

Newsband

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Vashi Resident Dr Veena Adige presents a paper at the United Nations

Largest gathering of Women at the UN

By Ashok Dhamija

NAVI MUMBAI:

“Speaking at the United Nations and presenting a paper is a great, grand, unforgettable experience. More than five thousand women from all over the world came together for a fortnight in March this year (12 to 23) to attend the CSW62 (Commission on the Status of Women), making it one of the largest gatherings of women in one place. The priority theme of the seminar was ‘Challenges and Opportunities in achieving gender equality and empowerment of rural women and girls’. Around a thousand NGOs had sent their representatives as delegates or speakers,” said Dr Veena Adige, a resident of Vashi.

There were main sessions, side events and parallel events in and outside the UN. Beginning at 8.30 in the morning, these ninety minute sessions



had women giving statistics, talks, presentations on all aspects of women in rural areas. Child marriages, teen pregnancies, sexual discrimination, gender bias, domestic violence, patriarchal society, male child preference and other related topics were discussed, questions asked and answered. There were

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FREE residential, remedial classes for 10th Std at Konkanratna School For Failures To Success

By Chandrashekhhar Hendve
NAVI MUMBAI:

Konkanratna School for Failures to Success, and Satyagraha College of Education announced free remedial, residential classes for X failures willing to appear for SSC examination, said Dr. Alka Kalsi, during a press conference at CBD Belapur, Navi Mumbai.

“Many students fail in IX std in SSC board & CBSE board due to the negligence in study upto IX std. Therefore since they fail in IX std examination they drop out from their schools and become prone to join anti-social, illegal activities or other non-educational activities as social research report investigated,” said Dr Kalsi.

Speaking further,

she expressed her opinion that there are number of examples of those who have failed in school or intermediate board, including Bill Gates, Steve Job, but with inspiration and motivation by social activists they became top in the IT field.

Thus, in order to giving hope to the failures, RSPM a Latur based Trust founded by Freedom Fighters of Hyderabad Liberation Movement started Konkanratna School for Failures to Success at Kharghar, Navi Mumbai, jointly with B.Ed. course learners of RSPM's Satyagraha College of Education. The facility is open to all who have failed in IX Std and wish to

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Journalists go on one-day hunger strike To make NMMC fulfill their demand



By Vijaykumar Kamble

In order to persuade Navi Mumbai Municipal Corpora-

tion to make provisions for providing special emergency fund for the benefit of

journalists, a one-day hunger strike was staged by some journalists of the city.



These journo included Sanju Gurav, Pradip Waghmare and Dipak Deshmukh. On this occasion, Maharashtra Navnirman Sena's Gajanan Kale presented a revolu-

tionary song. He also made clear that MLA Manda Mhatre, Shiv Sena corporator Kirhore Patkar, Manoj Haldankar, Vijayanand Mane and

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NMSA Summer Coaching Camp from 14 April to 13 May 2018

Navi Mumbai Sports Association is conducting 22nd NMSA Summer Coaching camp for the youth of Navi Mumbai from 14 April 2018 to 13 May 2018 for age group 7 to 18 years. This is with a view to include the Sports habit in the younger generation, and to locate such talent which can be shaped to good Sportsmen of future.

Coaching will be in

number of sports Viz. cricket, badminton, football, swimming, tennis, basketball, athletics, skating, karate, physical fitness; the camp will be held under expert coaches from 14 April to 13 May 2018 and will be open to both members and non-members.

Forms will be available from 25th March to 7 April 2018 at NMSA, sector 1 A, Vashi.

FREE residential... Cont. from pg. 1

appear in X Std. It is free of charge for economically weaker section with accomodation while others can pay reasonable fees.

Coordinator of the course. Dr. G. K. Dongargaonkar, Director of Rahul Shikshan Prasarak Mandal expressed that this facility are for all appearing for X std irrespective of

their social origin, and fund is provided by Rahul Shikshan Prasarak Mandal from its own source. Needy and desirous students are informed to contact to Dr. Alka Kalsi personally or on satyagrahacollege@yahoo.com, Mob No. 9930958025, Supparak Bhavan, Plot No. 52, Sector 19, Kharghar, Navi Mumbai.

