet.

Fun facts: 1. You'll lose water weight first: When starting the diet, you may see a quick drop in weight. But don't get excited just yet because that's water weight, and not fat loss. When following the diet, it takes a couple of weeks before your body actually starts to really burn fat.

2. It may help with type 2 diabetes

-*Kshitij Shirodkar*

(NEWSCASTER)

Ref:-(https://www.google.com/amp/s/m.timesofindia.com/life-style/health-fitness/weight-loss/why-sticking-to-80-diet-and-20-exercise-is-your-best-bet-for-weight-loss/amp_articles/63414159.cms)



RESEARCH

Healthy food choices are happy food choices



Research suggests that “healthy” food choices such as eating fruits and vegetables have not only physical but also mental health benefits and might be a long-term investment in future well-being. This view contrasts with the belief that high-caloric foods taste better, make us happy, and alleviate a negative mood. To provide a more comprehensive assessment of food choice and well-being, we investigated in-the-moment eating happiness by assessing complete, real life dietary behaviour across eight days using smartphone-based ecological momentary assessment. Three main findings emerged: First, of 14 different main food categories, vegetables consumption contributed the largest share to eating happiness measured across eight days. Second, sweets on average provided comparable induced eating happiness to “healthy” food choices such as fruits or vegetables. Third, dinner elicited comparable eating happiness to snacking. These findings are discussed within the “food as health” and “food as well-being” perspectives on eating behaviour.

-Pooja Mishra
(NEWSCASTER)

Ref:-(<https://www.nature.com/articles/s41598-017-17262-9#:~:text=Research%20suggests%20that%20E%80%9Chalthy%E2%80%9D%20food,and%20alleviate%20a%20negative%20mood.>)

Long-term health benefits of physical activity – a systematic review of longitudinal studies

The treatment of noncommunicable diseases (NCD), like coronary heart disease or type 2 diabetes mellitus, causes rising costs for the health system. Physical activity is supposed to reduce the risk for these diseases. Results of cross-sectional studies showed that physical activity is associated with better health, and that physical activity could prevent the development of these diseases. The purpose of this review is to summarize existing evidence for the long-term (>5 years) relationship between physical activity and weight gain, obesity, coronary heart disease, type 2 diabetes mellitus, Alzheimer’s disease and dementia.



Methods
Fifteen longitudinal studies with at least 5-year follow up times and a total of 288,724 subjects (>500 participants in each study), aged between 18 and 85 years, were identified using digital databases. Only studies published in English, about healthy adults at baseline, intentional physical activity and the listed NCDs were included.

Results- The results of these studies show that physical activity appears to have a positive long-term influence on all selected diseases.

Conclusions- This review revealed a paucity of long-term studies on the relationship between physical activity and the incidence of NCD.

-Pooja Mishra
(NEWSCASTER)

Ref: <https://bmcpublihealth.biomedcentral.com/articles/10.1186/1471-2458-13-813>

ACADEMICS

HOW THE BODY USES THE FOOD?

All living things need food to survive. It gives us energy for everything that we do. It also gives the body what it needs to repair muscles, organs and skin. Food helps us fight off dangerous diseases. It is important to eat a wide range of food in order to stay healthy. Nutrition is the science that deals with food and how the body uses it.

Food has nutrients in it— substances that give our body many important things that we need. They provide us with energy and also help control the way our body grows. Before nutrients can go to work food must be broken down so that they can pass into our body. This is called digestion. It starts when we chew the food that we eat. When we swallow it travels into the stomach where it is mixed together with water and other fluids. Then the food is passed into the intestine. Nutrients escape through the walls of the intestine into our blood. From there they are carried to all parts of the body. Most food leaves waste that the body cannot use. Some of it goes to the kidneys and turns into urine. The liver also filters out waste. What is left over passes through the large intestine and leaves our body.

NUTRIENTS: There are six main groups of nutrients: proteins, carbohydrates, fats, vitamins, minerals and water. The energy that food gives us is measured in kilocalories, or one thousand calories. A calorie is the energy that is needed to raise the temperature of water by one degree Celsius.

WATER: Although water does not give us energy it is the most important nutrient. We may be able to live on without the others for weeks, but we cannot go on without water for more than a few days. Water has many functions in our body. It helps break down food. It also cools the body down when it becomes too hot. The body carries away waste products in a watery solution. Our body needs about 2 –3 litres of water a day. We get it from the water and liquids we drink but also from fruits, vegetables and other food.

Fats: Our body needs fat in small amounts. Fats are made up of carbon, oxygen and hydrogen. They store vitamins and produce fatty acids. We need these acids to produce cell membranes. Fats can come from animals or plants. They are in meat and dairy products, like butter and cheese. Other types of fats are in vegetable oils, nuts or seeds. Too many saturated fats produce a high level of cholesterol, a waxy material made by the body. It starts building up in the walls of blood vessels and may block blood as it flows through our body.

Vitamins

Our body needs a variety of vitamins to stay healthy. Each of them does a different job. Vitamin A, for example, helps skin and hair grow. Vitamin C is needed to fight off infections. Vitamin D helps the growth of bones and teeth

The Right Diet

The key to staying healthy is eating the right food. Nutritionists suggest eating according to the food guide pyramid. It has five sections. You should eat a lot of the bottom parts, but only a little of the upper parts.



