



VARUNI

JANUARY- SEPTEMBER 2018

NWWA EZHIMALA



Fitness: The new lifestyle mantra



***“Strength does not come from physical capacity.
It comes from indomitable will.”***

- Mahatma Gandhi

NWWA Ezhimala congratulates Team Tarini for successfully completing the expedition Navika Sagar Parikrama by circumnavigating the globe on the sailing vessel, INVS Tarini. This is the first ever Indian circumnavigation of the globe by an all women crew.

The vessel was skippered by Lieutenant Commander Vartika Joshi, and the crew comprised Lieutenant Commanders Pratibha Jamwal, P Swathi, and Lieutenants S Vijaya Devi, B Aishwarya and Payal Gupta.



Mrs Sapana Chawla
President NWWA
Southern Region



Navy Wives Welfare Association
Ashirwad Building
NWWA Kendra
Naval Base
Kochi - 682004

MESSAGE

It is an honour to serve as President NWWA Southern Region and to take on the responsibility of leading this organisation. Over the years our organisation has transformed in sync with the Indian Navy and increased its ambit to cover a variety of activities associated with the welfare and well-being of the SNC Parivar.

I am proud to lead this motivated and talented team of ladies who have volunteered to contribute towards the betterment of our community despite their own commitments and responsibilities on the home front. I intend to build upon the strong foundation laid by our predecessors and take NWWA Southern Region forward in all its endeavours.

NWWA, today, undertakes several activities which include: empowering our women through specialised training provided at subsidised rates; contributing towards making Navy Children Schools world class; running schools to meet the requirements of special children; providing creches for working women; supporting the elders in our community; encouraging healthy habits; encouraging talented individuals in various fields; and working to make our environment green and sustainable. These efforts ensure that the Naval community remains a vibrant, healthy and happy place and we need to pursue them with purpose and vigour.

It's my firm belief that we have gained much from being a Naval spouse and it is our duty to return this favour by contributing our efforts towards the betterment of the Naval community, in the same manner as our officers and sailors who selflessly serve the country.

I look forward to the continued voluntary support and cooperation of all ladies in SNC to take our endeavours forward. A particular area of my emphasis will be to better integrate the large number of young ladies who join the Naval community and to provide them with necessary support and information, so that they integrate seamlessly into our Parivar.

There is no greater joy than giving. I look forward to working together with all of you in helping to make a positive difference to all our lives.

Jai Hind

Mrs Sapana Chawla,
President NWWA
(Southern Region)

From the President's Desk

It is a privilege to have taken over as President NWWA (Ezhimala) earlier this year. I had heard so much about this place but no descriptions do justice to its beauty. I now know why every person who comes to Ezhimala falls in love with this pristine and fabulous place. Apart from its natural beauty, it has serenity and a vibration or force field that is calm and refreshing.

It has a lot to offer and is a haven for fitness aficionados. Every activity you can think of is possible and so the bug bites each person who lives here. So, it is only fitting that the theme for this edition is fitness and am sure each person has his or her own customised mantra for fitness but an exchange of recipes and healthy potions can spread the magic of staying impressively fit. This investment in health has lifelong rewards and while it is a priority for men in uniform, we would like to spread the message to ladies and children too.

Whether it is for weight loss, health or beauty, whatever the reason, exercise makes you feel good about yourself because it gets the endorphins flowing. The feeling suffuses your body and brings a glow to your face and as they say, being fit is the best fashion statement!

The weather is pleasant and it is that time of the year when everything turns a lush green. It makes you want to step out and feast your eyes on every tendril and leaf that is bursting forth. Why not combine it with your workout? *So play hard, stay fit and live well!*

At INA, we have an enthusiastic bunch of NWWA volunteers and community of women. These women are the ones who contribute silently towards military preparedness. Without their selfless contribution, the men wouldn't be able to do their work. It is my priority to be of help and support to these ladies. We are always looking at ways to do more and to improve things, so do come forward with your ideas. The enthusiasm, talent and innovation of youngsters is greatly inspiring to me and I look forward to hearing from you.

In the end I must mention that I am extremely grateful for your time and effort and contribution towards NWWA activities. A special thanks to the editorial team for all their hard work and the contributions in this issue.

Mrs Priyamwada Pandit,
President NWWA
Ezhimala



From the Editor's Desk

Dear Readers,

Be it any time of the year, the temptation to indulge in scrummy treats, lingers on. We all love food, don't we? However, only the fortunate among us flout all laws of weight gain. Well, do they have a trick up their sleeves or is it their fitness regime and a balanced lifestyle which helps them to stay lean? The latter seems to be distinctly possible. The focus in this edition is to unravel the secret behind staying fit and healthy.

