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**MEANING
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IMPORTANT?

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SAFE &
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**WHY
ADVICE
FAILS**
BUT
CURIOSITY
HEALS

5

BREATHING
TECHNIQUES
TO CALM
YOURSELF
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YOUR FOCUS

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FAILS & HOW
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Reset Your Body, Refresh Your Mind

April arrives with a quiet promise – a chance to begin again

EDITORIAL

After the rush of the first few months of the year, many of us find our resolutions fading and our routines slipping. But nature, in its wisdom, reminds us that renewal is always possible. Just as trees shed the old and welcome fresh leaves, this is the perfect time for us to reset – not with pressure, but with purpose.

Fitness is often misunderstood as intense workouts, strict diets, or chasing unrealistic goals. In reality, true fitness begins with awareness. It is about listening to your body, respecting its limits, and nurturing it with consistency and care.

E D I T O R I A L



Prof. GK. Narasi Reddy
Editor-in-Chief

This month, let us shift our focus from extremes to balance.

Start small. A glass of water first thing in the morning. A short walk in the fresh air. A few minutes of mindful breathing. Choosing home-cooked meals over processed ones. These may seem like simple actions, but when practiced daily, they create a powerful ripple effect on your overall well-being.

Equally important is the health of the mind. In today's fast-paced world, stress and fatigue often go unnoticed until they begin to affect our physical health. Taking time to pause, reflect, and reconnect with ourselves is not a luxury – it is a necessity. A calm mind strengthens the body, just as a healthy body supports a peaceful mind.

As the days grow warmer, let us also become wiser in how we care for ourselves. Stay hydrated, choose lighter and nourishing foods, and adapt your fitness routines to suit the season. Remember, sustainability matters more than intensity.

This April, do not aim for perfection. Aim for progress.

Reset your habits. Refresh your thoughts. Reconnect with your purpose.

Because fitness is not a destination – it is a way of life!



The Psychology of Exercise: Why Motivation Fails and How to Fix It

Exercise is one of the most effective tools for improving physical health, mental well-being, and overall quality of life. Yet, for many people, maintaining a consistent workout routine is a struggle. Motivation can feel like a fleeting spark – one day you're pumped to hit the gym or go for a run, the next day, even tying your sneakers feels like a chore.

Understanding why motivation often fails, and how to address it psychologically, can transform your approach to fitness. Let's dive into the science behind motivation and explore practical strategies to make exercise a consistent, enjoyable part of life.

Why Motivation Fails

Motivation is often seen as the driving force behind action. But in reality, relying solely on motivation is a recipe for inconsistency. Motivation is emotional and situational – it fluctuates based on mood, energy levels, and external circumstances. Here are some key psychological reasons why motivation fails when it comes to exercise:

1. Overreliance on Willpower

Many people approach fitness as a test of willpower: “I have to force myself to work out today.” Willpower is a limited resource. Psychological research shows that when people rely solely on self-control, they burn out quickly. This explains why ambitious New Year's resolutions or strict fitness plans often fizzle out within weeks.

2. Immediate Discomfort vs. Delayed Reward

Exercise often involves immediate discomfort – sore muscles, sweat, fatigue – while the benefits, such as weight loss, strength gains, or improved health, are delayed. Human brains are wired to prioritize instant gratification. This mismatch between effort and reward makes it easy to skip workouts in favor of activities that provide immediate pleasure, like scrolling social media or watching TV.

3. All-or-Nothing Thinking

People frequently adopt extreme mindsets: “If I can't do a full hour, it's not worth it.” This black-and-white thinking leads to skipped sessions and demotivation. Consistency, not intensity, is often more important for long-term results.



Dr. GK Ram Prasad Reddy

Marathon Runner, Ultra Distance Cyclist,
Triathlete, Trainer

4. Comparison and Unrealistic Expectations

In today's social media age, fitness content is everywhere, often portraying unrealistic body standards and progress timelines. Comparing yourself to curated images of others can lead to feelings of inadequacy, self-doubt, and ultimately, avoidance of exercise altogether.

5. Lack of Identity Integration

Many struggle with exercise because it hasn't become part of their identity. If you see yourself as “not a gym person” or “someone who hates running,” motivation alone will rarely overcome this self-concept. Your behavior is strongly influenced by your sense of identity, not just your intentions.

How to Fix Motivation Psychologically

The good news is that motivation doesn't have to be the sole driver of your fitness routine. Psychology provides actionable strategies to make exercise sustainable, even when you don't feel like it.

1. Focus on Habits, Not Motivation

Habits are automatic behaviors that require little conscious effort. By building routines, you reduce reliance on fluctuating motivation. Start small: commit to five minutes of movement per day, whether it's a walk, stretching, or a few bodyweight exercises. Once a habit is established, it becomes self-reinforcing.



Tip: Use “habit stacking.” Link exercise to an existing routine. For example, after brushing your teeth in the morning, do 10 push-ups. Small routines compound over time into lasting behavior change.

2. Use the Power of Identity

Instead of focusing on “I want to exercise,” frame it as “I am an active person.” Research in behavioral psychology shows that identity-based habits are stronger and more persistent than goal-based habits. Every time you act in alignment with your desired identity, it reinforces your self-image, making it easier to continue.

3. Emphasize Immediate Rewards

Since the brain prefers instant gratification, find ways to make exercise immediately rewarding. This can include:

- Listening to favorite music or podcasts during workouts
- Exercising with friends to make it social
- Celebrating small milestones, like completing a workout streak

Even subtle rewards, like tracking progress visually in a calendar, can create positive feedback loops that keep you engaged.

4. Set Realistic Goals

Avoid setting overly ambitious goals that feel impossible. Instead, focus on SMART goals – specific, measurable, achievable, relevant, and time-bound. For example, rather than “I want to get fit,” try “I will walk 30 minutes, three times a week for the next month.” Achieving smaller goals provides motivation and confidence to tackle bigger challenges.

5. Reframe Exercise as Enjoyment, Not Punishment

Many people associate fitness with obligation or punishment. Reframing it as a form of self-care or enjoyment can shift your mindset. Experiment with different types of movement – dance, hiking, swimming, martial arts, or yoga – until you find something you genuinely like. When exercise is fun, motivation is less of a factor because the activity itself becomes intrinsically rewarding.

6. Plan for Obstacles

Life is unpredictable. Without planning, missed workouts lead to guilt and decreased motivation. Preemptively identify obstacles and have contingency plans. For example:

- If it rains, have a 20-minute indoor workout ready
- If work runs late, schedule a shorter session instead of skipping entirely
- If traveling, pack resistance bands or plan bodyweight circuits

Anticipating barriers reduces decision fatigue and keeps routines consistent.

7. Leverage Social Influence

Humans are social creatures. Exercising with a partner, joining a fitness class, or sharing progress on social media creates accountability. Social reinforcement is a powerful motivator because it taps into belonging and peer influence.

8. Track and Celebrate Progress

Tracking progress provides visible evidence that your efforts matter. Use apps, journals, or simple calendars to mark workouts, record weights lifted, or track distance run. Celebrating small wins—like sticking to a weekly plan or improving endurance—activates reward circuits in the brain, making it easier to continue.

Common Myths About Motivation and Exercise

1. “You need motivation to start.”

Reality: Motivation follows action, not the other way around. Starting small, even when you don't feel like it, often sparks motivation.

2. “If you miss a day, you've failed.”

Reality: Consistency over months matters more than perfection. A single skipped session doesn't erase progress.

3. “Only intense workouts count.”

Reality: Moderate, regular activity often provides more long-term benefit than occasional extreme workouts. It's better to move a little every day than overexert once a week.

The Role of Mindset in Long-Term Fitness

Ultimately, sustaining exercise is less about willpower and more about mindset. People who view fitness as a lifelong journey rather than a short-term goal are more likely to succeed. Key aspects of a growth-oriented mindset include:

- Flexibility: Adapt workouts to your schedule and energy levels.
- Self-compassion: Treat missed workouts as part of life, not failure.
- Curiosity: Experiment with new exercises to find what truly engages you.

When you combine these mindset strategies with practical habit-building techniques, motivation becomes less critical. You no longer rely on fleeting feelings to stay active because your identity, routines, and environment support your fitness automatically.

Motivation is often misunderstood as the key to exercise adherence, but it's volatile, emotional, and unreliable. Relying solely on motivation sets you up for frustration and inconsistency. By understanding why motivation fails and applying psychological strategies – habit formation, identity alignment, realistic goal-setting, immediate rewards, and social support – you can create a sustainable fitness routine that persists regardless of mood or circumstance.

Exercise doesn't have to feel like a battle against yourself. When you harness the science of behavior and mindset, movement becomes a natural, enjoyable, and integral part of life. The next time you feel motivation slipping, remember: it's not about forcing yourself; it's about designing your environment, habits, and mindset to make fitness automatic. That's when real, lasting results happen.



What is The Meaning of Life?

Recently, I was invited by Maharaj Kumar Sahib Lakshyaraj Singh Ji Mewar of Udaipur to meet his friends and conduct a meditation session. I was fully prepared to conduct a Heartfulness relaxation and meditation session. As we all gathered and got ready to meditate, Maharaj Kumar Sahib Ji suddenly surprised me with a question: “What is the meaning of life?”

The answer to this question is what humanity has been trying to figure out for millennia. To me, the simplest yet most meaningful response to the question, “What is the meaning of life?” comes from my spiritual teacher, Shri Ram Chandra of Shahjahanpur: “Life in life is the real life.”