Shaikh Ubedur Rehman

(NEWSCASTER)

Ref: www.englishonline.at

THE IMPORTANCE OF TEACHING HEALTH EDUCATION IN SCHOOL



Teaching health education in schools is an essential tool used in the development for children lives, as it provides an introduction to the human body and to factors that prevent illness and promote or damage health. Learning the consequences for actions is a great way to get the information to stick as a child, but our aim should be to prevent illness and not to remedy it.

The middle years of childhood are extremely sensitive times for a number of health issues, especially when it comes to adopting health behavior that can have lifelong consequences. Your youngster might be exposed to a variety of health themes in school: nutrition, disease prevention, physical growth and development, reproduction, mental health, drug and alcohol abuse prevention, consumer health, and safety (crossing streets, riding bikes, first aid, the Heimlich maneuver). The goal of this education is not only to increase your child's health knowledge and to create positive attitudes toward his own well-being, but also to promote healthy behavior.”

Promoting healthy behavior at a young age helps to create a habit for our children, but health education should be an ongoing classroom and household discussion throughout all of their lives. Health education programs are most effective if parents are involved. Parents can complement and reinforce what children are learning in school during conversations and activities at home. The schools can provide basic information about implementing healthy decisions—for instance, how and why to say no to alcohol use. But you should be a co-educator, particularly in those areas where family values are especially important—for example, sexuality, AIDS prevention, and tobacco, alcohol, and other drug use.

We must work continuously for our children's welfare and give them the opportunities to talk and become educated on these issues.

-Saneha Jatav

(NEWSCASTER)

Ref: <https://everybodyhealthybody.org/the-importance-of-teaching-health-education-in-school/>

MEDIA

The changes Social Media has brought to the Fitness Culture

There are several big changes when it comes to modern-day living versus life several decades ago. Perhaps the biggest one is the introduction of social media technology and its total infiltration into our society. One facet of our lives that has been especially influenced by social media is our health and fitness.

“From pictures of perfect physiques to the latest detox craze, there’s hardly a shortage of information on how to improve ourselves,” explains Roger E. Adams, PhD, Houston-based dietitian, nutritionist, and founder of Eat Right Fitness. But, social media’s impact on our wellness is by no means all negative. In fact, it’s introduced a myriad of new ways to take better care of our body, mind, and soul.

Following are the ways in which social media has changed the world of health and fitness.

Motivating Factor

After a long, hard day at work, it can be difficult to drag yourself into the gym. This is especially true when it’s cold or wet outside. But, when you’re scrolling through your feed and seeing other people exercising, you’re more motivated to get to it!

Viral-ability

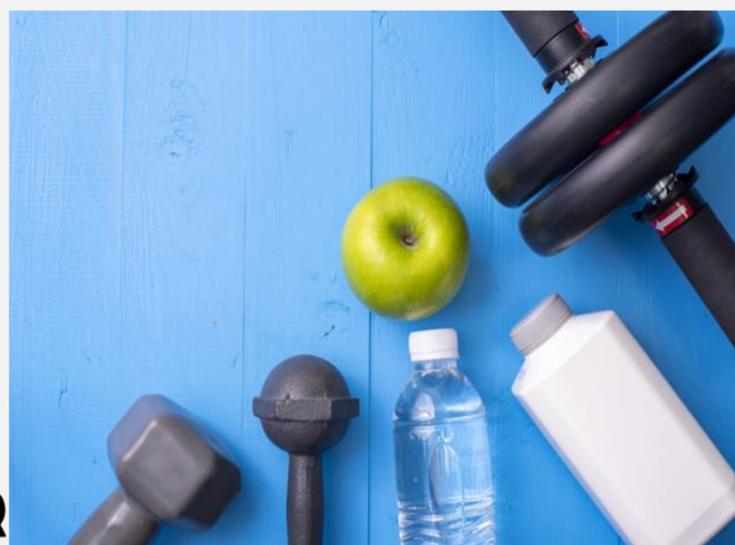
Dr. Adams explains that the ability for social media posts and videos to go viral has led to a huge influx of poor health and nutrition information spreading quickly across the globe.

“Unsafe detoxes, bizarre diets, and even unsafe workouts, can quickly spread on social media. They can poorly influence those just looking to live a healthier lifestyle,” he says.

Additionally, the ability for information to spread so quickly has enhanced the dissemination of unrealistic expectations. In his practice, he has seen a drastic increase of unrealistic body image issues.

“Young men think they have to have chiselled abs, a hulking chest and extremely tapered waistlines to look perfect and be healthy. While young women may interpret healthy bodies on social media that are actually quite underweight,” he explains.

“This can lead to disordered eating habits, eating disorders, body dysmorphia, and depression.”



~ Vedang Khopkar
(NEWSCASTER)

Ref :-(aaptiv.com)

ARTS & HISTORY

Fitness Throughout the History of Time

Since the beginning of time, humanity has depended on athletic prowess. “Survival of the fittest” was especially crucial throughout history and the evolution and humankind.

Throughout the prehistoric ages, man used his body as a tool for hunting and gathering and survival. Today, although man is no longer driven to physical extremes in order to sustain life in the primitive sense, the modern man uses fitness to encompass health and well-being. It is important to understand the evolution of health and fitness to mankind throughout the ages to fully comprehend its fundamental necessity in today’s society and the foundation to the modern fitness movement.