We have two fitness experts present their unique take on the benefits of mind-body workouts. Upama's article has been truly inspirational and motivates us to alter and tailor our habits to get back in shape. Kavita highlights the importance of a balanced diet and shares some quick and healthy recipes.



Team Sanchar (L to R)
Harshita Bhalla, Preetika Soni,
Natasha S Dogra, Kinnari Rana

On the other hand, Neha and Natasha endorse proximity to nature for our overall well-being. One golden rule that we deciphered was that being mentally and physically fit is crucial to lead a healthier life.

Good news for all the crossword fans - *engaging in word puzzles improves brain health*. Well, there is one for you in this edition on health and fitness.

We would love to hear from you and look forward to your views and suggestions. You can reach us at varuniezhimala@gmail.com.

Wishing you a happier & a healthier you!

*Harshita Bhalla
Group Co-ordinator, Sanchar*

NWWA ACTIVITY REPORT JANUARY- SEPTEMBER 2018

AROGYA

The Well Woman Clinic was launched on the occasion of NWWA Divas, ensuring an annual medical checkup for naval wives. Arogya, Ezhimala conducted the Grihalakshmi camp from 1st to 10th February. A special lecture on Awareness about Personal Hygiene and Cancer was presented by Surg. Cdr. Smita Nayak

ASHIRWAD

Ashirwad, the senior citizens support group organized a musical evening for the senior citizens of Station Ezhimala and their grand children on 19th July. The INA band made the evening a memorable one for the audience with their enthralling performance. It indeed was a great opportunity for all present to immerse themselves into the world of music.

BALWADI

On 26th January, the children of Balwadi celebrated Republic day with flag making activities and patriotic songs. Annual medical checkup was conducted by INHS Navjivini for the children; multivitamins, de-worming and iron syrups were distributed. Along with this, a dentist enlightened the children about dental care and NWWA distributed toothpaste and tooth brushes to all. In the month of March, a picnic was organized to Zamorin beach and horses stables for the children. Once classes resumed post the summer vacations, a card making activity was held on 24th July.

JAGRITI

On 14th August, a visit to the Navy Children School was organized for the President NWWA, Mrs. Priyamwada Pandit, who was apprised of the infrastructure and the teaching methodology at the school. On 29th August, Mrs. Vandana Chadha, the Jagriti Co-ordinator judged an English rhyme competition which was marked by some very impressive performances. This was followed by a walk around the school and an interaction with the teachers and the students.

KALA KENDRA

Kala Kendra, NWWA's cultural centre ensures that children and ladies have ample opportunities to pursue a hobby whether it is fitness, crafts, dancing or music. It also provides tuition classes for children who need extra help.

Since January, the activity classes being conducted at Kala Kendra are classical and Bollywood dance, karate, yoga, abacus and tuition classes for classes 1 to 10. Soft toy making workshop was conducted for the ladies in January and February.

LIBRARY

The year started with a poetry contest for the age group 5 to 14. The children participated with great enthusiasm, showcasing their talent. The contest was in both Hindi and English. The best poem was awarded as well as featured on the library's 'Poet-Tree' wall.

On 13th July, a bookmark making competition was organized for children between 6 to 15 years. The response was over-whelming with 33 participants showcasing their creativity.

NWWA ACTIVITY REPORT JANUARY- SEPTEMBER 2018

PRAGATI

The New Year embarked new beginnings, multiple activities and initiatives by Pragati group. A conscious effort was made to reach out to ladies from NASA and CERA and involve them in NWWA's activities. Several ladies attended the meeting held in the community hall on 25th January. There was a positive response from the audience and a perceptible increase in comfort in sharing their views. As a result of the meeting, few ladies came forward voluntarily and a Welfare Committee was structured. On 16th February, a special Milan was organized by the group to bid farewell to the outgoing President NWWA, Mrs. Meena Bokhare. Dancing, singing, spot games, gift hampers along with heartfelt emotions glazed the morning. Mrs Bokhare thanked the ladies and spoke about her bond with the community.

The Pragati group organized a "Mehendi with a Twist" competition on 23rd July. 11 ladies participated with great enthusiasm. The designs were creative and beautifully executed. The judges were two newly married brides from within our community.