When we reflect further, we understand that life is an experience, and any experience can be either subjective or objective. An objective experience is connected to the material world and is fact-based, like “the sun rises in the east” or “the earth is round.” These are common for all. In contrast, a subjective experience relates to the inner world and is opinion-based, like “it is best to wake up early in the morning” or “let’s begin our day with positive intentions.” Subjective experiences can be unique to each individual. They represent our perceptions of reality—our unique life journeys—and are deeply personal to our hearts and minds.

Objective and subjective experiences are not independent of each other. An experiment conducted at Johns Hopkins University provided evidence that it is nearly impossible to separate the two. We cannot fully detach our perception from actual reality.

“Our subjective approach to the world stays with us,” says lead author Jorge Morales, postdoctoral fellow and resident philosopher in the Perception & Mind Lab. “Even when we try to perceive the world the way it really is, we can’t completely discard our perspective.”

For example, our spiritual experiences are subjective and cannot be negated. Objective and subjective experiences must always be integrated. Our feelings and perceptions are deeply intertwined with actual events and tangible realities. How we integrate them depends on us. We can do so in a masterful, balanced way and remain in harmony with reality.



Padma Bhushan Daaji
Spiritual Guide -
Heartfulness Meditation Worldwide

Integrating these two aspects depends on our inner vision. If you look through red-tinted glasses, everything appears red. Viewing through blue-tinted glasses makes everything appear blue. However, clear, colorless glass shows things as they truly are. One of our goals is to develop this clarity—to see everything “as it truly is” through our inner vision. Yet, life is not defined solely by these two aspects, but by the way we choose to live.

My spiritual teacher, Shri Ram Chandra, used to say, “Life means liveliness; damnation for those who are dead at heart.” Consider the difference between a love-filled person and a loveless one—you can feel it. When we are in the company of greedy or selfish individuals, we instinctively feel like distancing ourselves. Our hearts recognize what is missing. In contrast, we naturally enjoy being around those who are filled with love. Not only are they energized internally, but they also have the ability to uplift others into a similar state.



What is the power that enables such individuals to inspire—even galvanize—thousands or millions into a high-energy state? When we say a person is “full of life,” it means they have a heart filled with love.

On the other hand, some people may be physically alive but not truly alive within. Why? Because their hearts are not filled with love. We can aspire to be full of life and love—not merely alive in a physical sense. When we cultivate this loving force within, we experience a deep sense of liveliness both inside and out.

Can you think of a few people who live this way? Aren't they the ones we naturally gravitate toward? Aren't they the ones who radiate love? They embody what a love-filled life truly is. When life is lived with love and vitality, it gains meaning, and the statement, “Life in life is the real life,” becomes a living reality.



5 Breathing Techniques to Calm Yourself and Improve Your Focus

We breathe nearly 20,000 times a day, yet most of us are breathing incorrectly. And that matters more than we realise. A significant proportion of modern lifestyle disorders have a strong psychosomatic component. This does not mean diseases are imaginary. It means chronic stress and emotional overload significantly influence their onset, progression, and severity.

At the centre of this is the autonomic nervous system, which has two main arms:

- Sympathetic nervous system – the “fight-or-flight” stress response
- Parasympathetic nervous system – the “rest, repair, and recovery” response

When we live in constant mental pressure, the sympathetic system remains overactive. This keeps cortisol elevated and promotes chronic low-grade inflammation, a silent contributor to:

- Hypertension
- Type 2 diabetes
- Thyroid imbalance aggravation
- Chronic neck and back pain
- Digestive disturbances
- Insomnia and fatigue

Over time, inflammation and nervous system imbalance reinforce each other. Your breath is the fastest way to interrupt this cycle. Slow, conscious breathing shifts the body from sympathetic overdrive to parasympathetic calm, lowering stress hormones, improving circulation, and enhancing recovery. Clinical observations suggest that 60–80% of chronically stressed adults show dysfunctional breathing patterns.

5 Powerful Breathing Techniques

1. Diaphragmatic Breathing (Abdominal Breathing)

The diaphragm is a large, dome-shaped muscle located at the base of the lungs. Diaphragmatic breathing is intended to help you use the diaphragm correctly while breathing. This technique, commonly known as belly breathing, offers several benefits to your body, including reducing your blood pressure and heart rate and improving relaxation.

This practice requires participants to perform an inhale through the nose, allowing the abdomen to rise.



Ms. Palak Dengla
Chief Physiotherapist

2. Box Breathing

Box breathing is a deep breathing technique that can help you slow down your breathing. It works by distracting your mind as you count to four, calming your nervous system, and decreasing stress in your body. This rhythmic breathing stabilises heart rate, reduces anxiety, and improves concentration. This method proves effective during high-pressure situations. It helps people take back control of their mental state.

3. Alternate Nostril Breathing

This technique is excellent for restoring emotional and neurological balance. It requires practitioners to breathe through one nostril before switching to the other, which helps establish brain hemisphere balance.

4. 4-7-8 Breathing

Often referred to as a natural tranquilliser for the nervous system, the prolonged exhalation stimulates the vagus nerve, activating parasympathetic calm and reducing anxiety.

The body achieves deep relaxation through the process of inhaling for four counts and holding the breath for seven seconds before exhaling for eight seconds.



5. Humming Breathing (Bhramari-Inspired)

Inhale normally, then exhale with a gentle humming sound.

Humming increases nitric oxide production, enhances sinus ventilation, and stimulates vagal tone, promoting deep relaxation.

Think of breathwork as neurological hygiene:

- 5 minutes on waking
- 5 minutes before sleep
- 2-3 minutes during stress

Slow breathing improves heart-rate variability and oxygen delivery, enhancing memory, focus, cognitive clarity, and productivity.

In a world where stress drives inflammation and disease, breathing correctly may be the most underused preventive medicine. Sometimes healing does not begin with a prescription. It begins with one conscious breath.



Make Effort and Remain Effortless

BELOVED OSHO,
IN RELATION TO WHAT YOU'VE JUST SAID, ZEN
HAS A SAYING: EFFORTLESS EFFORT. WOULD
YOU TALK TO US ABOUT THAT, AND HOW IT
APPLIES TO YOUR DYNAMIC MEDITATION?

Meditation is an energy phenomenon. One very basic thing has to be understood about all types of energies. This is the basic law: energy moves in a dual polarity. That is the only way it moves; there is no other way for its movement. It moves in a dual polarity. For any energy to become dynamic, the anti-pole is needed. It is just like electricity moving with negative and positive polarities.

If there is only negative polarity, electricity will not happen; or if there is only positive polarity, electricity will not happen. Both the poles are needed. And when both the poles meet, they create electricity. Then the spark comes up. And this is so for all types of phenomena. Life goes on... between man and woman, the polarity. The woman is the negative life-energy; man is the positive pole. They are electrical, hence so much attraction. With man alone, life would disappear; with woman alone, there could be no life, only death. Between man and woman there exists a balance. Between man and woman – these two poles, these two banks – flows the river of life. Wherever you look you will find the same energy moving into polarities, balancing itself.

This polarity is very meaningful for meditation, because mind is logical, and life is dialectical. When I say mind is logical, it means mind moves in a line. When I say life is dialectical, it means life moves with the opposite, not in a line. It zig-zags from negative to positive, positive to negative, negative to positive. It zig-zags. It uses the opposites. Mind moves in a line, a simple, straight line. It never moves to the opposite. It denies the opposite. It believes in one and life believes in two. So whatsoever mind creates, it always chooses the one. If mind chooses silence, if mind has become fed up with all the noise that is created in life and it decides to be silent, then the mind goes to the Himalayas. It wants to be silent. It doesn't want anything to do with any type of noise. Even the song of the birds will disturb it; a breeze blowing through the trees will be a disturbance. The mind wants silence. It has chosen the line. Now the opposite has to be denied completely.

But this man living in the Himalayas, seeking silence, avoiding the other, the opposite, will become dead, he will certainly become dull. And the more he chooses to be silent, the duller he will become – because life needs the opposite, the challenge of the opposite. There is a different type of silence which exists between two opposites. The first is a dead silence, the silence of the cemetery. A dead man is silent, but you would not like to be a dead man. A dead man is absolutely silent, nobody can disturb him. His concentration is perfect, you cannot do anything to distract his mind. His mind is absolutely fixed. Even if, all around, the whole world goes mad, he will remain in his concentration. But still, you would not like to be a dead man. Silence, concentration, or whatever it is called, you would not like to be dead – because if you are silent when dead, the silence is meaningless.

Silence must happen while you are absolutely alive, vital, bubbling with life and energy. Then silence is meaningful. But then silence will have a different, altogether different quality to it. It will not be dull, it will be alive. It will be a subtle balance between two polarities. Then such a type of man, who is seeking a live balance, a live silence, would like to move to the market and to the Himalayas both. He would like to go to the market to enjoy noise, and he would also like to go to the Himalayas to enjoy silence. And he will create a balance between these two polar opposites, and he will remain in that balance. And that balance cannot be achieved through linear efforts. That is what is meant by the Zen technique of effortless effort. It uses contradictory terms – effortless effort, or gateless gate, or pathless path. Zen always uses the contradictory term immediately, just to give you the hint that the process is going to be dialectical, not linear.



The opposite is not to be denied but absorbed. The opposite is not to be left aside, it has to be used. Left aside, it will always be a burden on you. Left aside, it will hang with you. Unused, you will miss much. The energy can be converted and used. And then, using it, you will be more vital, more alive. The opposite has to be absorbed, then the process becomes dialectical. Effortlessness means not doing anything, inactivity - AKARMA. Effort means doing much, activity - KARMA. Both have to be there. Do much, but don't be a doer - then you achieve both. Move in the world, but don't be a part of it. Live in the world, but don't let the world live in you. Then the contradiction has been absorbed. Then you are not rejecting anything, not denying anything. Then the whole God has been accepted.