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Another search operation to be conducted to locate the dead body of murdered policewoman

By Crime Reporter NAVI MUMBAI: After the failure to locate the assistant police inspector Ashwini Bindre's dead body in Bhayandar creek even with the help of Navy, Navi Mumbai police will once again conduct a search in Bhayander Creek from Thursday. This time the police will take the help of Ocean Science And Surviving Private Ltd, a private company.

The main accused in this murder case, Abhay Kurundkar and Mahesh Falnikar, had before throwing the pieces of Ashwini Bindre's dead body into the Bhayander Creek, had wrapped up those pieces in a plastic bag and tied it with heavy steel objects around 21 months back. However, the Navy has failed to located



the dead body and hence the police feel that the pieces of dead body must have got stuck up to some objects deep down in the creek. Hence the

police will now conduct a search for the dead body with the help of Gradiometer, which is a modern gadget. The police are in search of the company which manufacture such ultra-modern gadget but they have not yet found such a

company. However, Ocean Science And Surviving Pvt. Ltd., a private company, has volunteered to conduct a search for the dead body which could be lying deepest down the Bhayander Creek. Navi Mumbai police, with the help of this company, will again conduct a search in the Bhayander Creek from Thursday.

The police source revealed, "The spot where the dead body has been suspected to be thrown will be scanned entirely with the help of the gadgets which might be able to locate the exact places where the pieces of dead body are stuck up. After that we will call for the most sophisticated equipment from abroad to conduct a search in the intricate regions deep down the creek."

Various social event held on Nishant Bhagat's birthday



By Chandrashekhhar Hendve NAVI MUMBAI:

Various social events were organized on the occasion of Thane Lok Sabha Youth Congress president Nishant Bhagat on 3 April 2018. A blood donation camp was organized near Vashi railway station on Tuesday. A total of 110 blood units were collected in collaboration with Terna Hospital, Nerul and Maa Saheb Meenatai Thackeray Blood Bank, and NMMC Hospital, sector 10, Vashi.

Meanwhile finan-



cial assistance of Rs 10,000 was made to each of the organizations by Sanpada Senior Citizen's Union, Sector 7 and 8 Sanpada, Palm Beach Senior Citizen Service Committee, Sector 13, Sanpada and Senior Citizens Organization Juninagar, Chincholi

Lake. A total of 50 senior citizen were given senior citizen card to avail senior citizens facilities.

Meanwhile for the safety of the citizens at ward no 77, 78 near the chowk near Moraj Residency gate, CCTV cameras were installed.

Unidentified thief steals mobile phone of train commuter

By Crime Reporter NAVI MUMBAI: A mobile phone worth Rs 15,000 was stolen by an unknown thief in Mandvi Express. Netaji Dinkar a resident of Dombivali, works as a mechanic with H.M. Motors. Netaji was go-

ing to Thane from Panvel in Mandvi Express. At this time, Netaji was standing at the entrance of his coach and was listening to music. As the train started moving, an unknown person hit Dinkar's hand and

took the mobile which fell down in the process and fled from the spot. Following this he registered a complaint with the Panvel Railway Police who registered a criminal case against the thief and started a hunt for him.

Woman robbed of her mobile phone at Khandeshwar railway station

By Crime Reporter NAVI MUMBAI: An unidentified thief stole a mobile phone worth Rs 16000 belonging to a woman who was waiting for a local train at Khandeshwar railway station. This incident occurred at 8.30 pm. Panvel railway police have registered a criminal case of looting against the unidentified thief and started a hunt for him.

The complainant

in this case is Namita Kanade (29) and she is the resident of Kolbada Naka at Thane. Namita had come to Khandeshwar to visit her relative. At 8.30 pm, she was waiting for the train to go to Thane at Khandeshwar railway station. She was waiting on platform number 2 when an unidentified thief came from behind and took away the mobile

phone that she had caught in her hand after which he fled from the spot.

Namita did try to search for the thief. But the thief managed to escape from the railway station. Hence Namita went home and next day she lodged a complaint at Panvel railway station. Accordingly, the police registered a criminal case against the unidentified thief and started searching for him.

IIT of Mumbai to conduct scientific survey on parking

By Chandrashekhhar Hendve NAVI MUMBAI: As per the Public Interest Litigation in the Bombay High Court 123/2016 on October 5, 2016, order has been given to Navi Mumbai Municipal Corporation to conduct a scientific survey for parking.