PRAKRITI

In January, Prakriti organized a card making activity and a paper bag making activity. Both were well attended and the ladies enjoyed doing their bit for nature. On 10th February, a nature walk was organized to Mount Dilli Lighthouse, where 50 children from ORA, NASA and CERA attended the same. A visit to STP was organized on 29th August for the mothers and kids of ORA, NASA and CERA. This was followed by a lecture on compost and a Best out of Waste competition for the kids of all age group. Prizes were given away by Mrs. Pandit, President NWWA, Ezhimala.

SAHARA

Regular contact programs are undertaken by the Sahara group. On 11th August, NWWA President, Mrs. Pandit met the ladies and reiterated NWWA's support at all times.

SAMUDRI

The Samudri Shop of NWWA Ezhimala was operating from a single room in the NWWA complex. Renovation and refurbishment was undertaken in October '17 and the floor space has increased to three rooms now. The shop stocks products from all across the country, as well as abroad and is a veritable shopper's paradise. Products at the shop range from sarees of all kinds to ladies accessories, crockery, local spices, handicraft goods, sportswear as well as men's clothing.

SAUNDRAYA

The beauty parlor, which is located in the NWWA centre, caters to all the beauty treatment needs of the station ladies. The space underwent major refurbishment from late December '17 and was ready to re-operate from early February '18. The place now dons a new look with a coffee table to create a waiting space for clients, glass shelves to display beauty products and new curtains.

NWWA ACTIVITY REPORT JANUARY- SEPTEMBER 2018

SPARSH

The Sparsh group believes in reaching out to other communities through its various outreach programs. Sparsh, Ezhimala organized a health checkup camp on 23rd January at Pratiksha Buds School for special children, Ramanthali. The camp was well-attended and the doctors sensitized the parents and children about various health issues.

SPORTS AND FITNESS CLUB

Keeping the ladies health and fitness in focus, a Sports and Fitness club was created in station Ezhimala. In February, a trek to Dilli Hill was organized and it had participants from NASA, CERA and ORA. The enthusiasm and will power of the ladies helped in successful completion of the trek by all the participants. On 6th September, a workshop on Zumba, aerobics and basic gym guidelines was conducted. It was a fun-filled interactive session which saw an enthusiastic participation by ladies.

UDYOGIKA

Udyogika has continued to provide tailoring services for ladies, children and other members of Station Ezhimala. In addition to the regular range of clothing items, a number of new items have been introduced and the last season saw a tremendous increase in clientele. A 'Sewing Competition' was conducted by Udyogika on 26th July, where the participants were encouraged to use their creativity and skill to make bags. It was a pleasure to witness such talented and spirited ladies create beautiful products in such short time and 2 of the ladies won 1st and 2nd prizes. However, looking at the involvement and interest taken by all the participants, it was decided by the Judge for the competition, Mrs Priya Pandit, to give away a token of appreciation and encouragement to all the ladies. It not only made for an amazing and creative morning but also helped bring forth the fresh new talent at station Ezhimala.

NWWA BUZZ

A gamut of activities were conducted by NWWA, Ezhimala. An INA induction tour was organized for ladies and children and was an overwhelming success. A fun-filled and an interactive session was planned for the newly married ladies. There was a Milan in August, where NWWA President, Mrs. Pandit interacted with the ladies. A coffee evening saw an ebullient atmosphere and light-hearted banter. A get-together was arranged at the Kendra on teachers' day for Kala Kendra teachers.

Spectrum of Activities @ NWWA



AROGYA – Grihalakshmi Camp



ASHIRWAD – Musical Evening for Senior Citizens



BALWADI – Card Making Activity



BALWADI – Classes in Progress



KALA KENDRA – Karate Class in Progress



KALA KENDRA – Ice-Cream Making Workshop

Spectrum of Activities @ NWWA



LIBRARY – Bookmark Making Contest



LIBRARY – Story Telling Competition



PRAGATI – NWWA Welfare Committee Meeting



PRAGATI – Mehendi Competition



PRAGATI – Interaction with the NASA Ladies



PRAKRITI – Paper Bag Making Activity

Spectrum of Activities @ NWWA



PRAKRITI – Visit to Sewage Treatment Plant



PRAKRITI – Making ‘Best Out of Waste’ Activity



SAMUDRI – NWWA’s one stop shop!



SAUNDARYA – The answer to all Beauty Solutions!