From the time of the primitive man until about 2500 B.C. athleticism was used as a necessary tool for hunting and gathering. As time progressed towards the birth of Jesus, fitness was not solely used for sustainability but became necessary in order to maintain the biggest empires in the world, through military strength.

Some of the biggest ancient empires in the world, including: Persian empire, Macedonian empire, and Roman empire were built on an extremely fitness oriented mentality. Physical fitness was of the number one importance to ensure the strength and longevity of their empires. It is of no surprise that all of them collapsed because of deterioration of physical fitness with the birth of extravagant lifestyles.

The Greek-Macedonian Empire is still today regarded as one of the fittest empires to date. In Greece, the Spartans were and still are viewed as the personification of extreme athleticism. Because of this, the Spartan army was one of the deadliest armies the world has ever known.

By contrast, the Chinese and Indian empires used athleticism not only for military purposes but also for health. Their political and philosophical leaders, including Confucius were encouraging people to partake in exercise in order to prevent certain diseases like heart disease and diabetes. They discovered that through yoga and martial arts, they not only became fitter, but also healthier- this was the crucial breakthrough in the history of mankind. For the first time, fitness became a known to cure many physical ailments.

During the Renaissance period, an intellectual expansion occurred, so did a curriculum of physical fitness and philosophy. Many intellectual thinkers of the time, such as John Locke, Martin Luther, and Richard Mulcaster maintained the positive correlation between being fit and intellect.

After the Renaissance came the National period in Europe, which was marked by the first modern movement of gymnastics. This came at a time when nationalism was prevalent in Europe which inspired many gymnastic experts to develop their own programs.



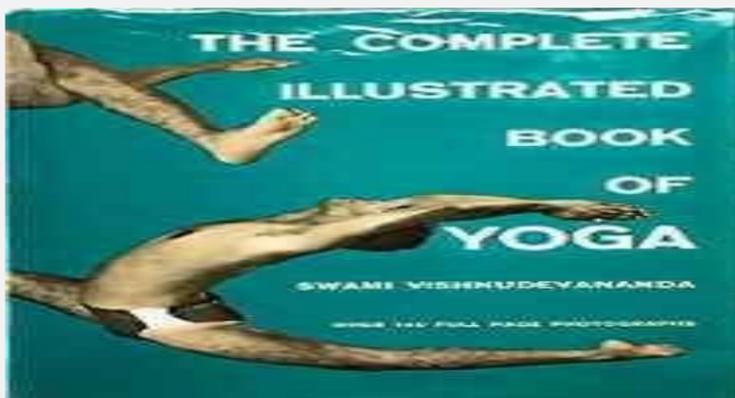
VARSHA BAG
(NEWSCASTER)

REF : www.healthfitnessrevolution.com

LIBRARY

Complete Illustrated Book of Yoga

The Complete Illustrated Book of Yoga is a bestselling 1960 book by Swami Vishnudevananda, the founder of the Sivananda Yoga Vedanta Centres. It is an introduction to Hatha yoga, describing the Yoga Sutras of Patanjali and the Hatha Yoga Pradipika. It contributed to the incorporation of Surya Namaskar (salute to the sun) into yoga as exercise.



The book was one of the first three reference works on asanas (yoga postures) in the development of yoga as exercise in the mid-20th century, the other two being Selvarajan Yesudian and Elisabeth Haich's 1941 Sport és Jóga (in Spanish: an English version appeared in 1953) and Theos Bernard's 1944 Hatha Yoga: The Report of a Personal Experience. Its author, Vishnudevananda, was a student of Sivananda's and the founder of Sivananda Yoga. During the 1965 filming of Help! In the Bahamas, the Beatles met Vishnudevananda, who gave each of the four of them a signed copy of the book.

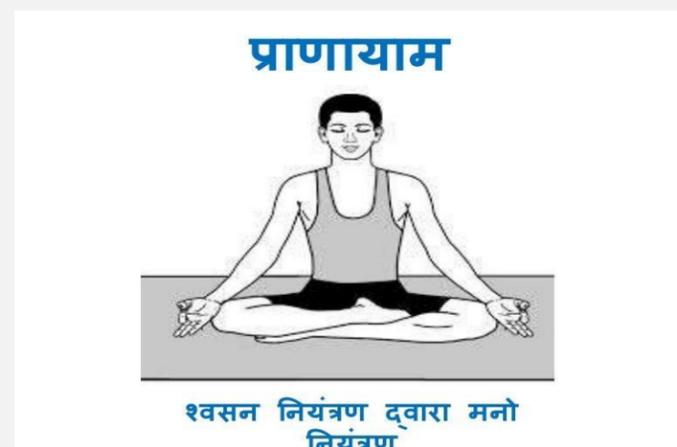
The book is illustrated with 146 large monochrome photographs of Vishnudevananda performing the shatkarmas and the asanas; a frontispiece shows him meditating in Padmasana (lotus position). The book contains also five full-page "charts", line drawings of the body and the subtle body with its chakras. An appendix provides six tables of training schedules.

One should always try Yoga and Pranayam not only for the betterment of our body but also for relaxing our mind and soul.