In this regard, Navi Mumbai Municipal Corporation has appointed IIT Bombay to conduct the survey which will begin from 5th April and continue till April 20, following which a de-

tailed report will be submitted to the civic body.

The municipal commissioner Dr Ramaswamy has ap-

pealed to the citizens to cooperate with the municipal staff/ representatives appointed for this survey.



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Journalists go on...

Cont. from pg. 1

other leaders would visit the place of agitation and ques-

tion the authorities. This agitation had more than 250 various unions and journalist participating. The fasting journalists were made to drink fruit juice and

break the fast by MLA Manda Mhatre, Shiv Sena leader Vitthal More, deputy mayor Mandakini Mhatre and corporator Kishore Patkar.

Detox your vacation with Wellness Tourism in Igatpuri

Traditionally, travelling meant exploring new places, discovering new locations and indulging in vivid cuisines. However, in today's era, travel and travellers have evolved with tourists from across the globe looking to experience unique and offbeat. One of the new trends is of 'Wellness Tourism', which offers a blend of natural therapies, yoga, meditation, a perfect option for corporates, domestic and foreign travellers.

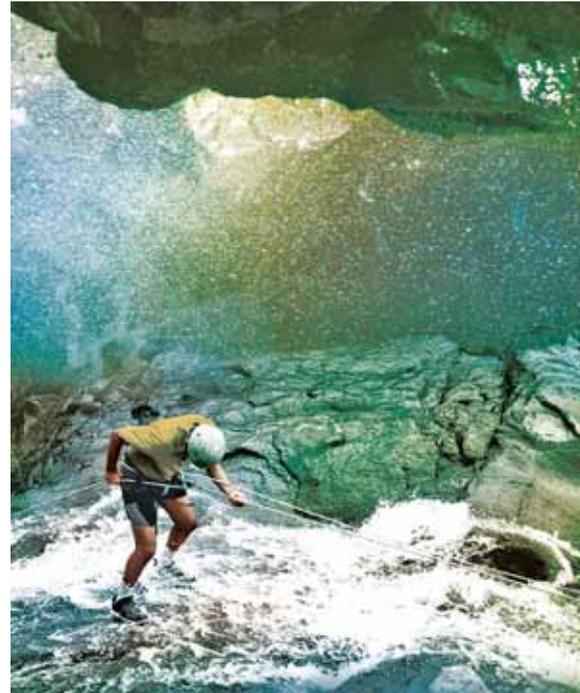
Blessed with scenic beauty, Igatpuri is a paradise for nature and adventure lovers. It has a few tallest peaks of the Sahyadri range and is situated on the NH3 Mumbai-Agra highway, which is 130 km and 47 km away from Mumbai and Nashik respectively. Igatpuri has immense potential for wellness tourism.



Away from the chaos of urban life, this paradise proves to be a worthwhile getaway this season.

Detox your vacation in Igatpuri

through wellness tourism at Vipassana Centre and other private wellness centers, which offers wellness therapies like ayurveda, yoga,



naturopathy, reflexology, reiki, spa and many more. The vipassana meditation is a self-purification method, which commences by focusing on mind, by observing the breathing process. The meditation is powerful and most effective to refresh travellers' mind, body and soul.

Maharashtra Tourism Development Corporation (MTDC) has proposed to develop a wellness hub in Igatpuri by creating wellness zones providing a range of treatments including yoga, ayurveda, reiki and physiotherapy. MTDC is also trying to secure 100 acres of Government land in the locality of Igatpuri to develop world class infrastructure and is also preparing to enter into partnerships with private entities. This project will certainly

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Vashi Resident Dr Veena... Cont. from pg. 1

at least five to eight sessions held at different places at the same time every two hours till six in the evening every day. And the participants had to pick and choose which to attend.

Dr Veena Adige said, "Mine was the very first presentation on March 12. I spoke on educational aspects of girl students of Ram Krishna Academy catering to seven village children of rural Panvel, near Mumbai. Madam Dame Meher Master-Moos, President of the Zoroastrian College and All India Behram Baug Society had proposed my name and done all the ground work. The Temple of Understanding which organized the event consisted of Alison Van Dyke, and Grove Harris, two charming ladies and the speakers with me were Donna Bollinger, Executive

Director, RPA, USA and Dr Angela Reed of the UN. I spoke extem-

my heart), pics and recordings made and I was happy and satisfied at the accolades heaped upon me."



pore for fifteen minutes though I had my papers with me (and this, they said, came from

The format was similar for most of the sessions. Three to six speakers, speaking for

ten to fifteen minutes each, a moderator and question answer sessions. There was pin drop silence during

made notes on their laptops, notebooks or mobiles.