SPORTS AND FITNESS CLUB – Trek to Dilli Hill



SPORTS AND FITNESS CLUB – Zumba & Aerobics

Spectrum of Activities @ NWWA



SPARSH – Health Camp at Pratiksha Buds School



UDYOGIKA – Bag Sewing Competition



NWWA Divas – Yoga workshop in session



Teacher's Day celebration at NWWA Kendra



Orientation Programme for Newly Married Wives



NWWA Committee Meeting

Spectrum of Activities @ NWWA



Indian Naval Academy Tour conducted for Families of Sailors and Officers



Dr. Soni (AWWA President, SC) at NWWA Shop



Australian Cadets Visiting NWWA Shop



Mrs. Vandana Chadha interacting with Senior Citizens



Mrs. Sonia Vikram shares a light moment with children

Forging Strong Bonds : Welcomes and Farewells



NWWA Milan - Farewell Milan for Mrs. Meena Bhokare



Milan – Ladies Interaction with Mrs. Priyamwada Pandit, NWWA President (Ezhimala)



Coffee Evening – A fun way to 'Meet and Greet'



Getting Fit, My Way!

Kirti Bhoge

My journey towards fitness has been nothing short of a roller coaster ride! To begin with, chubbiness was a constant companion right from childhood. As a twelve-year-old, I would look in the mirror and cry to my mother because I didn't understand why I couldn't be thin.

As a teenager, it probably hit harder and in my sixteenth year, I realized that I was different. I didn't have a fast metabolism and no magical pill would make the extra weight disappear! If I wanted to lose weight, I couldn't eat like everybody else and needed to start working towards it. During graduation, I started walking the 2 km distance to college, cut down my sugar intake and controlled my portion size. Thankfully, I was self motivated and the results were visible. With compliments coming my way, I was happy with my routine and continued it.

It was after marriage that my real fitness journey began. At Kochi, I joined a gym and got introduced to aerobics. I found a great change in my strength, stamina and energy. Being an active person, I also did swimming, cycling and walking. Friends and relatives were zapped at my transformation. For three years, my life revolved around the same work-out regime and a set diet.

Navy kept my husband busy with sailing and workout was the best stress buster for me. Though I worked post marriage but hubby's constant transfers made it challenging to stick to one place for work. That is when I decided to make fitness as my profession. One of my instructors motivated me to join a certification course from Reebok and with encouragement from my husband and family; I enrolled for a course at Reebok Instructor Alliance Mumbai and became a certified fitness trainer.

I started my career as an aerobics instructor in Vizag and later at INA, I continued taking aerobics and fitness classes

for the ladies. The response was overwhelming!

In spite of exercising and a healthy diet, I had put on some weight again. I blame my growing age and ever changing hormones! Running beckoned me and I was soon running marathons and completed as many as 7 marathons in the year 2017 which included two 10 km, four 21 km and one Olympic triathlon (where in you swim 1.5 km, cycle 40 km and run 10 km; all in one go). There was no looking back and I felt fitter than ever.

Gradually I started Weight Training and it was an eye-opener. Lifting weights help in slowing or reversing the muscle loss, it doesn't make you bulky. It increases the lean body mass which in turn would fasten your metabolism.

My message to all you beautiful ladies is that you all are special. Love yourself and keep working out to get the best version of yourself. Few tips that will come handy in burning those extra calories:

- Cut down on white breads, sodas and sugars.
- Watch your portion size while eating, take small servings.
- Exercise under the guidance of a fitness professional.
- Take on weight training; it increases your BMI (basal metabolic rate).
- Don't go for fad diets. Make healthy eating your lifestyle.



Yoga : A Way Of Life

Poonam Shinde

“Yoga is like music. The rhythm of the body, the melody of the mind and the harmony of the soul creates the symphony of life.” – BKS Iyengar

My tryst with yoga began, thanks to my mother. She took up yoga when she developed thyroid and was pleasantly surprised to see the subtle, yet powerful effect of yoga. With her thyroid under control, she embarked on a mission to motivate the entire family to give a shot at yoga.

As a 14 year old teenager, yoga didn't hold any charm for me but at mom's behest, I started waking up early to do the various *asanas*. I was soon captivated by yoga and its benefits allured me so much that it became a daily feature in my life. Even when I was in a hostel, I ensured that I took time out in the morning to practice it. This kept me energetic, happy and healthy, keeping various infections at bay.