And that's what I'm doing. Dynamic meditation is a contradiction. The dynamic means effort, much effort, absolute effort. And meditation means silence, no effort, no activity. You can call it a dialectical meditation. Be so active that the whole energy becomes a movement, no energy is left static in you. The whole energy has been called forth, nothing is left behind. All the frozen parts of energy are melting, flowing. You are not a frozen thing now; you have become dynamic. You are not like substance now; you are more like energy. You are not material; you have become electrical. Bring total energy to work, to be active, moving. When everything is moving and you have become a cyclone, then become alert. Remember, be mindful - and in this cyclone suddenly you will find a center which is absolutely silent. This is the center of the cyclone. This is you - you in your divinity, you as a god.

All around you is activity. Your body has become an active cyclone – everything moving fast, faster. All the frozen parts have melted, you are flowing. You have become a volcano, fire, electricity. But just in the center, amidst all this movement, there is a non-moving point, the still point. This still point is not to be created. It is there! You are not to do anything about it. It has always been there. It is your very being, the very ground of your being. This is what Hindus have been calling the ATMA, the soul. It is there, but unless your body, unless your material existence, becomes totally active, you will not be aware of it. With total activity the totally inactive becomes apparent. The activity gives you a contrast. It becomes the blackboard, and on the blackboard is the white dot.

On a white wall you cannot see a white dot; on a blackboard the white dot appears to you. So when your body has become active, dynamic, a movement, suddenly you become aware of a point which is still, absolutely still – the unmoving centre of the whole moving world. That is effortless. No effort is made for it. No effort is needed, it is simply revealed. Effort on the part of the periphery, no effort on the part of the center. Movement on the periphery, stillness at the center. Activity on the periphery, absolute inactivity at the center. And between these two....This will be a little difficult, because you may get identified with the center Hindus have called atma, the soul. If you get identified with the center which is still, you have again chosen something between the two. You have again chosen something and rejected something.

There is a very subtle Eastern discovery, and that is: if you get identified with the still point you will never know God; you will know the self but you will never know God. And there are many traditions, particularly Jainas, who became too identified with the self – so they say there is no God, the self is the only God. Hindus, who have penetrated really deep, they say about this still point and this activity on the periphery, that either you are both or you are none. Either you are both or you are none! Both mean the same. These are the two poles. These are the two dialectical poles, the thesis and the antithesis. These are the two banks, and you are somewhere between these two – neither moving nor non-moving. This is the ultimate transcendence. This is what Hindus call the BRAHMA. Effort and effortlessness, movement and no movement, activity and no activity, matter and the soul – these are the banks. And between these two flows the invisible. These two are visibles. Between these two flows the invisible. That you are. TATTWAMASI SWETKETU, says the Upanishad. That which flows between these two banks, that which cannot be seen, that which is really a subtle balance, nothing else, between these two, that art thou. That has been called the Brahma, the supreme self.

A balance has to be achieved. And balance can be achieved only when you use both the polarities. If you use one you become dead. Many have done that – even whole societies have become dead. This has happened to India. If you choose one, then unbalance, lopsidedness, happens.

LIFE IS A CELEBRATION



It happened in India, in the East, that the silent part, the still point, was chosen and the active part denied. So the whole East became dull. The sharpness was lost. The sharpness of intelligence, the sharpness of body vigor, everything was lost. The East became more and more dull, ugly, as if life was just a burden to be carried somehow and dropped, a duty to be fulfilled, a karma to be suffered – not an enjoyment, not a vigorous dance, but a dull, lethargic movement. And it had its consequences. The East became weak, because with a still point you cannot remain strong forever, for long. Strength needs activity, strength needs movement. If you deny activity, strength disappears. The East lost its muscles completely; the body became flabby. So anybody who desired to could conquer the East. For thousands of years, slavery was the only destiny for the East. Anyone who had just an idea to make anybody a slave would turn towards the East. The East was always ready to be conquered, because the Eastern mind had chosen a point AGAINST the polar opposite.

The East became silent, but dead and dull also. This type of silence is not worth anything. The opposite is happening in the West. It has happened in other societies also. They have chosen the active part, the periphery, and they think that there is no soul. They think this activity is all, and to be active and to enjoy, and to achieve and to be ambitious and to conquer is all that life consists of. The ultimate result is going to be more and more madness in the West – because without that still point you cannot remain sane. You will become insane. With only the still point, you cannot remain alive, you become dead; with only the active, you become insane. People who are insane, what has happened to them? They have lost all contact with their still point. That's what their insanity is. The West is turning into a big madhouse. More and more people are being psychoanalyzed, psychiatrically treated; more and more people are being put into madhouses. And those who are out, they are out, not because they are sane, but only because so many people cannot be put in houses for the insane; otherwise, the whole society would have to be put in a prison. They are normal, workably normal. But Western psychology says that now it is difficult to say that any man is normal. And they may be right.

In the West it has happened: no man is normal. Activity alone creates madness – balance is impossible. Active civilizations become mad in the end. Inactive civilizations become dead. This happens to societies, this happens to individuals. To me, balance is all. Don't choose, don't reject. Accept both – and create an inner balance. Dynamic meditation is an effort towards that balance. Active...enjoy it, be ecstatic, be fully with it. Then silent...enjoy it, be ecstatic about it. Move between these two as freely as possible and don't create any choice. Don't say: I am this or that. Don't get identified. Say: I am both. Don't be afraid of contradicting yourself. Contradict, BE BOTH, and move easily. And when I say this, I say it unconditionally – not only for activity and inactivity. Whatsoever is called bad and good, that too is included; whatsoever is called the devil and the divine, that too is included.

Always remember: everywhere there are banks, and if you want to be a river use both the banks – unconditionally. Don't say: Because I was active, how can I be inactive? Don't say: Because I was inactive, now how can I be active? Don't say: I am this, so how can I be that? You are BOTH and there is no need to choose. The only thing to remember is to be balanced between the two. Then you will transcend both. Then the devil and the divine will both be transcended. When both are transcended, that is Brahma. Brahma has no polarity against him, because he is just a balance between two polarities. There is no anti-pole to it. Move in life as freely as possible. And use both the opposites, both the banks, as much as possible. Don't create any contradiction.

They are not contradictory, they only appear to be contradictory. Deep down they are one. They are just like your legs, right and left. You use the right, you use the left. While you raise the right, the left is waiting on the earth, helping. Don't become addicted. Don't be a rightist or a leftist. Both legs are yours, and in both legs your energy flows – undivided! Have you ever felt that the right leg has one energy and the left leg some other energy? You are flowing in both. Close your eyes: left disappears, right disappears. They are both you, and while moving, you can use them. Use both! If you become addicted to the right, as many people have become, then you will be crippled, you cannot use the left. Then you can stand, but you will be crippled, and by and by you will become dead.

Move and constantly remember the unmoving center. Do and constantly remember the non-doer. Make effort and remain effortless. Once you know this secret alchemy of using the opposite, the contradictory, you are free. Otherwise, you create inner imprisonments. There are people who come to me and say: How can I do this? I have never done this. Just the other day there was somebody who said to me: How can I do active meditation, because for many years I have been sitting silently? He has chosen, and he has reached nowhere. Otherwise there was no need to come to me. But he cannot do the active meditation because he has become identified with an inactive posture. This is getting frozen. Become more movement. Be moving and allow life to flow. Once you know that between the opposites balance is possible, once you have a glimpse of it, then you know the art. Then everywhere in life, in every dimension of life, you can attain that balance very easily. Really, to say that you can attain is not good. Once you know the knack of it, whatsoever you do, the balance follows you like a shadow. This inner balance between the opposites is the most significant thing that can happen to a man.

Courtesy: www.osho.com
My Way: The Way of the White Clouds, Chapter #4



Teen Fitness: Safe and Effective Training

Fitness during the teenage years lays the foundation for a lifetime of health, strength, and confidence. As adolescents go through rapid physical and emotional changes, engaging in the right kind of exercise becomes essential—not only for building a strong body but also for improving mental well-being. However, training for teens must be approached with care, focusing on safety, proper technique, and balanced development rather than intense performance or aesthetics.

Understanding the Teenage Body

Teenagers are still growing, which means their bones, muscles, and joints are developing at different rates. This makes them more vulnerable to injuries if they follow inappropriate or overly intense workout routines. Hormonal changes also play a significant role in how their bodies respond to exercise. For instance, strength gains may come more gradually compared to adults, especially in early adolescence.

Because of these factors, teen fitness programs should emphasize gradual progression, proper supervision, and a focus on overall physical literacy rather than specialization or heavy lifting.

Benefits of Fitness for Teens

Engaging in regular physical activity offers numerous benefits for teenagers:

- **Improved physical health:** Enhances cardiovascular fitness, strengthens muscles and bones, and helps maintain a healthy weight.
- **Better mental health:** Exercise reduces stress, anxiety, and symptoms of depression while boosting mood and self-esteem.
- **Enhanced academic performance:** Physical activity has been linked to better concentration, memory, and cognitive function.
- **Stronger social skills:** Group sports and fitness activities promote teamwork, discipline, and communication.

Key Principles of Safe Teen Training

To ensure safety and effectiveness, teen fitness programs should follow these core principles:

1. Focus on Technique Over Intensity

Learning the correct form for exercises is more important than lifting heavy weights or pushing extreme limits. Poor technique can lead to injuries and long-term issues.