– Hetal Parmar
(Newscaster)

Ref- [https://en.m.wikipedia.org/wiki/Complete Illustrated Book of Yoga](https://en.m.wikipedia.org/wiki/Complete_Illustrated_Book_of_Yoga)

Breathing for Life: The Mind-Body Healing Benefits of Pranayama



A regular daily practice of deep breathing is one of the best tools for improving your health and well-being. Here are five simple yogic breathing techniques to help you get started. Breath is essential to life. From the first breath at birth to the last breath upon passing, you take about half a billion breaths, usually without thinking about it. What you may not realize is that the mind, body, and breath are intimately connected and can influence each other. Essentially, your breathing is influenced by your thoughts, and your thoughts and physiology can be influenced by your breath. Learning to breathe consciously and with awareness is a valuable tool in helping to restore balance in the mind and body—something very useful during times of stress.

The basis for all deep breathing practices originates in the science of yoga, specifically the fourth limb of yoga, known as pranayama. The word pranayama is derived from two Sanskrit words. Although there are various definitions of the term, one interpretation is: prana (life force) and ayama (expansion), or expanding the life force using the breath. The ancient yogis learned that by controlling the breath, you can influence every aspect of your life.

In the medical community, there is a growing appreciation for the positive impact that deep breathing can have on the physiology, both in the mind and the body. According to the research, many of these deep-breathing benefits can be attributed to reducing the stress response in the body.

Pranayama as a Tool to Counter Stress

When you experience stressful thoughts, your sympathetic nervous system triggers the body's ancient fight-or-flight response, giving you a burst of energy to respond to the perceived danger. Your breathing becomes shallow and rapid, and you primarily breathe from the chest and not the lower lungs. This can make you feel short of breath, which is a common symptom when you feel anxious or frustrated. At the same time, your body produces a surge of hormones such as cortisol and epinephrine (also known as adrenaline), which increase your blood pressure and pulse rate and put you in a revved-up state of high alert.

With deep breathing, you can reverse these symptoms instantly and create a sense of calm in your mind and body. When you breathe deeply and slowly, you activate the parasympathetic nervous system, which reverses the stress response in your body. Deep breathing stimulates the main nerve in the parasympathetic nervous system—the vagus nerve—slowing down your heart rate, lowering your blood pressure, and calming your body and mind.

“For breath is life, and if you breathe well you will live long on earth.” –Sanskrit proverb

– Hetal Parmar
(Newscaster)

(Ref– From Article by Dr. Sheila Patel, M.D.)

FOOD AND HEALTHCARE

FOOD IS MEDICINE

Grapes are a good source of potassium, a mineral that helps balance fluids in your body. Potassium can help bring down high blood pressure and lower your risk of **heart disease** and stroke.



GRAPES

TOMATO

Tomatoes are healthful as well as tasty and versatile. They are especially lauded for their cardiovascular benefits. They are good sources of several vitamins, minerals and phytonutrients, especially the carotenoid lycopene, which gives tomatoes their vibrant red colour.

WALNUTS

Studies have shown that eating walnuts can help lower LDL (“bad”) cholesterol in particular, but also lower your cholesterol overall. Walnuts also have been shown to ease the type of inflammation that leads to heart disease, and they may help lower your chances of a blood clot that could cause a heart attack.

CARROT

Carrots have a wealth of antioxidants and offer many health benefits. They’re good for your eyes . A compound your body changes into vitamin A, which helps keep your eyes healthy.

KIDNEY BEANS

Reducing cholesterol is one way to lower your risk of heart disease and improve your heart health. Kidney beans are one of the healthiest types of beans to use as a protein source, with slightly less fat and saturated fat than other varieties of bean but with comparable amounts of fiber and protein.

Ankana Mitra

(NEWSCASTER)

Ref:- (<https://www.webmd.com/diet/ss/slideshow-health-benefits-of-grapes>)

CULTURE & CUISINE

Benefits of Ayurveda

India is known around the world to be a place of mystical practices and strange cultures. In the depth of this culture lies a century-old tradition that has been set by scholars and philosophers at the time. Although considered as unscientific for a long period of time, scientists and doctors are slowly realizing the positive effects of traditional health care practiced in India.

Today there are researches that are being done on traditional medicine and its presumably magical effects in controlling terminal diseases. Home remedies are present all around the world and only in India it is perfected to the level of an exact science.

All about Ayurveda:

One of the most famous traditional medical practices in India is Ayurveda. Ayurveda is today considered as a viable alternative to traditional medicine as it has often proven to alleviate some major conditions that western medicines fail to heal. In India, the southern state of Kerala is considered to be the home for Ayurveda, taught in almost all major medical universities. Ayurveda was founded during the Vedic times in India, it's also said that Ayurveda was practiced in the Indus Valley civilization too.

Benefits of Ayurveda:

- 1. Better looking skin:** Ayurveda is a completely natural treatment. It has proven its mettle to cure any conceivable diseases related to the skin. There are various benefits to your skin if you embark upon an ayurvedic treatment regimen.
 - 2. Easy Weight Management:** As it said before, Ayurveda aims for the total well being a person's body and soul. If you are an obese or overweight person, the first plan in Ayurvedic treatment will be to reduce your body weight through controlled diet and natural supplement medication. weight control using Ayurveda comes with no side effects, making it one of the most reliable methods for weight reduction.
 - 3. Deep cleaning for the body:** Ayurvedic treatment such as the panchakarma is treatments oriented to keep your body clean of harmful toxins accumulated through food and poor lifestyle choices. It's not easy to cleanse your body without strong medication in any other methods of treatments. The Ayurveda practitioner uses certain special natural extracts from medicinal plants that are used for this process.
 - 4. Helps you sleep better:** Insomnia is a prevalent symptom for most chronic diseases. It's really difficult for your body and mind to remain functional if you are not giving it enough rest. Ayurveda has a proven track record in curing problems with sleep. They have various natural concoctions that have the ability to keep your sleep patterns back to normal without introducing harmful toxins to your bloodstream as the western tablet does.
- In India, there are many places that provide ayurvedic treatment, however, the southern state of Kerala is told to be the authentic practitioners of Ayurveda with differences in style through the topography of the state.