Yoga literally became my knight in shining armour when I worked in the IT industry for about 6 years with hectic work schedules. It easily took care of my sleep and weight management. Well, marriage to a naval officer has been wonderful in more ways than one! As continuing the old job could no longer suit my changing lifestyle, I decided to become a **Yoga Teacher** - one the best decisions I ever made! After a series of yoga classes and camps, I also learnt about the spiritual aspect of Yoga. It makes us selfless, compassionate and helps connect to our inner self.

As a Yoga teacher, it gives me immense satisfaction to watch my students transform and scale a higher level of fitness.

I now reiterate some health benefits of Yoga:

- The yoga *asanas*, certain body locks (*bandhas*) and purification exercises (*shatkarma*), help to keep our body healthy, strong, flexible, and full of vitality.
- Regular practice of Yoga helps eliminate the symptoms of arthritis, asthma, cancer, chronic back pain, diabetes, high blood pressure, hormonal imbalances, migraines and irritable bowel syndrome.
- Reduces stress and anxiety.
- Aids in better sleep and maintain a correct posture.
- Lowers blood pressure, blood sugar levels and production of cortisol (stress hormone).
- Increases flexibility, core strength, balance, vitality and energy.
- Boosts your metabolism and improves the immune system

Friends, it is time to gain mastery over oneself for inner transformation and what better way than YOGA, to do all this! Make Yoga a companion for life!



Decoding My Fitness Journey

Upama Sharma



Before

After

Weight before	90 kg	Age	35 yrs
Weight now	65 kg	Height	5'3"
Duration	1 year		

Regarding fitness, I had little awareness from adolescence but could not follow it after my marriage. Two caesarean sections and one gallbladder operation resulted in weight gain above 90kgs. Being heavier also led to gastric pain, migraine headaches, knee pain and severe back pain. My doctor advised me to reduce weight to overcome all my anxieties and I was so desperate to do that.

After my first delivery, I moved to Chennai and for nearly five years, could not lose weight, in fact it only increased. At Ezhimala, I started evening walks for about an hour for relaxation and that helped. Gradually I started focusing more on my diet and began avoiding oily food, sweets, rice, potatoes and reduced having outside food. Fruits and vegetable salads became a part of my daily meals. When I realised that I was losing weight very slowly, I began to take my weight loss journey seriously and started going to the gym every day.

Being a mother of two kids, my schedule at home was very tight and it was challenging for me to find time for the gym workouts. I am very grateful to my husband and kids for being supportive of my endeavours. My husband advised me to maintain the right

balance, be it food, workouts or sleep. This ensured a steady weight loss. Here is a brief look at my fitness regime.

Workouts

Early morning runs at 5:45 am is a daily affair. Even though I indulge in both cardio and power gym, I give more importance to cardio exercises to reduce my weight. I do 45 minutes cardio, 20 minutes power gym and 10 minutes floor exercises. I focus on shoulder, back, leg, chest, triceps and abdominal workout and as a result, my body is more flexible and energetic.

Diet

Food plays a vital role in weight loss. I start the day with a glass of warm water followed by lime-honey juice with a pinch of cumin powder. After my morning walk and run, I drink two glasses of warm water. At around 7:00 AM, I have a ripe tomato and a bowl of sprouts. For breakfast, it is mostly homemade food like *dosa*, *idli* with *chutney*, *puri* or *paratha* with *subji* or *upma*. Green tea is at around 10 AM and the pre-lunch snack is a bowl of cucumber-curd salad or cucumber, carrot and sprouts salad.

I have lunch at 2:00 PM which consists of vegetable fry or curry, a small bowl of *dal* and a *roti* and little curd. In the evening I have two dates, 3 or 4 almonds with a cup of green tea. At 7:30 PM, after coming from the gym, two glasses of warm cumin seed water and fruits like apple, watermelon, pomegranate or carrot are a must.

Dinner is early, wherein I have little quantity of protein and fibre -rich foods like chicken with one *roti*, boiled egg-white, vegetable soup, cooked green peas or green moong, ragi milk-shake. At bedtime, I drink a glass of warm water mixed with 1 tsp of Trifala powder.

Motivation

I have been inspired and motivated by many people at INA, who encouraged me through their invaluable suggestions on physical fitness. I would like to express my sincere sense of gratitude to Vice Admiral & Mrs. Bhokare and to Mrs. Renu Kumar, who are great role models for fitness.

**Fit & Fun****Harshita Bhalla**

Whether at 6, 16 or 60
Females like to have fun,
Maintain looks that are young and fresh,
And for that, there're things they embrace
and things they shun!