Sai Vamshi
Fitness consultant

2. Start Light and Progress Gradually

Teens should begin with bodyweight exercises or light resistance and gradually increase intensity as their strength and coordination improve.

3. Balance Is Essential

A well-rounded fitness routine should include strength training, cardiovascular exercise, flexibility, and mobility work.

4. Adequate Rest and Recovery

Growing bodies need more recovery time. Teens should avoid training the same muscle groups every day and ensure they get enough sleep.

5. Proper Supervision

Beginners should ideally train under the guidance of a qualified coach, trainer, or knowledgeable adult to ensure safety and correct execution.

Components of an Effective Teen Fitness Program

A safe and effective training plan for teens should include the following elements:

Strength Training

Contrary to common myths, strength training is safe for teens when done correctly. It helps improve muscle strength, bone density, and injury resistance.



Recommended exercises include:

- Bodyweight squats
- Push-ups
- Lunges
- Planks
- Resistance band exercises

Free weights can be introduced gradually with proper guidance.

Cardiovascular Training

Cardio improves heart health and endurance. Teens should aim for at least 60 minutes of moderate to vigorous physical activity most days of the week.

Examples include:

- Running or jogging
- Cycling
- Swimming
- Playing sports like football, basketball, or badminton

Flexibility and Mobility

Stretching and mobility exercises help maintain joint health and prevent injuries.

Simple practices:

- Dynamic stretching before workouts
- Static stretching after workouts
- Basic yoga routines

Sports and Recreational Activities

Encouraging teens to participate in sports keeps fitness fun and engaging. It also helps develop coordination, agility, and teamwork skills.

Common Mistakes to Avoid

Teenagers often make mistakes that can hinder progress or lead to injuries. Being aware of these can help create a safer fitness journey:

- Overtraining: Doing too much too soon without adequate rest
- Skipping warm-ups and cool-downs: Increases the risk of muscle strain
- Focusing only on appearance: Leads to unhealthy habits and unrealistic expectations
- Using improper weights: Lifting too heavy without proper form
- Ignoring nutrition: Poor eating habits can affect performance and recovery

The Role of Nutrition

Nutrition plays a crucial role in supporting teen fitness. Since teenagers are still growing, their bodies require a balanced intake of nutrients.

Key dietary guidelines:

- **Protein:** Supports muscle growth and repair (eggs, dairy, legumes, lean meats)
- **Carbohydrates:** Provide energy for workouts (whole grains, fruits, vegetables)
- **Healthy fats:** Support overall health (nuts, seeds, oils)
- **Hydration:** Drinking enough water is essential for performance and recovery

Skipping meals or following extreme diets should be avoided, as they can negatively impact growth and energy levels.

Mental Health and Motivation

Fitness is not just about physical strength—it also plays a significant role in mental well-being. Teenagers often face academic pressure, social challenges, and emotional changes. Exercise can act as a powerful stress reliever and mood booster.

To keep teens motivated:

- Set realistic and achievable goals
- Focus on progress rather than perfection
- Encourage activities they enjoy
- Celebrate small achievements

Creating a positive and supportive environment is key to building long-term fitness habits.

Creating a Weekly Routine

A simple and balanced weekly fitness routine for teens might look like this:

- 3 days of strength training (full-body workouts)
- 2–3 days of cardio or sports
- Daily light activity (walking, stretching, or recreational play)
- 1–2 rest days for recovery

The goal is consistency, not intensity.

Building Lifelong Habits

Teen fitness should not be about quick results or extreme transformations. Instead, it should focus on developing healthy habits that can be sustained into adulthood. Teaching teens the importance of regular exercise, balanced nutrition, and mental well-being sets them up for a healthier future.

Parents, coaches, and educators play an important role in guiding teenagers toward safe and effective fitness practices. Encouragement, education, and a focus on overall wellness can make a lasting impact.

Teen fitness, when approached correctly, is a powerful tool for building a strong body, a confident mind, and a healthy lifestyle. By focusing on safety, proper technique, balanced training, and good nutrition, teenagers can enjoy the benefits of exercise without unnecessary risks.

The key is to keep it simple, enjoyable, and sustainable—because fitness is not just a phase; it's a lifelong journey.



Dr. Suma Krupashankar
Director, Grow Young Fitness Team
International Model

GOOD, BAD, AND BEYOND

Our actions begin with our thoughts. If we think negatively, we often act negatively. That's why it's important to practice **metacognition**, which is the ability to notice and reflect on our own thoughts and feelings. Metacognition helps us pause before reacting, so we don't just act on impulse. For example, if someone insults you, your first thought might be anger. Without reflection, you might shout back or even fight. But with metacognition, you can step back, notice the anger, and choose a calmer response.

One interesting example of human thought is **epicaricacy**, which means feeling happy when someone else has bad luck. Imagine a classmate who always brags about being the best, and then he or she fails a test. You might secretly feel pleased. At first, this seems like a “bad” feeling. But noticing it is already a step toward growth. Instead of pretending you don't feel it, you can ask yourself: *Why am I happy about their failure?* Maybe it's because you felt envious or annoyed about them. Once you understand that, you can transform the feeling into empathy, realizing that failing hurts them, just as it would hurt you.

In today's world, people often show off their “goodness” online. This is called **virtue signaling** which means acting moral just to look good to others. For example, someone might post about helping the poor but never actually volunteer or donate. Real virtue isn't about appearances or following rules because of fear or social pressure. True goodness comes from understanding that all people are connected. When you see this clearly, compassion naturally arises.

Compassion means caring about others' pain as if it were your own. For example, if a friend is struggling with anxiety before an exam, compassion means listening, encouraging them, or helping them study. Compassion is the highest form of wisdom because it prevents harmful thoughts from turning into harmful actions. Instead of laughing at someone's mistake, compassion makes you want to support them.

So, the path to true virtue begins inside. By observing our thoughts without judgment, noticing even the “bad” ones and transforming them into compassion, we move beyond simply looking good. We become genuinely good, not just in appearance, but in reality. Virtue is not about showing, it's about being. And when our actions come from compassion, we naturally live with kindness, integrity, and awareness.

About the Author:

Dr. Suma Krupashankar is a versatile personality with varied interests & accomplishments in diverse fields. She is a renowned Dermatopathologist. For Dr. Suma Krupashankar, Fitness is a way of life. She is a global citizen who lives an enviable lifestyle. Being an ultra marathoner she also practices yoga & is a nutrition advisor. She is a motivational speaker, inspirational role model & a prolific writer.



See No Evil, Hear No Evil & Say No Evil

Parents often believe that the principle of “see no evil, hear no evil, say no evil” is the best way to raise children. Yet, in reality, children inevitably see, hear, and sometimes even repeat what we consider “evil.” Perhaps a more practical and empowering approach is to teach them to **“think no evil.”** Instead of shielding them completely, we must help them understand the difference between good and bad—and develop an inner shield of their own.

We are deeply influenced by Mahatma Gandhi's famous mantra: “See no evil, hear no evil, speak no evil.” Naturally, we feel concerned when our children are exposed to violence on television, inappropriate language, or questionable behavior in real life. As a result, we try to protect them from such influences.

But consider how you would react if your child were present in these situations:

- A violent scene appears on television
- Someone uses foul language
- Children are bullying a younger child
- An indecent image appears in a magazine
- You yourself speak angrily or rudely to someone

While it is important to be mindful of what children are exposed to, the challenge with overprotecting them is simple: **exposure is inevitable**. Sooner or later, children will encounter the very things we try to hide from them. What then?

The truth is, children cannot avoid seeing, hearing, or even repeating what is around them. The issue is not with what Gandhi advocated – his message was meant to simplify complex ideas for the masses. The problem lies in how literally we interpret it.

We are shaped by our thoughts. Therefore, a more meaningful principle would be: **“Think no evil.”** Instead of building a shield around the child, we must build a shield within the child. Rather than trying to eliminate every external influence, we should strengthen their inner ability to process and respond wisely.

Think of it like immunity: instead of isolating children from every germ, we help them build a stronger immune system.

How Do We Build This Inner Shield?

- Instead of teaching children what is right or wrong, teach them **how to decide** what is right or wrong.
- Instead of giving them wisdom, help them **discover wisdom**.
- Instead of imposing our thoughts, encourage them to **develop their own perspectives**.

Too often, we assume that parenting means preaching, moralizing, and conditioning young minds. We fear that if we don't shape their thinking, someone else will. But true character building is not about control – it is about **empowerment**.

As Osho beautifully said:

“If you want your children to know the truth, you must give them the chance to think creatively. Stop conditioning them with beliefs; allow them to understand things for themselves. Creativity will become their wisdom – and that wisdom will lead them to truth.”

Creativity is not limited to art – it is the essence of living. Every moment, we create our thoughts, beliefs, values, and decisions. The question is: **Do we impose our knowledge on children, or do we invite them to create their own lives?**

Once we accept that a child will inevitably shape their own path, our role becomes clearer. We are not here to control the process, but to **enrich it**.

What Should We Encourage?

- **Collecting:** Encourage children to gather ideas, experiences, and perspectives.
- **Imagining:** Allow them to play, explore, and see situations from different viewpoints.
- **Experimenting with Constraints:** Challenge them to think differently, step out of comfort zones, and find creative solutions.

In the end, parenting is not about building perfect environments – it is about building strong, aware, and thoughtful individuals. When a child learns how to think, rather than what to think, they carry their inner shield wherever they go.