Ruchi Soni

(NEWSCASTER)

REF : <https://www.medlife.com/blog/benefits-famous-traditional-health-practices-india/>

8 Indian Traditions Which Are Actually Good for Your Health

If you look back in India's history, you will find it is full of traditions and customs. These traditions might look ordinary but have several health benefits attached to them. These traditions are still practiced and hold a similar relevance, as they did back in those days.

Here are a few Indian traditions which are actually good for your health:

- 1) Ear piercing:** With most parents getting their child's ears pierced at a young age, ear piercing is being practiced in India since time immemorial. According to Ayurveda, the lobe of the ear has an important point right in the centre. This point not only helps in maintaining a female's reproductive health but also balances her menstrual cycle.
- 2) Drinking water from copper utensils:** You might have noticed your grandparents storing and drinking water from copper utensils. This practice has 'n' number of health benefits associated with it. Drinking water from a copper vessel can boost your immune system, aid digestion, decrease wound healing time, strengthen joints and improves digestion as well.
- 3) Walking barefoot on grass:** Freshly mowed grass bed and dew drops on top, just thinking about it blows a feeling of freshness all over. Several researches have shown than walking barefoot on grass can help improve sleep, reduce pain, decrease muscle tension and lower stress levels. So just take off those shoes and take out some time to walk barefoot on grass.
- 4) Jewellery:** Wearing jewellery on functions, weddings and even on a daily basis has been a part of Indian culture since long. While wearing silver jewellery helps boost blood circulation, aiding in cold and flu prevention and wound healing, gold jewellery too has its own set of benefits. Wearing gold regulates body temperature, reduces stress and attracts positive energy.
- 5) Eating with hands:** Eating with hands has not only been a part of our culture but is still being practiced by many across the country. Using hands for eating is healthy for your gut, as the good bacteria on your hands gets into your tummy and help to fight bad bacteria.
- 6) Fasting:** Be it 'karvachauth' or 'mangalvar vrat', fasting has been punctually followed by many Indians for years together. But do you know that fasting reaps several benefits for your body as well? The abstinence from food aids in weight loss, speeds up metabolism, improves brain function and also increases longevity.
- 7) Surya Namaskar:** The origin of Surya Namaskar, which is composed of 12 yoga poses for healthy well-being, can be found in India. Practising Surya Namaskar helps lose weight, improves digestion, get a glowing skin, improves sleep cycle and even brings blood sugar down.
- 8) Eating with silver cutlery:** Eating in silver plates has been a part of Indian tradition since long. You will find several mentions of people eating with silver spoons and plates in historical scriptures as well.



Dhanashree Patil

(NEWSCASTER)

REF : www.timesofindia.com

TRAVEL & TOURISM

"Purify and balance your body, mind and spirit through yoga"

GOKARNA

Gokarna is a very spiritual temple town located towards the western coast of Uttar Kannada and has many beautiful beaches. Gokarna is home to fantastic yoga schools, meditation centers, ashrams and retreats. The city's charm attracts tourists in large numbers to experience its fun and enchanting energy.

HOW TO REACH THERE :

By train: Gokarna is accessible by rail from Karwar, Ankola, Kumta, Mangalore and Madgaon (also called Margao).

By bus: From Bangalore, there are daily 1-4 buses (depending on the day of travel) operating. It is a 12 hour overnight journey from Bangalore to Gokarna.

By road: The Kochi - Panvel Highway is about 9 km from the town.

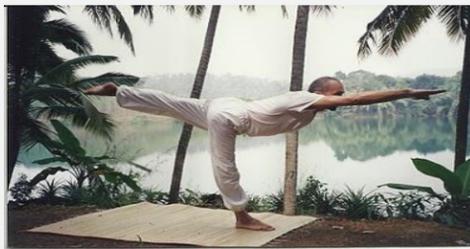
By air : The nearest airport is in Goa at Dabolim. (Rail link via Margao).

WHY TO GO THERE

It's a great destination for serious yoga students because it is an important centre for Sanskrit teaching and learning. Sanskrit knowledge is passed down from generation to generation within Brahmin families, and the town is home to Bhandikeri Math and Toggu Math - famous schools for learning Sanskrit

VARIOUS YOGA CENTRES

- Namaste yoga farm
- Digambara
- Gokarna yoga garden
- Shankar prasad foundation
- Gokarna yoga school
- Gokarna ashtanga yoga



VISIT THE BEAUTIFUL BEACHES TO THE SOUTH : Kudle is popular with those that are staying in town but want to spend the day at the beach, while Om is popular with those wanting to stay a few days or weeks and stare at the sea .