With a woman at the helm,
Families prosper and shine,
It is around her strength and support,
That they twine.

For her, taking care of the life-style is
paramount.
Which also include the mind, the body and
the soul,
It is important to nurture them,
As a whole!

A healthy body means a healthy mind.
Women gotta stay positive, hopeful and
strong,
And keep grudges and envy at bay,
In order to live a happy and a contented life,
for long!

It is rightly said- "When you feel like quitting,
think about why you started," and this keeps
me going. I am also a firm believer that where
there is will there is always a way. If I could
do it, so can YOU!!

Yoga, swimming, brisk walk, run, cycle,
dance,
Or hit the gym,
As they offer a bounty of benefits and a
chance
To be slim and trim.

Lapping up Grandma's healthy tips,
On advantages of veges, dry fruits and ghee,
Are sure to keep us,
Glowing and wrinkle-free!

If still looking at fun at 60,
Remember to nourish the body and the mind,
As the two are closely,
Intertwined!

Stay healthy, Stay happy!!





From Tea to Tee Off

Neha Jain

In the pitch dark moonless night, I had the first glimpse of the hills. Ezhimala, the land of living legends, enthralled me with its beauty. As I walked towards the balcony, the serenity of the night was outshone by the rising sun over the ocean, the view of the coconut plantation, Mount Dilli to the left and Nalanda to the right. In the centre of all this, stood the golf course like jewel which defined an opportunity for me to rekindle a long, lost dream.

It was in the first week, that I walked across to the golf course. The green and perfectly manicured course, the sprinklers, the loud rattle of a woodpecker and the beautiful birds were in tandem with my silence. However the child in me wanted to get rid of the shoes and hop across. I was convinced that this would be my salvation for the year ahead.

Like any eager novice I needed a coach, a set of clubs and a rule book. To my surprise, the golf course was very well equipped with the requisite clubs available and very competent coaches. Day one ended as the little girl in me strolling across the netted range followed by a lengthy interaction with the coach.

The next two evenings were well spent with the almighty Google to read about the game and overcoming the anxiety akin of getting back to school. After all, the comfortable life was now going to be tweaked with early mornings and sunny afternoons along the greens. By the third day, thanks to the encouragement from my better half, I was geared up to master the greens. The next two days were used to prep up well for the sport. Once the attire was in place, I ordered two books from Panini and one from Amazon. A neat pair of gloves, a golfer's peak cap and a few polo neck T-shirts completed the wardrobe.

Day 2, usually the most difficult day for any child at school, was not different for me either. Taking a stance and rehearsing the swing for the shots reminded me of my 1st session of power yoga!! Towards the end of the class, the satisfaction of knocking a couple of golf balls in the range was very heartening and motivating. It made me feel like a winner as I had overcome the lethargy of quitting the comfort of the home.

The journey over the next six months from a couple of yards to a hundred yards, from the range to the greens, from joy of hitting in any direction to a controlled knock, from being afraid of what other confident golfers would think of my not so perfect game to a confident stance, was exhilarating!

As I will soon be bidding goodbye to this great institution ever emphasized by the illuminated National Flag at Nalanda, I would like to thank this cradle of leadership, which offers such oceans of opportunities for the families while the husband do their bit at office. Whether we make it count like tangy lemonade or continue engrossing ourselves in the glossy inhibitions at home is a call we need to make.



Forest Bathing – Rejuvenating the Senses

Natasha S Dogra

“The key to unlocking the power of the forest is in the five senses”- QingLi

Ever wondered why the sounds of the forest, the scent of the trees, the sunlight playing through the leaves and the fresh, clean air, comforts you. Being a forest ecologist, I regularly visit forested areas for my research and to get connected with nature. I firmly believe that nature eases our stress and worry phenomenally. Reviewing various research papers about the relationship between forest and human body has revealed a practice called - *Shinrin-yoku* or *Forest bathing*. This is a Japanese technique or practice of going to the forest to receive mental and physical healing. It isn't about covering a set distance, raising the heart rate or even about exercise but a much slower practice focused on fully experiencing nature.