Every session was packed to capacity especially since most conference rooms could accommodate just one hundred fifty to two hundred people. The really interested ones even sat cross-legged on the floors or stood throughout the sessions.

One important thing emerged through these sessions - that women all over the world have similar problems, their

quality and magnitude different but basically the same. The delegates

The delegates came

dressed mostly in their national attire. Indians in saris, those from Africa in colourful dresses and head gears. The bonhomie exhibited by all was great. There was no discrimination, instant friendships were made and there was laughter in the cafes and pin drop silence during the sessions. These women were representatives of their countries, the educated cream of society. Each one was an important person with an interesting story of her own.

Africa's Queen Mother, Nigeria's First Lady, Ministers, Members of Parliament, officials, heads of various women related NGOs and other important people were present who were interviewed and spoken to.

It was an excellent chapter in Public relations and networking and many gained a lot of mileage by attending this CSW62 session.



Nutrition plays a pivotal role in boosting your child's immunity

By Ashok Dhamija

NAVI MUMBAI: The right nutrition in early years of life, starting from birth, is crucial in building a strong immune system of your child; and parents play a pivotal role in laying this foundation. A well-balanced nutritious diet can strengthen your children's immune system resulting in fewer episodes of runny noses, colds and gastrointestinal symptoms. Though it cannot completely eliminate the chances of contracting infections, there is definite evidence that in case of illness, a balance mix of all major nutrients along with essential vitamins and minerals, can keep your child's immune system strong. Good nutrition helps in early recovery, more efficiently and leading to less complications.

When children get exposed to viruses or pathogens, someone with a weakened immune system is more vulnerable to catch infection than one with a healthy one. Parents just feel helpless not realizing that eating immune boosting fruits, vegetables and other immune boosting foods just during that phase of illness cannot provide a quick burst of relief; there has to

be a constant intake of immune boosting foods along with adoption good hygiene practices.

Below is the excerpts of views of Dr. Swati Bhushan, Chief Clinical Nutritionist, Hiranandani Hospital, Vashi – A Fortis Network Hospital as shared with this Newsband Correspondent:

damage to cells and tissues in our body. Your child is more susceptible to infection if he suffers from zinc deficiency; not consuming enough Zinc in the diet can reduce White Blood Cells and platelets. Pumpkin seeds, Watermelon seeds, Sunflower seeds, Poppy seeds, Sesame seeds (Til), Ajwain and Cashew



Immune boosting nutrients which should be included in the diet:

For proper functioning of the immune system following nutrients play an important role;

A) Zinc: It supports immune system by reducing the duration of common cold, incidence of Diarrhoea and Respiratory Tract Infections among children. It also helps in wound healing and has antioxidant properties which reduce free radical

are good sources of Zinc. Other fair sources are whole grains, Peanuts, Pulses & Legumes, Soybean, Boiled Egg yolk, Almonds (Badam), Garden Cress Seeds (Halim/Aliv), Mustard seeds (Rai), Cumin seeds (Jeera), Coriander seeds (Dhania), Cardamom (Iaichi) and Methi seeds (Fenugreek).

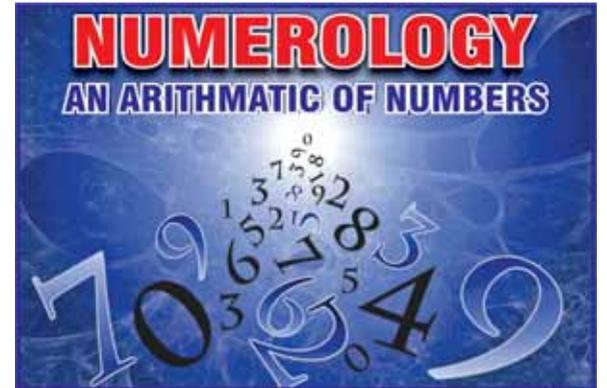
B) Vitamin-C: This enables your body to synthesize White Blood Cells which help fight off

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By Dilip Sengupta

People born on this week of any year will be moving ahead with many plans and projects, making the most of the new moon phase, cash in on it, says the Lord Almighty. You are a leader/entertainer/mediator and your financial skills/management and your spiritual inclinations will be greatly enhanced in this period, you make huge plans. You will find solutions to mind blogging problems



and people at the office and home look to you for answers. Finances will play major role. You will be playing the market and will be making judicious investments and buying and selling bonds, funds and all other aspects of capital investments will be in sharp focus.