TRY YOUR HAND AT SURFING: Sandeep runs a school for surfing called Cocopelli at Gokarna Beach.

YOGA CLASSES :Shanti Yoga at Om Beach has drop-in classes and teacher trainings. More yoga mostly be found on Kudle beach.

RHEA DEVADIGA
(NEWSCASTER)

REF :www.wikitravel.in

Rishikesh – ‘The beatless ashram’

Rishikesh, along with Mysore in Karnataka, is one of the most popular destinations for yoga in India. There are numerous ashrams, and numerous styles of yoga and meditation, to choose from. Hence, it's important to investigate which best meets your needs. Rishikesh became known worldwide in the 1960s after The Beatles visited the ashram of Maharishi Mahesh Yogi here. Today, the place is popular as The Beatles Ashram which beckons tourists globally.

WHY TO VISIT RISHIKESH :-

Unwind with a relaxing Ayurvedic treatment with the mighty Himalayas as your backdrop or take a yoga and meditation class.

HOW TO REACH :-

By Road: Rishikesh has regular bus services from Delhi, Haridwar and Dehradun.

By Train: The nearest railway station, Haridwar is 25 km from Rishikesh.

By Air: The nearest airport Jolly Grant is in Dehradun, away from Rishikesh.

VARIOUS YOGA INSTITUTES :-

Paramarth Niketan

Sivananda Ashram



In February 1968, the Beatles visited the Maharishi Mahesh Yogi's ashram in Rishikesh, attracted by his Transcendental Meditation. The Beatles composed numerous songs during their time at the ashram, many of which appear on the band's self-titled double album, also known as the "White Album". Many westerners followed, increasing participation in yoga, to the extent that Rishikesh has been nicknamed "Yoga Capital of the World"; it has numerous yoga centres that attract tourists. Serious yoga students come to learn and to become qualified as yoga teachers. The city includes the district of Sivananda Nagar, the home of Sivananda Ashram and the Divine Life Society by Swami Sivananda

TANVI KENDULE
(NEWSCASTER)

Ref :-(www.tripsavvy.comwww.wikipedia.org)

SPORTS

Secrets Behind The Incredible Fitness of Mary Kom – World’s Most Successful Female Boxer



Mangte Chungneijang Mary Kom or Mary Kom as she is fondly called is the world’s most successful female boxer. She has won **six World Championship titles** and an Olympic bronze in her illustrious career. Mind you she is 35 and a mother of three. At this age, an athlete mostly thinks of retirement but not Magnificent Mary. She wants to win an Olympic gold for the country and has her eyes set at the Tokyo Olympics 2020.

What sets Mary apart from everyone else is her incredible fitness. Did you know she runs 14 kilometres a day?

Let us understand the secrets behind the incredible fitness of Mary Kom

The Rajiv Gandhi Khel Ratna recipient Mary doesn’t miss her daily exercise routine at any cost, no matter how busy her day is. Her everyday morning exercise routine includes running, stretching, skipping, hopping, punching, kicking the bag for half-an-hour each, writes healthnutrition.co.in. Mary trains for 8 hours in a day – 4 hours in the morning and 4 hours in the evening. which makes it 14 kilometres daily. Later, she also does floor exercises mixed with conventional workout routines that include body weight training. She brushes up her boxing skills every day by shadow boxing and practising with the punching bag and speed bags. It helps her with muscle growth and provides with an intense level of cardio benefits.

Mary Kom’s Fitness Mantra

“I start my training session with a 14 km run. Then I do some stretching, skipping and floor exercises before moving on to shadow boxing, punching bag and speed bag. Often, I spar with opponents or with my coaches as part of this session. For the second session in the afternoon, I spend time in the gym, do lots of push-ups and sit-ups and work on building strength before moving back to boxing training. This is followed by a small run to cool down, and light stretching,” she told Hindustan Times.

Her evenings are spent in the gym, doing a lot of push ups, sit ups and strength training before moving back to honing her boxing skills. One essential technique she follows is ‘practice fighting’ also called sparring. This is a technique where one does not really land a real blow. According to Mary, this is the most important part of her training. She then cools down with a short run and stretching, writes healthsite.com When asked about how has she maintains her fitness levels at this age, She says, “Regular practice. It only happens because I keep training regularly. I never miss my training.”

Mary Kom Fitness Secrets Revealed

Her physio Nikhil Latey tells Quint Fit that Mary doesn’t take things for granted. She puts in the effort for training and that’s the key to success. She is incredibly diligent about it. It’s just the dedication and the hunger that they still want to win. Mental balance is an integral part of any athlete. Thus, to keep herself focused and maintain her mental balance, Mary does brain-eye coordination exercises. She also doesn’t shy away from taking required nutritional supplements, writes Sportswallah.

GAYATRI KELEKAR
(NEWSCASTER)

SOCIAL ISSUE

Barriers to Physical Activity and Fitness

Many technological advances and conveniences that have made our lives easier and less active, many personal variables, including physiological, behavioural, and psychological factors, may affect our plans to become more physically active. Understanding common barriers to physical activity and creating strategies to overcome them may help make physical activity part of daily life. People experience a variety of personal and environmental barriers to engaging in regular physical activity.

With technological advances and conveniences, people's lives have in many ways become increasingly easier, as well as less active. In addition, people have many personal reasons or explanations for being inactive. The most common reasons adults don't adopt more physically active lifestyles

The top three barriers to engaging in physical activity across the adult lifespan are time, energy and motivation.