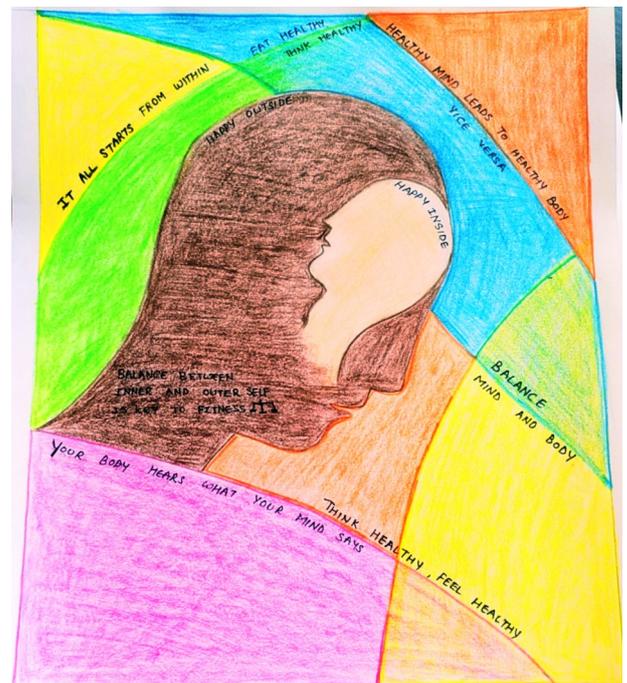
Plants produce phytoncides which are the active substances that kill or inhibit the growth of bacteria, microscopic fungi and protozoa. These phytoncides are capable of producing an effect at a distance which is beneficial for human body.

Various benefits of Forest bathing include:

- 1) Decreased risk of heart attack.
- 2) Protection against obesity and diabetes.
- 3) More energy and better sleep.
- 4) Mood-boosting effects, lifts depression.
- 5) Decreased inflammation.
- 6) Clearer, more comfortable skin.
- 7) Soothing relief for sore muscles.
- 8) Reduces blood pressure levels, relax the mind.
- 9) Boost Immune system.

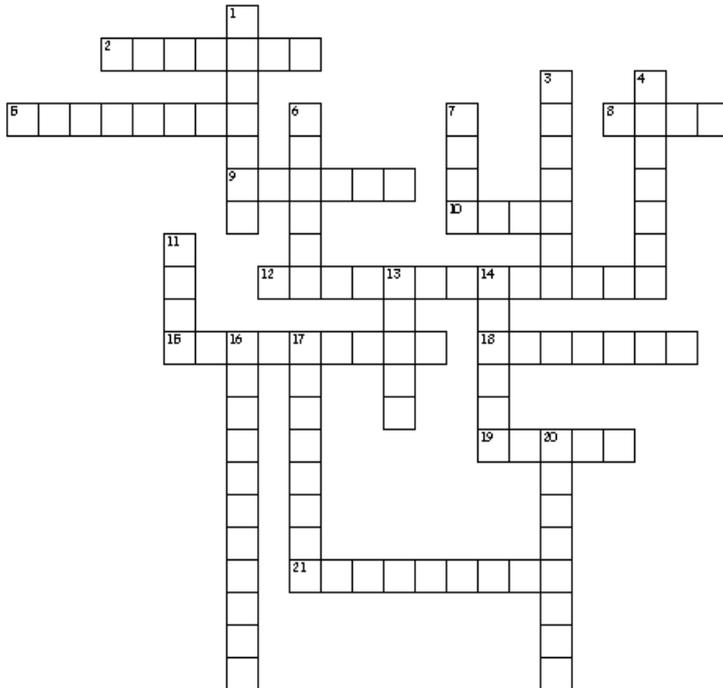
Japan leads in Forest Therapy and many Japanese companies include it in their employee health-care benefits and wellness programs.

Forest bathing is accessible, unwinding, effective and an adventurous method to ease the mind and sustain a healthy lifestyle. So, let us give it a try in our very own Ezhimala and experience the benefits.



Created by Payal Jhala

CROSS WORD — Time to jog your mind



Across

- 2 only predictable thing
- 5 running, walking, run/walk strategy
- 8 terrible thing for one to waste
- 9 the root cause of unfitnes
- 10 physical, emotional, mental and spiritual discipline
- 12 shinrin yoku
- 15 the way in which you live
- 18 Uneasiness
- 19 Zzz
- 21 Tireless

Down

- 1 good physical activity
- 3 the ultimate super food
- 4 calorie counting
- 6 Jogging
- 7 Physique
- 11 Immortal
- 13 mixture of raw vegetables
- 14 manner of sitting
- 16 bodily conditioning
- 17 blended ingredients
- 20 workout



Answer to the crossword are in the articles...