You are confident in all you do. And there will be great spiritual reinforcements coming to you. They will help you to solve all the issues

that you have been doggedly battling against. You have a fierce determination, to get ahead and you will help you solve all the issues. Health problems may crop up. It may not be your own health specifically, but, that of someone dear to you, and you have to take care of them. This will also eat into your time both at work and at leisure. But this is a duty you

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Navi Mumbaikars to the fore...

City based footballers are playing for top teams in the MDFA Elite Division League with élan. Photo show few of them representing Air India team which is being led by Vijith Shetty (Extreme Left) along with talented footballers of the likes of Aashish Lalge, Yash Vanveru and Advait Shinde (Former Fr. Agnel Players). Defending Champions Air India are currently have won all their league games and are top of the pool with two games in hand. Former champions ONGC, Panvel are currently placed second. (By Ashok Dhamija)



MOVIE NAME	INOX RAGHULEELA MALL VASHI Tel. 6699 1212	INOX GLOMAX MALL KHARGHAR Tel. 6659 5959	PVR: Orion Mall, Panvel 095943 57088	BALAJI MULTIPLEX KOPARKHAIRANE 022-2755 4245	MUKTA A2 CINEMAS: K MALL, PANVEL 070453 39395
Baaghi 2 (H)	AM : 9.00, 9.50, 10.40 PM : 12.05, 1.35, 3.10, 4.40, 6.15, 7.45, 9.20, 10.00, 10.50	AM : 9.00, 10.05 PM : 12.05, 1.10, 3.10, 4.15, 5.25, 6.10, 10.55	AM : 9.00, 10.00, 11.00 PM : 12.05, 1.05, 3.10, 4.10, 5.10, 6.15, 7.15, 8.15, 9.20, 10.20, 11.20	AM : 9.15, 11.15 PM : 12.00, 2.00, 2.45, 4.45, 5.30, 7.30, 8.15, 10.30, 11.15	AM : 10.00, 11.00 PM : 12.00, 1.00, 2.15, 3.46, 6.31, 7.45, 9.15, 10.30
Hichki (H)	AM : 9.55 PM : 12.25, 3.00, 5.35, 8.10, 10.45	PM : 2.40, 7.55, 11.15	PM : 2.00, 4.45, 7.30, 10.10	AM : 9.30 PM : 2.30, 5.15, 7.45, 11.00	PM : 2.45, 5.15, 10.45
Baban (M)			PM : 2.05		PM : 5.00
Raid (H)	AM : 8.55, 11.55 PM : 2.15, 5.30, 7.15, 11.15	AM : 9.05 PM : 5.15, 10.30	AM : 9.00, 11.45 PM : 5.30, 8.15, 11.00	AM : 9.15 PM : 5.00, 10.15	PM : 7.45
Sonu Ke Titu Ki Sweety (H)		AM : 11.45	PM : 2.30	AM : 11.45	
Black Panther (E)				AM : 12.00	
Pacific Rim Uprising (E)				PM : 2.35	
What's Up Lagna (M)		AM : 11.40			

EDITORIAL

Issue : 282

5 April 2018

ISRO should learn from its mistake

The communication was lost between the ground station and the Indian Space Research Organisation's latest satellite. ISRO's mission had aimed to place the communication satellite, GSAT-6A, in space. But the ground station lost track of the satellite on March 31,

It is being conjectured that the failure occurred because of a flaw outside the launch vehicle, the GSLV, perhaps from a short circuit or power glitch within the satellite itself. The last word has not been said on the mission, as ISRO officials continue to try to establish contact with the satellite.

This was a complex scientific feat. ISRO should learn from this experience. The GSLV has had several successes in the past, and this is its 12th flight. The present mission, launched on March 29, was endowed with additional features, such as the high-thrust Vikas engine that gave it the capacity to carry a heavier payload. The mission would be a testing ground for ISRO's next moon mission.