As health care professionals we can help people identify barriers to exercise and make suggestions for how they can overcome these barriers.

Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity.

Add physical activity to your daily routine. For example, walk or ride your bike to work, organise school activities, walk the dog, exercise while you watch TV, park farther away from your destination, etc.

SANCHITA SUTAR

(NEWSCASTER)

REF : (physiopedia)

How does health and fitness affect our life...

Health and fitness are a process that requires proper understanding. Along with the physical condition, it also includes the mental and social well-being of the person. Fitness is the condition of being physically fit and healthy so that the person is able to tackle the demands of the surrounding environment.

For a successful, happy and peaceful life, health and fitness are very important. If a person is healthy and fit, he/she can live the life to its fullest extent. Health and fitness just do not mean physically but also mentally and healthy fit. There are many benefits of maintaining health and fitness of the body, like lowers the risk of diseases like heart attack, high BP, obesity, and stroke; increases longevity of life, reduces stress, provides better quality of life and many others.

There are many ways to maintain your health and fitness. Certain activities should be followed daily like regular physical exercise. It's important to eat proper and clean food at the right time. The food should also be rich in nutrition such as high in fibre, low in fat, high protein content and have more vitamins. Proper sleeping pattern is also important to maintain health and fitness.



For any of these activities, it's important to be self-motivated. All this will not only maintain your health and fitness but also improve your lifestyle.

It is important to maintain health and fitness of not just our physical self but our mental self as well, to have a happy and fulfilled life. The maintenance of these should be taught to children at a young age so that they are used to doing certain activities and are motivated to continue doing them as they grow up.

SANCHITA SUTAR

(NEWSCASTER)

REF : (www.thewisdompost.com)

STUDENTS SECTION

QUIZ

- Q.1 Which exercise boost metabolism 24 hours a day, seven days a week?
1. Strength Training 2. Pilate 3. Yoga 4. Kickboxing
- Q.2 This exercise toy uses your own body weight to loosen tight muscles and improve blood flow.
1. Stability ball 2. Resistance Band 3. Form Rolller 4. Exercise Mat
- Q.3 Yoga poses designed to stretch and strengthen your body are called:
1. Stretches 2.Asanas 3. Chakras 4. Pranas
- Q.4 which women was the first to star in exercise program?
1. Jillian Michaels 2. Debbie Drake 3. Suzzane Somers 4. Jane Fonda
- Q.5 What is the best way to rehydrate after exercise?
1. Eat Fruit 2. Drink Water 3. Drinks Sports Drinks 4. Drink Fruit Juice
- Q.6 How much High-Intensity exercise(Such as jogging) should you strive for each week?
1. 30 Minutes a week 2. 120 Minutes a week 3. 140 Minutes a week 4. 75 Minutes a week
- Q.7 An exercise called the 'Hundred' is fundamental to which of the following?
1. Pilates 2. Yoga 3.Tai Chi 4. Tae Know Do
- Q.8 Walking just 2.5 hours a week can decrease your risk of developing this condition by as much as 60 percent.
1. Arthritis 2. Heart Desease 3. Diabities 4. Emphysema
- Q.9 Having the strong core-the muscles in your torso and pelvis-can help you to avoid:
1. The flu 2. Falls 3. Stress Fractures 4. Tennis Elbow
- Q.10 More than half of adults 60 and older have had this injury.
1. A concussion 2. Runners knee 3. Achilles tendonitis 4. A partial or complete rotator cuff tear

RASVITA RANE
(NEWSCASTER)
REF : www.arrporg.com

WORD SEARCH PUZZLE

E	N	D	G	P	C	P	O	W	E	R	F	U	L	STRONG
I	C	C	E	N	D	H	C	A	O	C	B	U	A	STRENGTH
E	S	S	E	O	R	X	T	B	O	T	E	A	H	POWERFUL
W	A	T	E	R	E	E	M	P	O	W	E	R	H	HUSTLE
P	F	S	A	A	A	E	E	T	H	E	A	R	T	FRUIT
R	E	F	O	I	M	E	Y	H	T	L	A	E	H	DREAM
W	F	E	L	T	S	U	H	S	T	E	N	E	O	WATER
E	I	E	H	N	O	I	T	A	V	I	T	O	M	COURAGE
I	T	E	F	R	U	I	T	S	T	R	O	N	G	MOTIVATION
G	N	R	N	E	X	E	R	C	I	S	E	H	M	FITNESS
H	E	B	E	L	I	E	V	E	R	W	O	R	O	BELIEVE
T	S	T	W	B	E	A	C	H	B	O	D	Y	L	EXERCISE
S	S	A	E	G	A	R	U	O	C	T	E	L	E	HEART
T	H	E	O	B	E	S	T	R	E	N	G	T	H	BEACHBODY

RASVITA RANE
(NEWSCASTER)

Ref:<https://images.app.goo.gl>

CAREER IN FITNESS INDUSTRY

Fitness: An Evergreen Industry

No matter who you are or where you live, we all want to live a long life with a healthy body and sound mind. That's what makes fitness an evergreen industry. What needs to change, however, is the way the industry operates. If clients are going online for solutions, then that's where Coaches and trainers need to be. If social distancing makes it difficult to interact in person, then train your clients remotely

Jobs in the fitness sector:

Personal Trainer

Wellness Coach

Gym Trainer

Strength and Conditioning

Dietician

Weight Loss / Weight Management Consultants

Physical Therapist

RASVITA RANE
(NEWSCASTER)
REF : www.stoodnt.com

NATIONAL MILK DAY: A TRIBUTE TO THE GURU, DR VERGHESE KURIEN

Dr Kurien's birthday on 26th Nov is celebrated as the National Milk Day since 2014. A tribute to him on his day, remembering his work and his life, is in order.