By Rathnesh & Aditi
www.aarohilife.org



The 8 types of Wealth

One of the greatest illusions created in the world is wealth. There is so much disparity in the world. There is no logical reasoning or explanation as to why someone is born in Africa and suffers for a piece of bread, while there is surplus bread elsewhere which is often wasted. Why some dogs enjoy the comfort of a home while others are strays in the streets. Wealth is something that is bestowed on you.

There are eight types of wealth:

1. Wealth as material comfort:

The first type of wealth is what we commonly understand as the material wealth. Just being born in Ford's home, somebody acquired so much wealth without any effort. Some inherit wealth, while some have to toil all his life to make money.

2. Wealth as health:

Just having money is not sufficient. Some people have a lot of money but they cannot eat well because of some disease. In this such a situation material wealth is nothing.

Some people do not have money, but they have enough to eat and they are healthy. Like many farmers in India: they don't have any money but they have plenty of food with them. Anyone who goes to them is fed; they can feed the whole town. They can sleep well.

3. Wealth as success:

Some may be born into a very wealthy family but they face failure in whatever they do. They are never successful in whatever they undertake. So success is another form of wealth.

4. Wealth as courage:

One must see life as an adventurous game and should play the game without worrying about the outcome, whether you win or lose. But if one is afraid of making mistakes or doing anything, one lacks the wealth of courage. If one lacks the wealth of courage, there is no fun in life even if the person has a lot of money.

Someone may not have any money, but if they possess courage, they reflect wealth.

5. Wealth as friendliness:

The fifth type of wealth is friendliness – having a caring attitude, having a sense of belonging. You may have the other types of wealth, but you still feel as though you are in a tight compartment, if you don't have a sense of belonging. If you cannot put yourself into every situation and adjust yourself, you'll still feel alienated.



Gurudev Sri Sri Ravi Shankar
Founder of AOL
Humanitarian, Spiritual Visionary

6. Wealth as skill:

Another wealth is having different skills and talents. Some people write well, some are good in arguing, some are good in debating, some have a knack for music, some have a wonderful voice, some cook well, some are talented in bringing up a child, some are good in administration, and so on. There are people who put their maximum efforts to achieve what they want yet they fail to achieve their goal. So effort alone is not enough to achieve one's goal, you need the wealth of skill.

7. Wealth as dignity:

The world is full of lessons if only we observe it with full awareness. Be as humble as the grass, then nothing can touch you, nothing. No one can humiliate you. In the eyes of the divine, it is those who serve the creation that are the true kings and queens. Walk like a king and be a perfect servant!



8. Wealth as memory of the source: The eighth type of wealth is the memory of your Source. Our life is in compartments, in pieces. Each incarnation is like one piece. We are “cut off.” We only know that we were born – we don't even know how we were born. Somewhere – from age three or four onwards – we know whatever is happening. Our memory is very short. It appears this is the only life. We are not aware of our Source. The moment you become aware of your Source and your infinite past, your whole life changes – like somebody suddenly becoming aware of how wealthy he (or she) is. It causes a shift in the awareness. Suddenly, you become aware, “Oh! I have several billions of dollars in my bank account!” Your style of walking will change immediately! This is the awareness of the Source. You don't even have to remember all the drama that you went through – it's enough if you just remember the Source. The memory of the Source is a great wealth. It makes life one continuous stream – not “cut off” – not in pieces. These are the eight types of wealth.



Childhood Obesity

With increasing per capita income and urbanisation over the last two decades, childhood obesity is now an epidemic in India. With 14 million obese children, India has the second-highest number of obese children in the world, next to China. The prevalence of overweight children is around 15%. In private schools catering to upper-income families, the incidence has risen to 36-40%, indicating a worrying upward trend.

Causes of Childhood Obesity:

The fundamental cause of childhood obesity is an imbalance between the number of calories consumed and the amount of energy expended. Indians are genetically predisposed to obesity; however, the increase in childhood obesity is largely due to environmental influences. Economic prosperity has led to a shift in diet from traditional to “modern” foods rich in sugar and fat. The smartphone revolution and the rapid rise of food-delivery apps in cities have made it very easy for older children and parents to order a variety of readily available foods high in sugar and fat. Urbanisation and the digital revolution have also led to an increase in sedentary lifestyles and a decrease in physical activity.

Health Implications of Childhood Obesity:

Childhood obesity has serious health implications. Obese children are at increased risk of type 2 diabetes, high cholesterol, hypertension, osteoarthritis, coronary heart disease, stroke, gallbladder disease, respiratory problems, behavioural issues, and certain cancers. Two in three obese children are likely to remain obese as adults and are at risk of developing lifestyle diseases. India is estimated to become the diabetes capital of the world.

Prevention of Childhood Obesity:

According to the WHO, obesity in children is one of the most serious public health challenges of the 21st century. Prevention of childhood obesity is essential, especially since treatment is extremely difficult. Proven and simple strategies to prevent obesity include:



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- Increasing the intake of fruits and vegetables
- Drinking a sufficient amount of water
- Reducing screen time. Eating while watching TV is a major cause of excess food consumption. Advertisements often encourage children to consume fast food.
- Reducing sugar intake. Sugar is now often referred to as the new “tobacco” and should be restricted at all ages. Water should be encouraged instead of sweetened drinks.
- Encouraging physical activity. It can be difficult to ensure active lifestyles for children due to limited time and academic pressures. Parents need to facilitate physical activity in young children and ensure at least 60 minutes of daily vigorous activity in older children.
- Planning family outings on weekends that include outdoor activities such as walking, trekking, cycling, and games to help children develop healthy habits



Parents as Role Models for Children:

- Children imitate what their parents eat. Healthy eating includes consuming more fruits, vegetables, whole grains, and nuts. It is advisable to limit fat intake and shift consumption from saturated to unsaturated fats. Skimmed milk should be offered instead of whole milk after the age of two. Fresh foods are encouraged. Fast foods, which are high in fat, sugar, and salt, should be limited to occasional consumption. Snacking and binge eating are major causes of excess calorie intake, so healthy snack options should be made available.
- Healthy mealtime behaviours are learned early. Forced or coerced feeding often leads to poor self-control and later obesity. Parents should ensure that children eat when they are hungry, not when they are tired or bored. Using food as a “reward” should be discouraged.
- Healthy habits in children start as early as 6–12 months. Introducing weaning foods at the right time and including a variety of healthy foods early on will go a long way in helping toddlers become better eaters later.



Why Advice Fails but Curiosity Heals

“Just ignore it.”

“Don't think so much.”

“You should do this.”

Most of us give advice with good intentions. We want to help, fix, or reduce someone's discomfort. Yet, more often than not, advice does the opposite – it shuts people down.

In counselling sessions, I often notice this pattern: when someone is struggling and hears advice too quickly, their body stiffens, their mind resists, and the conversation quietly ends. Not because the advice was wrong – but because the mind relaxes only when it doesn't feel corrected.

Psychologically, unsolicited advice triggers defensiveness. The brain hears, “You're doing it wrong,” even if that's not what was meant. When that happens, the emotional brain goes into protection mode, and learning or reflection stops.

Curiosity, on the other hand, does something powerful. It tells the other person, “I'm interested in your world.” It shows acceptance and creates safety. And safety is where healing begins.

Think about the last time you shared something difficult. Did you want solutions – or did you want to be understood first?

The Simple Shift

Instead of advice, try one curious question.

Instead of: “You should stop overthinking.”

Try: “What's the thought that keeps coming back the most?”

Instead of: “Just talk to them and sort it out.”

Try: “What's making that conversation feel so hard for you?”

Instead of: “Don't worry, it'll be fine.”

Try: “What are you most worried about right now?”

This works because questions invite reflection.



Armin Shroff
Psychologist

When people feel heard, they get the space to access their own inner wisdom. They begin to think more clearly, regulate their emotions better, and often arrive at solutions on their own – solutions they are far more likely to act on. They feel more capable and empowered.

This doesn't mean advice is never needed. It simply means timing matters. Understanding comes before instruction.

So, try to pause when someone shares a problem. Before fixing, correcting, or suggesting – ask one gentle question. You may be surprised: the moment you stop advising, real change begins. Curiosity opens doors that advice often closes.



Staying Healthy During Heatwaves

Heatwaves are becoming more frequent and intense, posing serious risks to overall health. When temperatures rise significantly, the body works harder to maintain its normal internal temperature. It typically cools itself through sweating and increased blood flow to the skin. However, during extreme heat, especially when humidity is high, this natural cooling system can become overwhelmed. This can lead to conditions such as heat cramps, heat exhaustion, and in severe cases, heatstroke, which is a life-threatening emergency. Recognizing how heat affects the body is the first step in preventing these conditions.

Stay Hydrated

Staying hydrated is essential during a heatwave because the body loses more fluids through sweating. Drinking water regularly, even when you do not feel thirsty, helps maintain proper body function. Including fluids such as coconut water, buttermilk, or oral rehydration solutions can help replenish lost electrolytes. It is also beneficial to consume water-rich foods like fruits and vegetables, which contribute to hydration. Avoiding excessive caffeine, sugary drinks, and alcohol is important, as these can increase dehydration and put additional stress on the body.

Dress for the Weather

Clothing plays a significant role in keeping the body cool during hot weather. Wearing loose-fitting, lightweight, and light-colored clothes helps reflect heat and allows air circulation. Breathable fabrics such as cotton and linen are ideal choices because they absorb sweat and allow it to evaporate easily. Covering the head with a hat or using an umbrella when outdoors can provide protection from direct sunlight. Sunglasses can also help protect the eyes from harsh sunlight and reduce discomfort.