Space science is exciting not just for the experts, but to many outside the field. Hence the agency should present itself more openly to the world.

Any scientific experiment has no failure. As Addison said when he faced about a hundred failures before inventing electric bulb, by these experiments he learned how the bulb cannot be invented by following those methods which did not yield results.

Let us be very clear here. The launch vehicle, GSLV-F08, has got nothing to do with this unfortunate incident. It was a flawless and accurate launch by GSLV. The communication failure occurred immediately after the second LAM firing, possibly due to power management issues. These have also occurred in ISRO satellites earlier but seem to have been overcome later.

Detox your vacation...

Cont. from pg. 4
allure huge number tourists and will be an attractive tourist hotspot.

How to reach

By Rail: The nearest railway station is Igatpuri.

By Road: Igatpuri is 130 km away from Mumbai and practically the same distance from Pune.

While approaching from Mumbai take a turn at Igatpuri.

Where to stay: MTDC Holiday Resort, located at Bhandardara near Nashik is the best property to stay which is nearby Igatpuri.

Bhandardara, considered as a trekker's ecstasy, is located on the western ghat of India in the Ahmednagar district. Bhandardara is famous for its Lake, Waterfall, hiking

Nutrition plays...

Cont. from pg. 5

infections. If taken regularly, it helps reduce the duration and severity of colds, and helps manage Respiratory Tract Infections (RTI). It forms collagen in bones and muscles, is a wound healer and keeps your child's teeth and gums healthy. To reap the benefits of Vit-C, your child must consume Parsley, Capsicum (Green, Yellow, Red), Black Currants, Guava (Peru), Amla, Strawberries, Kiwi, Lemon, Sweet Lime (Mosambi), Orange, Tamarind (Imli), Papaya, Green Mango, Pummelo (Chakotra/Paprus), Radish (Muli) leaves, Amaranth leaves (Math/Chaulai), Bathua, Arbi leaves, Drumstick and its leaves, Methi leaves, Mustard leaves, Knol Khol (ganth gobhi), Cabbage, Green Chillies, Cauliflower, Karela and Broccoli. Encourage your child to consume raw fruits and veggies or lightly sautéed vegetables as this Vitamin is destroyed on excessive cooking.

C) Vitamin-D: It strengthens the immune system and it effectively fights infection. Sufficient intake of Vit-D prevents development of Autoimmune Diseases. In order to absorb Vit-D, your child's gut should be healthy and if the gut is damaged

and trekking routes around.

Other tourist attractions in Igatpuri are Bhatasa River Valley, Camel Valley, Kalsubai Peak, Tringalwadi Fort and Ghatandevi Temple. Igatpuri has adventure activities like rock climbing, trekking and rappelling. This destination offers many such getaways to revitalize tourist senses.

by food toxins, the absorption of Vitamin D is compromised. Good dietary sources of Vit-D are Eggs and Fish like Mackerel (Bangda), Sardines (Tarli) and Salmon (Ravas).

D) Vitamin-E: It plays numerous roles in our body due to its antioxidant properties, which prevent cells and tissues from environmental and free radical damage. Vit-E deficiency results in reduction of natural killer cells thereby distressing your child's defense system. Good food sources of Vit-E are Sunflower seeds, Almonds, Hazelnuts, Pistachio, Wheat Germ and Vegetable oils.

F) Vitamin-A & Beta Carotene: It increases the number of infection fighting cells. Our body converts Beta Carotene to Vit-A which has antioxidant properties and immune boosting functions. Consume a variety of colourful fruits and vegetables, containing carotenoids like Mango, Papaya, Muskmelon, Watermelon, Carrot, Tomato, Dates, Dried Apricots, Sweet Potato, Amaranth leaves, Bathua leaves, Beetroot leaves, Paan Leaves, Arbi leaves, Drumstick Leaves, Methi leaves, Lettuce, Mustard leaves, Parsley, Muli Leaves and Spinach.