Post-independence and till the 1980s, India faced a shortage of milk with rationing and fluctuations in seasonal supply. Operation Flood completely transformed the lives of farmers and the health of citizens of this country. From 21 Million Tonnes (MT) or 5% of the world milk production in 1970, we now produce 22% of the world's milk at 188 MT in 2018. Between 1970 and 1995, Operation Flood laid a solid foundation for milk production, processing and marketing of milk across India through a network now numbering 177,000 local village cooperatives. This structure is supported by around 218 milk Unions for processing of milk, and 27 state-level Federations (like Amul, Verka, Vita, Sudha, Parag, Saras, Omfed, Sachi, Mahananda, Aavin, Milma, Vijaya, Nandini etc) and Mother Dairies for marketing and distribution of milk products to ensure fair returns to farmers. This program single-handedly transformed India from a milk deficit nation dependent on imported/donated SMP to becoming the largest producer of milk in the world, overtaking the USA. It is maybe one of the biggest self-sustaining rural income generation development programmes in the world, putting Rs. 80,000 crores (USD 10 billion) directly in the hands of 1.6 crore farmer families every year, some 30% more than the usual annual MGNREGA outlay. The indirect benefit in terms of a higher & stable commodity price is immeasurable. In this tribute I touch upon the softer aspects of his personality which are not that commonly known but have contributed greatly to his success.

I met my guru, Dr Verghese Kurien, in 1969 at an annual-day function for my engineering college, where he was the chief guest. He was wearing his trademark cream coloured suit and next to him was his wife Mrs Molly Kurien. He was well built, handsome and delivered his speech humorously & confidently. There was not a single soul in the function who wouldn't have enjoyed his speech. Later, after about a year, I happened to visit Amul Dairy and was impressed with the beautiful layout, neat, clean housekeeping, big fountains and green lawns. It was almost surreal in those days when the rest of the town was quite a dust bowl. I joined Amul at the age of 20 in 1971 and retired as the Managing Director of GCMMF (Amul) at 60. During this time, I had the opportunity to work with him closely as General Manager first and later as Managing Director while he was the chairman at GCMMF, one of the hats he donned. Every moment I spent with him was of great learning.



One of the most important things I learnt from him, is the power of humour! He was able to use his wit & humour most effectively. Be it in speeches or in meetings with dignitaries. He was also one of the greatest storytellers I met. He would narrate his stories to visitors for hours and make them laugh, yet have them appreciate the achievements and leave behind a deep sense of warmth in the visitor's heart. He would narrate how he was required to come and work in a remote town called Anand, due to the bond he had signed. And how no one would give him a house to rent in Anand as he was unmarried, young, used to eat meat & consumed alcohol. In those days he used to sleep on a coat under a tree and every day a dog would run away with his slippers, which was the first thing he would look for as soon as he would get up. He then converted a garage, into his quarters and there he met his guru Tribhovandas Patel, who changed his destiny.

He was a stickler for time. In my entire carrier, I never saw him reaching a second late to any of his appointments. And he would expect his counterparts to practice the same. If the person he was supposed to meet was not there at the appointed time he would wait for a minute or two, and simply walk back & leave the venue, irrespective of who he was to meet! He always wanted each and everything in place, in working condition and functioning smoothly. He wanted excellence in everything that came in his purview.

He was meticulous about the 'little things that mattered much' whether ensuring that all toilets in buildings were clean or sound systems functioned properly at an event. While a meeting was going on, even if a noisy fan or a flickering tube light would be encountered, he would immediately stop and convey his unhappiness. He would insist and ensure that it was restored and refined systems to ensure it did not happen again. If he found the other person maintained such high standards, he would publicly acknowledge the same.

One thing he would never compromise irrespective of your education, qualification or performance was integrity. He had zero tolerance to lack of integrity, even on a small issue like a travel bill. He would simply dismiss such a person in minutes, irrespective of his background. His ability to handle pressure was immense. In every crisis, he will think deeply, debate, discuss various implications and develop strategies to convert the crisis into an opportunity. He would say 'there is always something good in everything that comes your way, in all crisis or problems, find out what is good and work on it!'

The other important trait was consistency. His stand on core issues and practices would not change. If he took a stand and if you referred the same issue a month later or even a year later, he will respond in split second and his decision would not have swayed. Now, this does not mean he was rigid - he was just extremely objective in his decision making. His decision making was directly founded on his core values & mission, and as long as actions lead to serve this purpose, he would arrive at decisions in minutes. He would never demand report after report. He would instead, expect clarity of thought and its relevance to our mission. Consistency of thought and action was his greatest traits.

(Ref- <https://www.outlookindia.com/website/story/opinion-dr-verghese-kurien-a-guru-in-life/365405>)

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AND

EVEN CRITICISM ARE WELCOME

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