Plan Your Day Wisely

Managing your daily schedule around the heat can greatly reduce the risk of heat-related illnesses. It is advisable to avoid going outdoors during the hottest parts of the day, typically between late morning and mid-afternoon.

Planning activities such as exercise, shopping, or commuting during the early morning or evening hours can help minimize exposure to extreme heat. If outdoor work is unavoidable, taking regular breaks in shaded or cooler areas is important. Spending time in air-conditioned or well-ventilated environments can also help regulate body temperature.

Protect Your Skin

Exposure to strong sunlight can damage the skin and reduce its ability to regulate temperature effectively. Applying sunscreen with adequate protection helps prevent sunburn and long-term skin damage. Reapplying sunscreen throughout the day is especially important if you are sweating or spending extended time outdoors. Wearing protective clothing that covers exposed skin can further reduce the risk of sun damage. Taking these precautions helps maintain skin health and supports the body's cooling process.

Eat Light and Balanced Meals

Diet also plays a role in how the body responds to heat. Eating heavy or spicy meals can increase internal body temperature and make you feel more uncomfortable. Choosing light, balanced meals that are easy to digest helps the body function efficiently. Including fresh fruits, vegetables, and foods with high water content can provide essential nutrients while keeping the body cool. Smaller, more frequent meals are often better tolerated during hot weather and can help maintain energy levels throughout the day.

Look After Vulnerable Groups

Certain groups are more vulnerable to the effects of heat and require additional care. Children may not recognize the signs of dehydration and need to be encouraged to drink fluids regularly. Older adults may have a reduced sense of thirst and are at higher risk of heat-related illnesses. Individuals with chronic health conditions may also be more sensitive to temperature changes and should take extra precautions. Regularly checking on family members, neighbors, or others who may need assistance can help prevent serious health complications.

Recognize Warning Signs

Being aware of the warning signs of heat-related illnesses can help prevent severe outcomes. Symptoms such as excessive sweating, dizziness, weakness, nausea, and headaches may indicate heat exhaustion. If these symptoms are ignored, they can progress to heatstroke, which may involve confusion, a high body temperature, rapid pulse, and even loss of consciousness. Acting quickly by moving to a cooler place, hydrating, and seeking medical attention when necessary can be lifesaving.

Keep Your Environment Cool

Maintaining a cool indoor environment is crucial during a heatwave. Keeping curtains or blinds closed during the day can block out direct sunlight and reduce indoor temperatures. Opening windows at night allows cooler air to circulate through the home. Using fans, air coolers, or air conditioning can provide additional relief from the heat. Taking cool showers or using damp cloths on the body can also help lower body temperature and improve comfort.

Stay Informed

Staying informed about weather conditions helps you prepare for extreme heat. Monitoring forecasts and heat alerts allows you to plan your activities accordingly and take necessary precautions. Following public health guidelines and local advisories can provide valuable information on how to stay safe. Awareness and preparation play a key role in reducing the impact of heatwaves on health.

Mental Health Matters Too

Heatwaves can also affect mental well-being, leading to irritability, fatigue, and difficulty sleeping. High temperatures can disrupt daily routines and increase stress levels. Maintaining a cool and comfortable sleeping environment can improve rest and overall mood. Practicing relaxation techniques and staying connected with others can help manage stress during prolonged periods of heat. Paying attention to mental health is an important part of overall well-being.

Heatwaves present significant challenges, but their effects can be managed with proper care and awareness. By staying hydrated, dressing appropriately, planning activities wisely, and recognizing early warning signs, individuals can protect themselves and others from heat-related illnesses. Taking simple preventive measures can go a long way in ensuring safety and maintaining good health during extreme summer conditions.

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Depression in Teens

It is a time of rapid change, growth, and emotional challenges. When mental health concerns arise, timely and compassionate psychiatric and psychological care can make a life-changing difference for teens and their families. Specialized adolescent psychiatric and psychological services support healthy development, resilience, and long-term well-being.

Suicide remains a leading cause of death for youth ages 10–24, but early identification of mental health issues can prevent it. Pediatric hospitals must have processes to screen patients for depression.

Hope and healing for Major Depressive Disorder depend on sticking to a treatment plan, attending therapy, and connecting with support services – vital steps toward recovery and long-term mental wellness.

Bridging the Gap in Mental Health: Campaign awareness and parent-child engagement.

Teens struggling with depression may find motivation difficult – but support, patience, and understanding can make all the difference. Compassionate approaches help a depressed teen find motivation while prioritizing their mental well-being.

Teen self-harm is one of the most difficult topics parents face – not because of statistics, but because of heartbreak.

Many parents respond to teen self-harm with immediate control and fear. That reaction is understandable – it comes from love.

However, teen self-harm is often an attempt at emotional regulation, a short-term relief strategy for overwhelming internal pain.

- Teen self-harm is usually about relief, not attention.
- Parental panic can unintentionally increase shame.
- Practical ways to respond with steadiness matter.
- Connection, not control, is the long-term intervention.

Seeking therapy and support, and learning how to maintain well-being through intentional habits and boundaries, is crucial – especially while navigating a family history of mental illness and substance abuse that often goes unspoken.

Courage, awareness, and taking ownership of mental health are essential, even if we cannot change the people around us.

- Choosing therapy and support for our own mental health
- Understanding the impact of family substance abuse and unspoken struggles
- Setting boundaries when others aren't ready for change
- Establishing daily habits and environments that protect well-being
- Modeling openness and resilience for the next generation

The Depression Life Pillars in Action:

- Mindset shifts
- Intentional environment design
- Healthy routines & habits
- Honest conversations
- Personal responsibility

Recognizing Signs of Anxiety and Depression in Teens

The teenage years come with emotional highs and lows, but persistent changes in mood, behavior, or energy may signal something more serious. Anxiety and depression in teens often appear differently than expected.

Common emotional signs include:

1. Ongoing sadness or hopelessness
2. Increased irritability or anger
3. Excessive worry or fear

Behavioral changes may include:

1. Withdrawal from friends or activities
2. Noticeable decline in academic performance
3. Changes in sleep or appetite

Physical complaints can include:

1. Frequent headaches or stomachaches
2. Low energy or fatigue

Early recognition matters. Gentle conversations, active listening, and reducing stigma around mental health can make a meaningful difference. If a teen expresses thoughts of self-harm or hopelessness, professional intervention should be immediate.

Supporting teen mental health is not just a family responsibility. Educators, mentors, and community leaders all play a role in creating safe spaces where young people feel seen and heard.

Teen Body Changes

- Is heavy breast development normal at 13–16 years?
- Should you consult a doctor for sudden enlargement or pain?

Teen body changes are natural, but discomfort, social anxiety, or depression should never be ignored. Consult a healthcare professional when needed.

Growing up, many girls were allowed to cry but quietly taught to endure, rarely shown how to sit with pain. Over time, these lessons shape the way young people experience the world. Girls often internalize their struggles, carrying anxiety, sadness, or self-doubt silently – burdens that often go unseen.

When a teenage girl withdraws, she is often labeled “too emotional.”

However, what if both behavior and withdrawal are simply expressions of the only language they were taught – a language shaped by expectations, norms, and unspoken rules?

Depression and anxiety in girls may hide behind perfectionism or people-pleasing. Emotional pain in young people often disguises itself as “attitude” or “bad behavior.”

Acknowledge Suffering

We owe it to adolescents and youth to ask deeper questions:

1. What emotional scripts did we hand to our children?
2. Are those scripts helping them grow and heal, or teaching them to hide their pain?
3. How can we create spaces where emotions are safe, not shamed or ignored?

Mental health conversations must make space for everyone in all their complexity. Only then can we truly support young people in learning to navigate their emotions with courage, honesty, and compassion.

Support for teens matters. Support for parents matters just as much.

Dr. Sugami Ramesh
Senior Clinical Psychologist



Postpartum fitness

Is it really important?

1. How important is postpartum fitness for new moms?

The period after delivery can be more stressful than pregnancy itself, as there is a newborn who needs feeding and care – whereas previously the womb took care of everything! Therefore, being fit both mentally and physically is very important.

Exercise helps strengthen and tone abdominal muscles and boosts energy at the same time. It improves sleep, relieves stress, and may help prevent postpartum depression. It also aids in losing the extra weight gained during pregnancy.

2. How soon should new moms resume their fitness routine?

If you had a healthy pregnancy and a normal vaginal delivery, you should be able to start exercising soon after the baby is born. Usually, it is safe to begin exercising a few days after delivery – or as soon as you feel ready. If you had a cesarean birth or experienced other complications, consult your doctor to determine when it is safe to resume exercise.

3. What complications can arise from high-intensity workouts?

A high-intensity workout is one in which it is hard to talk without pausing for breath. If you followed a high-intensity exercise program before pregnancy, it may be possible to return to your regular workouts soon after delivery. However, make sure to discuss this with your doctor before beginning high-intensity exercises.

4. Symptoms they may experience with extreme workouts

You may experience pain, tiredness, or fatigue with extreme workouts. Make sure not to overdo it.

When you first start exercising after childbirth, begin with simple postpartum exercises that strengthen major muscle groups, including abdominal and back muscles. Gradually add moderate-intensity exercises. If you exercised vigorously before pregnancy, you can gradually work up to vigorous-intensity activity.



Dr. Sandhya Singh, S., Ph.D.
HOD & Chief Clinical Dietitian
Department of Nutrition & Dietetics

5. How many minutes a day or hours a week should new moms exercise?

Aim for 20–30 minutes of exercise per day. Even 10 minutes per day can be beneficial.