G) Vitamin-B: These provide energy from the food we eat and is important for healthy skin, eyes, Liver and Brain

function. It is also required to produce haemoglobin, its deficiency can result in Anaemia with symptoms like fatigue. If your child is low at energy and concentration, he might be deficient in this Vitamin. Try to give your child enough Vit-B6 from Fish which is the richest source and from moderate sources like Banana, Sunflower seeds, Walnuts,

Pistachio, Chicken and Eggs. Frequent sickness due to poor immune function, chronic low energy levels, poor digestion, pale skin, irritability are few symptoms of Folate Deficiency, the synthetic form of which is known as Folic Acid (Vitamin B9). Fish is the richest source of Folate and other good sources are Mustard leaves, Spinach, Curry leaves, Parsley, Mint leaves, Asparagus (Shatavari), Broccoli, Beetroot, Mango, Lima beans (sem phali), Pulses & Legumes, Soybean, Sesame seeds, Mustard seeds, Groundnuts and Egg yolk.

H) Magnesium: It controls various chemical reactions in the body, is overall important for your child's stomach and digestive function along with providing protection to the immune system. This mineral is often overlooked but needs attention. Incorporate Bajra, Ragi, Jowar, Whole Wheat flour, Maize flour, Sunflower Seeds, Pumpkin seeds, Sesame seeds, Garden cress seeds, Poppy seeds, Black Pepper, Mustard seeds, Groundnuts, Cumin seeds, Coriander seeds, Cardamom, Cloves (laung), Ajwain, Almonds, Cashews, Walnuts, Rajmah, Chola, Chowli/Lobhia, Soybean, Matki, Urad Dal, Whole Moong Dal, Rajgira/Ramdana, Amaranth leaves, Curry leaves in your child's diet.

I) Selenium: It provides protection from certain viral infections. Include Fish, Eggs, Sesame seeds, Garden cress seeds, Mustard seeds, Cashews, Mushrooms, Chia seeds (sabja), Paan leaves, Beetroot leaves, Muli leaves, Curry leaves, Papaya, Ajwain, Pulses & legumes, Cereals & Millets like Rajgira/Ramdana, Bajra, Barley, Jowar, Ragi and whole Wheat in

your diet.

J) Omega-3 Fatty Acids: Omega-3 fatty acids help in maintaining healthy cell membrane and reduce the formation of inflammatory compounds. EPA and DHA are Omega-3 fats which increase the activity of White Blood Cells leading to improved immune function. It is also helpful for overcoming mood, behaviour and attention issues in children. As the human body cannot produce it on its own, it is essential to have food rich in Omega-3 Fatty Acids which are found in Fish like Salmon, Herring, Mackerel, Tuna, Oil Sardines, Flaxseeds (alsi), Sabja seeds, Soybean, Spinach and Nuts like Walnuts. To boost Omega-3 Fatty Acids in your child's diet, try adding 1/2 to 1 teaspoon of ground Flaxseeds to cereals, yoghurt, salads, dals, snacks, soups, baked foods and variety of dishes.

K) Proteins: Consuming too little protein can weaken your child's immune system. Include Cereals, Pulses & Dals, Nuts & Seeds, Soybean, milk & milk products, Chicken, Fish and Eggs to meet your child's essential Amino Acid requirement. Try adding mushrooms in your child's diet. Animal proteins are of high quality, however plant aren't due to low content of some Amino Acids. However, a combination of various plant proteins like cereal, pulses and nuts or seeds can provide most of the Amino Acids and better quality proteins. Essential amino acids cannot be made by the body and has to be provided from food so that children grow and function optimally as its deficiency might result in weight loss, infections and muscle weakness among children.

Sawale Grampanchayat donates Rs 10000 each to 17 disabled persons



Sawale Grampanchayat donated Rs 10000 each to 17 disabled persons in the presence of sarpanch Santosh Mali, deputy sarpanch Ashwini Kurungale, former sarpanch and member Dr Avinash Gatade, Shivaji Mali, member Jyoti Kedari, Amruta Mhaskar, Sujata Mali, rural development officer Gulab Mhatre and others. (By Vijaykumar Kamble)

Numerology... Cont. from pg. 5

can't avoid. Nor do you want to; your caring nature comes from the heart. Here is also some travel angel of plans. You will be in a positive frame of mind despite the disruptions somewhere, deep within you know this will also pass and bide your time. You have done well and this will seek you out.