Brain Workout

Healthy human being is a combination of healthy body and healthy mind. But just as weight workouts add lean muscle to your body and help you retain more muscle in your later years, researchers now believe that following a brain-healthy lifestyle and performing regular, targeted brain exercises can also increase your brain's cognitive reserve. Experts recommend sticking to brain training that involves real-world activities. Exercises to strengthen brain function should offer novelty and challenge.

Experts recommend the following exercises to sharpen your mental skills:

1. **Memory Recall.** Make a list — of grocery items, things to do, or anything else that comes to mind — and memorize it. An hour or so later, see how many items you can recall.
2. **Learn to play musical instrument.** It is proven that learning something new and complex over a longer period of time is ideal for the aging mind.
3. **Do arithmetic in your head.** When you go buying something to grocery shop next time, figure out the payable amount without the aid of pencil, paper, or calculator.
4. **Learn a foreign language.** The listening and hearing involved stimulates the brain. A rich vocabulary has been linked to a reduced risk for cognitive decline.
5. **Create word pictures.** Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.
6. **Draw a map from memory.** After returning home from visiting a new place, try to draw a map of the area; repeat this exercise each time you visit a new location.
7. **Challenge your taste.** When eating at a restaurant, try to identify individual ingredients in your meal, including subtle herbs and spices.
8. **Take a cooking class.** Learn how to cook a new cuisine. Cooking uses a number of senses: smell, touch, sight, and taste, which all involve different parts of the brain.
9. **Refine your hand-eye abilities.** Take up a new hobby that involves fine-motor skills, such as knitting, drawing, painting, assembling a puzzle, etc.
10. **Learn a new sport.** Start learning new exercises that utilizes both mind and body.

Reference:

<https://www.everydayhealth.com/longevity/mental-fitness/brain-exercises-for-memory.aspx>

Energising Red!

A powerhouse of vitamins and minerals, Beetroot is a great food item to add to a one's regular diet. It helps in lowering blood pressure, boosts blood flow; it reduces cholesterol; helps fight fatigue, weakness and muscle cramps and improves the immune system.

I am sharing an easy to make beetroot juice, hope you enjoy it!

BEETROOT JUICE

Preparation time: 10 minutes

Serves: 2 persons

Ingredients:-

- 1 small red beetroot
- 1 large apple (or 2 small apples)
- 1 pinch of ajwain
- 1-2 carrots
- ½ Lemon
- ½ Inch piece of ginger, peeled



Preparation:-

1. Wash all vegetables and fruits in running water and pat dry them.
2. Peel and cut beetroot, apple and carrot into long slices.
3. Process all ingredients (beetroot, apple, carrot, ginger) except lemon through grinder / juicer separately.
4. As beetroot has a strong flavour and develops a sweet taste when cooked, cook it for a few minutes.
5. Now mix all the juices in a container. Add a pinch of ajwain.
6. Squeeze the half lemon into prepared juice and stir well. Pour and serve.

By Kavita Bisht

Go Green!

Smoothie, a thick blended mixture of fresh fruits, benefits one's physical wellness and if green leaves like spinach or kale are added to this, it delivers a great amount of protein to get your day going. This small shot, if taken every morning on an empty stomach, is a powerhouse of nutrients and invigorate as well as energizes the body. It is a great immunity booster. And it is easy to make!

IMMUNITY BOOSTER GREEN SMOOTHIE

Preparation time: 5 minutes

Serves: 1 person

Ingredients:-

- 2 cups of spinach (superfood)
- 1 cup of water
- 1 ½ cups of pineapple chunks
- ½ Small banana
- ½ cup yogurt
- 2 tsps of honey



Preparation:-

1. Wash spinach well under running water to get rid of sand, if any.
2. Puree spinach in a blender. Add the water to make a puree.
3. Now add the pineapple, banana chunks, yogurt and honey and blend till a smooth mix is made.
4. Pour into a glass and serve.

By Natasha S Dogra



NWWA COMMITTEE

Back Row (Left to Right) Mrs. Shivani Saxena, Mrs. Preetika Soni, Mrs. Jaya Sharma, Mrs. Shanta Tata, Mrs. Lalitha Rao, Mrs. Anahita Hazarika, Mrs. Preethi Nambiar, Mrs. Parveen Desai, Mrs. Kirti Bhogé, Mrs. Harshita Bhalla
Front Row (Left to Right) Mrs. Shilpa Ravikumar, Mrs. Sonia Vikram, Mrs. Priyamwada Pandit (NWWA President), Mrs. Vandana Chadha