6. Postpartum depression explained

Most new mothers experience postpartum “baby blues” after delivery, which commonly includes mood swings, crying spells, anxiety, and difficulty sleeping. Baby blues typically begin within the first two to three days after delivery and may last up to two weeks.

However, some mothers experience a more severe, long-lasting form of depression known as postpartum depression. Rarely, an extreme mood disorder called postpartum psychosis may also develop after childbirth.

Postpartum depression may initially be mistaken for baby blues, but its signs and symptoms are more intense, last longer, and can interfere with the ability to care for your baby and manage daily tasks. Symptoms usually develop within the first few weeks after delivery but may begin during pregnancy or up to a year after birth.



The signs and symptoms of postpartum depression may include:

- Persistent depression or sadness
- Mood swings and excessive crying
- Loss of appetite or overeating
- Insomnia or excessive sleeping
- Fatigue and low energy
- Extreme irritability or anger
- Feelings of hopelessness, worthlessness, or guilt
- Severe anxiety or panic attacks
- Thoughts of self-harm or suicide

If any of these occur, seek medical help immediately.

7. What can help new moms heal better?

Being a new mother is a joyous time, but it can also be stressful. Family support, physical and mental well-being, and maintaining a positive attitude can go a long way in making the postpartum period less stressful and more enjoyable.

8. Precautions new moms should take for better mental and physical health

New mothers should exercise, eat healthy, get adequate sleep, and seek medical help promptly if they experience any concerning symptoms.

9. How can family members help with physical and mental stress?

Family members and friends play a crucial role in supporting the mother. They can help by sharing childcare responsibilities, allowing the mother to get sufficient rest, encouraging healthy eating and exercise, and most importantly, guiding her to seek medical help if signs of depression appear.



Five Snacks that Diabetics can Enjoy with Their Evening Tea

Maintaining a normal blood sugar level can be a tough challenge for people with diabetes. A prolonged gap between meals can increase the risk of low blood sugar. To avoid this issue, a healthy evening snack can help maintain glucose levels in your blood.

The ideal evening snack needs to be full of fibre and protein while also being easily digestible.

Chickpeas (Bengal Gram)

Roasted chana or chickpeas are one of the simplest options. They are rich in fibre and protein, which slowly release glucose and keep hunger at bay. A small cup of chickpeas is enough to do the job. Consumption of chickpeas regularly helps in preventing the progression of diabetes. Chickpeas are also one of the best foods to prevent hereditary diabetes with regular consumption.

Unsalted Nuts

Nuts like almonds, walnuts, or pistachios can also be enjoyed with tea. Their healthy fats and fibre help prevent sudden spikes in blood sugar. Just a small handful, around 8 to 10 pieces, is a perfect portion.

Avocado

Due to the high level of fibre and healthy fats, avocado is considered one of the best snacks for diabetics. It also contains carotenoids, special nutrients that help with better absorption of fat. While it helps in preventing heart attacks, it is also responsible for preventing your sugar levels from spiking. It has also exhibited the potential to control type 2 diabetes.



Ms Aditi Prasad Apte
Senior - Clinical Nutritionist

Hard-Boiled Eggs

Eggs are classified as a super-healthy snack for people with diabetes. Due to their high protein content, they help in controlling sugar levels from rising. Along with this, they help in managing type 2 diabetes and ensure that it doesn't lead to more chronic health issues like heart attack or obesity. If you want to add more flavour to the eggs, you can add a garnish of herbs and spices.

Popcorn

It's a whole grain that is low in calories and high in fibre. Popcorn helps slow digestion and supports steadier blood sugar levels. Make sure it's air-popped and free from butter, oil, or excess salt.



Bloating, Fatigue, Pelvic Pain: 7 Early Signs of Ovarian Cancer Women Often Overlook

Many women put their own health last. With work, family, and caring for others, it is easy to ignore minor discomforts and assume they will resolve on their own.

However, our bodies often signal when something is wrong. Symptoms like persistent bloating, pelvic discomfort, fatigue, and changes in digestion can feel like everyday problems. They are so common that they tend to be overlooked. But if these symptoms keep returning or last for several weeks, they may be your body trying to get your attention.

In some cases, these seemingly minor symptoms can be early signs of ovarian cancer.

Ovarian cancer starts in the ovaries, which are part of the female reproductive system that produces eggs and hormones. It is often called a "silent cancer." This does not mean it has no symptoms, but rather that the symptoms are usually subtle and can be mistaken for common health issues.

Another challenge is that there is no routine screening test for ovarian cancer in women without symptoms. Because of this, being aware of changes in your body is vital.

Signs to Watch For

Here are some signs women should be aware of, especially if they are recurring or persist for more than a few weeks:

1. Persistent bloating:

Swelling of the abdomen that occurs almost daily, not just occasionally after meals.

2. Persistent pelvic pain:

Ongoing pain or discomfort in the pelvic area.

3. Feeling full quickly or loss of appetite:

Feeling full even after eating small amounts, or experiencing a reduced desire to eat.

4. Frequent urination:

A constant or increased urge to urinate.

5. Unusual fatigue:

Feeling tired all the time, even after getting enough rest.



Dr. Kalyani Premchandra
Medical Oncologist

6. Digestive changes:

Ongoing constipation, indigestion, or changes in bowel habits that last for weeks.

7. Unexplained weight changes:

Weight loss or an increase in abdominal size without any changes in diet or lifestyle.

Remember, these symptoms do not necessarily mean cancer. In many cases, they are caused by common or minor conditions. However, persistence is key.

If something feels unusual for your body or continues for more than two to three weeks, it is worth consulting a doctor.

As women, there is often a tendency to power through and put health on hold. But listening to your body is essential. If something does not feel right, trust your instincts and get it checked.

Early awareness and timely care can truly save lives.



How Late is Too Late for Pregnancy

With careers in focus and an increasing number of independent working women, the average age of first pregnancy has consistently risen over the past few decades. Despite the fact that pregnancy at any age carries some risk, older pregnancies are often associated with greater complications for both mother and baby.

While there isn't an exact number to define "how late is too late," women over 35 are generally considered "older" in terms of fertility and childbearing.

There are many reasons why doctors and parents emphasize getting pregnant at a younger age.

Fertility

Although a woman can get pregnant anytime from the onset of her first period to menopause (defined as one year after the last period, usually after age 40), fertility steadily declines after age 30. This decline is more pronounced in the mid-to-late thirties due to a rapid reduction in egg reserves. Women over 35 may take longer to conceive and may require medical assistance if they are unable to get pregnant naturally.

Pregnancy

While most women are aware that advanced maternal age is associated with genetic abnormalities in the baby, particularly Down's syndrome, there are several other complications linked to pregnancy at an older age.

- Older mothers are more likely to have pre-existing medical conditions such as hypertension and diabetes.
- The risk of developing these conditions during pregnancy increases with age, along with a higher likelihood of preterm delivery, twin pregnancies, placental complications, bleeding during or after pregnancy, cesarean sections, and intensive care admissions.

Newborns

Advanced maternal age is also associated with low birth weight, prematurity, increased NICU admissions, and a higher risk of genetic abnormalities.



Dr. Sahana K. P.
Consultant – Obstetrics,
Gynecology & Reproductive Medicine

Striking a balance

While many women fear that early pregnancy may disrupt their career trajectory, it's important for couples to discuss the pros and cons of delaying pregnancy with a medical expert.

Just as it's important for a woman to conceive at the right age, it's equally important that she genuinely wants to become a mother and is prepared for the responsibilities of parenthood. Women who choose to delay pregnancy in their twenties or early thirties should discuss their egg reserves with a gynecologist and consider egg freezing if they anticipate a significant delay. However, it should be emphasized that egg freezing may help a woman conceive later, but it does not eliminate the increased risks associated with pregnancy at an advanced age.

Optimal medical care

Good medical care throughout pregnancy, including regular check-ups, early detection of complications, and prompt intervention, is crucial to ensure favorable outcomes for both mother and baby.



Colorectal Cancers

Why Awareness and Early Action Matter

Colorectal cancer, which affects the colon and rectum, is one of the leading causes of cancer-related deaths worldwide. In the United States, it ranks as the second leading cause of cancer mortality. What is deeply concerning is the growing number of cases among individuals under 50 – people in the midst of building careers, raising families, and planning their futures.

Yet there is hope. Colorectal cancer is one of the few cancers that is both preventable and, when detected early, highly curable.

At its core, cancer is the uncontrolled growth of abnormal cells. Our bodies are designed with a natural surveillance system that detects and destroys these cells. When this system fails, the cells multiply abnormally and form a tumour.

While we often describe cancer as a disease, it can also be understood as a stage of biological evolution that accompanies aging as a result of accumulated cellular changes over time. In many ways, it reflects how cells adapt and change across a lifetime. However, when risk factors are significant or when there is a genetic predisposition, this evolutionary process can accelerate, leading to cancer at a younger age.

Colorectal cancer is classified into stages based on how far it has progressed. In its early stages, outcomes are excellent. With timely intervention, many patients go on to live full, healthy lives.

Modern treatment is no longer one-dimensional. Decisions are made by multidisciplinary tumour boards, which include teams of surgeons, oncologists, radiologists, and pathologists who carefully tailor treatment to each individual. Depending on the stage, management may involve surgery, chemotherapy, radiotherapy, immunotherapy, or a combination. Advances in technology have made surgeries safer and recovery smoother than ever before. But prevention remains our strongest tool.