The clouds have passed and the sun is shining brightly on your life and affairs. There are also several matters to attend to from family/personal relationships to secret deals, legal/tax investments/ complications. Don't worry. You will

sort them out satisfactorily. All this is the part of your evolution of your soul. You have to get across the hurdles and setbacks to realise the true self. The difficulties of your past you have truly surmounted well. You found time to recharge your batteries and decide on your uplifting your human interactions and good socialising. You are loving caring and warm in your interactions with people and are a big draw. You are more relaxed and also more focused on your dreams. You taste the finer things of life and indulge you love of beauty and style. You surround yourself

with art, lovely though not necessarily expensive decorations and many little luxuries. Object de'art, that give you pleasure. You are enjoying life 'KING SIZE', and make expensive purchases too. The Lord Almighty says, that even acquiring rolls may be out of place, in the mood you are in right now, so be it then, go and splurge.

Family issues will crop up again. If you are single, you may find a partner as the time is opportune as well as favourable. If you are married, there could be an addition to the family or closer bonding than before with your spouse, mate or

partner. There are also new avenues at work. There could be a family get-together, and you should have a grand time, Children if any are also source of joy and you get delight in their activities.

There is a lot of joy as well as excitement in your life right now. Work domesticity, family and money all comes together very happily. There will be re-organisations, or a revamping at a workplace to keep you busy and there will be many financial demands from all quarters which will be met without much trouble. This is the time for new ideas, new ventures

and new challenges. It is also productive and progressive and you make many new inroads into newer areas of investments and opportunity. Funds and your income will be in sharp focus and you use them widely with your creativity and imagination.

Enquiries, if any are solicited on No. 9869472971, however only calls from mobile/cell phones will be entertained. Starting Classes to teach Numerology to ladies/gents above 30 years old, interested individuals may kindly enroll your names.

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Letter to the Editor...

Harbour Line Trains To Be Faster

It is a great relief for harbour line commuters that the trains on this route are going to get faster by 15 minutes. This will definitely benefit passengers going on long route from Panvel to CST. All along, the commuters were suffering because of hutment on both sides of the track and the speed of the trains could not be increased. Slowly the hutments have been cleared but still there is no substantial increase in the speed of the trains on harbour line.

As a matter of fact, harbour line does not have fast trains and that takes away maximum travel time of the passengers on this route. Now the speed is going to be increased from 80 kmph to 105 kmph and that is a good news. Further the railways are looking to introduce the Bombardier made local trains on the harbour line and 49 services were included on this route and the route is extended up to Goregaon recently. Thus, harbour line commuters are seeing light at the end of the tunnel and as a resident of Navi Mumbai we welcome the change and request for more faster trains on this route.

- C.K. Subramaniam, Sanpada



Save birds during summer

With scorching heat, birds around the city are suffering the most. It is time for citizens to take small steps to save them from dying, such as keeping small bowls of water in the balconies or at windows. Make a provision for providing water to birds in the method depicted above in park and other open spaces. Groups such as PAWS - Mumbai are doing great service to birds, and their helpline is responsive. In each citizen helps take care of 5 birds on a day-to-day basis, then the heatwave deaths can be curtailed to a large extent (By C.K. Subramaniam)



NMMC carry out Demolition Drives at Belapur, Ghansoli and Koparkhairane

(By Chandrashekhar
Hendve)



Marine Safety Drive Campaign conducted under full police protection



During the Marine Safety Drive Campaign, there was two day total police security at Vashi Sagar Vihar (By Sumit Renose)

along with its sister publication, Aaple Nave Shahar, is celebrating its 11th Anniversary on 1 May, 2018.

ANNUAL NAVE SHAHAR AWARDS

will be distributed on the occasion.

Nominations are invited for the following Awards

- **The Best Student Award**
- **The Best Artist Award**
- **The Best Sportsperson Award**

Students in standards V to XII are eligible for nomination. • School principals, class teachers, parents or the students themselves can send the nominations. • Nominations written on plain paper or the school's letter head should contain full name and address of the student, contact number, e-mail address if any, certified copies of supporting testimonials and a passport size photograph of the nominee and mentioning the Award for which he or she is being nominated, should be sent to the Editor, Newsband, 1313/1314, 13th Floor, Realtech Park, Sector - 30A, Vashi, Navi Mumbai-400703 to reach him on or before 20 April, 2018. Selected persons will be intimated directly through e-mail or courier

The nominations will be judged by an independent jury and its decisions will be final. No correspondence / communication on the subject will be entertained.