Dr. Narasimhaiah Srinivasaiyah
Surgical Oncologist

Lifestyle plays a powerful role. Diets high in processed foods and low in fiber, obesity, sedentary habits, smoking, excessive alcohol use, chronic stress, and family history all increase risk. The encouraging truth is that many of these factors are within our control. Eating more greens and fiber-rich foods, staying hydrated, maintaining a healthy weight, exercising regularly, avoiding tobacco, limiting alcohol, managing stress, and fasting can significantly reduce risk. These are not drastic changes – they are daily choices.

Equally important is listening to your body. Rectal bleeding, a persistent change in bowel habits, unexplained anemia, sudden weight loss, abdominal discomfort, or a family history of colorectal cancer should never be ignored. Early consultation and screening, including colonoscopy when advised, can detect the disease at a stage where it is most treatable.

There is often hesitation in discussing bowel-related symptoms. That silence can be dangerous. Awareness removes stigma. Conversation enables action.

This March, let us wear blue not just as a symbol, but as a commitment to prevention, to screening, and to protecting the lives of those we love. Early action does not merely change outcomes – it saves them.



First period: How long it lasts, early signs and self care tips

First Period or Menarche: An Important Milestone

The first period, or menarche, is an important milestone for a young girl. It signifies the culmination of changes she has been experiencing over the past 2–5 years as her child-like body transforms into an adult body.

This period of pubertal change is associated with emotional changes in addition to the obvious physical ones. Hence, it's important for parents to keep their child informed about the physical transformation, sexual health, menstrual hygiene, and, most importantly, to listen to the emotional turmoil she experiences during the so-called “terrible teens.”

Sequence of Pubertal Changes

A girl will start to experience changes in her body between ages 8 and 15. These changes occur in a roughly sequential order:

1. Breast Development / Thelarche:

The development of small breast buds under the nipple is usually the first noticeable change.

2. Pubic and Axillary Hair / Pubarche:

Small, fine hair growth in the armpits and pubic area usually occurs after the development of breast buds.

3. Growth Spurt:

The growth spurt begins soon after. A girl attains most of her adult height by the time she gets her first period, although she may continue to grow until 16–20 years of age.

4. First Period / Menarche:

These changes culminate in the first period (menarche), which is often regarded as a girl's official entry into adulthood. She is now biologically capable of bearing a child.

When Do Pubertal Changes Begin?

A child can start developing breasts and axillary hair between 8–13 years of age. The timing of puberty is influenced by genetics, nutrition, and socioeconomic conditions. Obese children often tend to attain puberty earlier than children with a normal BMI.

When Is the First Period Expected?

Parents can generally expect their child to get her first period within 2–5 years after the appearance of a breast bud or axillary/pubic hair.



Dr. Rashmi Patil

Senior Consultant Obstetrician
& Gynaecologist
Laparoscopic Surgeon
Fertility Specialist

Normal age of first period: 9–15 years

- Absence of breast development or hair growth by age 13 requires further evaluation.
- Early development of breasts or hair growth before age 8 also requires a detailed workup.

Menstrual Education and Hygiene

Educating your daughter about menstruation as soon as you notice changes in her body—what it means, methods for maintaining menstrual hygiene (sanitary pads, tampons, and menstrual cups) along with their pros and cons—and most importantly, letting her know that this is a normal process every girl goes through, will help her cope with this change effortlessly.

Teaching proper care of her body, keeping clean during periods, regular changing/cleansing of menstrual products, and safe disposal are aspects she should understand before her first period.

What to Expect in the First Few Years After Menarche

The first period signifies activation and maturation of the hypothalamo-pituitary-ovarian (HPO) axis—the nerve signals between the brain and the reproductive organs—which have been dormant during childhood. However, this does not necessarily mean that ovulation occurs immediately.

The first few periods are often anovulatory due to an immature HPO axis and therefore tend to be irregular and sometimes delayed. A regular pattern typically sets in within 5 years of the first period.

Normal Bleeding Patterns During This Phase

- Duration: Up to 7 days
- Interval between periods: 21–45 days
- Change of pads/tampons: 3–6 times/day

If a girl experiences heavy bleeding lasting more than 7 days, or absence of periods for more than 90 days since her first period, she should be evaluated for thyroid disorders, PCOS, and bleeding disorders, among others.

Within 2–5 years, a normal adult menstrual pattern—with an interval of 21–35 days between periods—typically establishes.

Painful periods / Dysmenorrhea:

This is a common complaint in young girls. If the pain is incapacitating, requires medication, or prevents normal activity, she should be evaluated by a gynecologist.

Sex Education

Although many parents feel uncomfortable with the topic, this is an appropriate time to educate your daughter about her body, sex, protection, and pregnancy.

HPV Vaccine

The first period is also a good reminder for parents who have not yet vaccinated their daughters against HPV, which protects against cervical cancer. The vaccine is most effective before the onset of sexual activity and is recommended for girls aged 9–26 years, making this a timely opportunity to protect your child.

Supporting Your Daughter

The first period and the associated physical and emotional changes can be difficult to comprehend for both parent and child. Discussing concerns with a gynecologist or counselor—whether due to discomfort talking about these issues or noticing deviations from normal—can provide clarity and help both of you navigate this phase smoothly.

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Periods – Do I Really Need Them?!

It's one of those days. You are on your period – and it is heavy and painful. You are not feeling one hundred percent and you don't want to go into work. But you have an important meeting and cannot possibly miss it. You drag yourself out of bed, down a few painkillers, and rush into work. Minutes before the meeting, you discover that you have stained your dress. The day couldn't get worse. No wonder periods are called “the curse.”

Sounds familiar? Welcome to the world of over 355 million menstruating women in India.

Why Do Women Have Periods?

Imagine a life without periods – no bleeding, no pain, no sanitary napkins, and no tampons... freedom. Before you get too carried away with that utopian thought – have you ever wondered why the female species has menses? Well, because we are special, of course! Every month the womb prepares for a possible pregnancy, and when this does not happen, it sheds the lining of the womb, which results in a period or menses. This usually happens once a month, and a woman bleeds on average for 5 days. The normal cycle varies from 21 to 35 days, and the bleeding can last from 2 to 7 days. So, having a regular period most often indicates that a woman is ovulating every month. So ladies, the next time you moan about your periods, remember it is your monthly reminder that you are capable of having a baby!

Menstrual Abnormalities

Some women may experience variations in their cycles. Bleeding may be heavy (changing 5–6 or more fully soaked pads/day), painful, or irregular. These variations may be a result of a hormone imbalance, growths (non-cancerous) in the uterus called fibroids or polyps, or occasionally, in an older woman, a sign of cancer. Most commonly, heavy and prolonged periods can cause a low blood count, otherwise known as anaemia. This can cause tiredness, weakness, and an inability to perform day-to-day activities optimally. About 60% of the women who consult me do so because they have a menstrual problem, and about 40% of them have a low blood count. So if you have problems with your periods, don't just “put up with them” – go and see your gynaecologist. You owe it to yourself to be healthy.



Dr. Preeti Prabhakar Shetty
MBBS, MD (Obstetrics & Gynaecology)
Senior Consultant Obstetrician & Gynaecologist

Menstruation Through the Ages

Although women have always menstruated, there is only sporadic mention of this for thousands of years. Through the ages, menstruation has never been discussed openly. It has been associated in turn with witches, magic, shame, and taboo. And it is not surprising that even today most women in our country do not talk freely about it. In some communities in India, women, during a period, are not allowed to enter places of worship, cook food, or participate in socio-cultural activities. All this and more perpetuates the myth that menstruation is impure and the body is cursed during this time. This is rather contradictory given that if a girl does not have periods, she would be considered infertile and therefore cursed! So you are damned if you don't and condemned if you do!

Menstrual Hygiene

Have you ever wondered what women did before the sanitary pad or the tampon was invented? It is believed (although this has not been proven) that the clever Egyptians and Greeks used papyrus and lint wrapped around a stick to use as a tampon. Some, over time, used “rags,” and the rest just bled through their clothes and continued to wear the same dress for the length of their period! So much for menstrual hygiene!



The modern sanitary napkin was not invented until the late 19th century, and the tampon came into being only in the early 20th century. But many women in the developing world continue to use cloth or rags as they cannot afford menstrual hygiene products.

28th of May is recognised as Menstrual Hygiene Day. Many of you probably do not know that 15–40% of girls in the developing world do not attend school during their periods. This is due to lack of access to sanitary napkins, toilets, sanitation, and adequate privacy. In rural schools, female teachers, during their periods, perform less efficiently for similar lack of infrastructure and tend to take leave or go home early. In recent times, there have been several NGOs involved in spreading awareness and helping women manage their periods with dignity.

Even in cities and metros, access to clean toilets is a luxury. Not all workplaces may be “period friendly,” and stepping out of the comfort of one's home during this time continues to be a challenge for most women.

And Finally...

Menarche and menopause mark the start and the end of periods in a woman's lifetime. In many cultures, the onset of the first period is announced and celebrated. And yet it is the same period that condemns her to a life of impurity and isolation for those few days.

I would like to leave you with a few lines from Gloria Steinem's *If Men Could Menstruate*:

“What would happen, for instance, if suddenly, magically, men could menstruate and women could not? The answer is clear – menstruation would become an enviable, boast-worthy, masculine event: Men would brag about how long and how much. Boys would mark the onset of menses, that longed-for proof of manhood, with religious ritual and stag parties. Congress would fund a National Institute of Dysmenorrhea to help stamp out monthly discomforts. Sanitary supplies would be federally funded and free. (Of course, some men would still pay for the prestige of commercial brands such as John Wayne Tampons, Muhammad Ali's Rope-a-dope Pads, Joe Namath Jock Shields –'For Those Light Bachelor Days,' and Robert 'Baretta' Blake Maxi-Pads.)”



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