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UNITED STATES OF AMERICA: DREAMLAND OF FREEDOM AND OPPORTUNITIES

Prem Kumar Chumber Editor-In-Chief:
Ambedkar Times & Desh Doaba Weeklies Newspapers



In the United States of America, July 4th embodies a vision of freedom and opportunities. The USA has become a dreamland for people across the whole world to put their dream goals into reality. Everyone irrespective of religion, class, creed and region aspires to make the USA her/his homeland! S/he feels embolden while getting associated with this great nation -- an abode of liberty, equality & fraternity -- of opportunities and dignity. It instills faith and encourage all to come forward to live and let others live with love and peace. Since the end of World War II, it has not looked back to reconstruct peaceful order in the world and help attain freedom of thought, liberty and equality everywhere on the globe. Name any continent, region or a country where the USA has not left its mark of encouragement and initiatives for realizing ones dream and aspirations. One of the largest and oldest democratic countries in the world, the USA has always shown its greatest interest in allowing free flow of ideas and letting people live the way they want to be. It has remained first in all fields of human activities, be it science, technology, art, and sports. What led it to achieve all this is perhaps the freedom of thought and action guaranteed by its constitution and effective governance system. "Ambedkar Times" & "Desh Doaba" take lots of pride in congratulating all on this auspicious day of freedom and independence.

Vimal Thorat: A Journey of Truth, Resistance and Empowerment



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In the heart of India's intellectual and activist landscape, few figures stand as tall as Prof. Vimal Thorat. Her life's work has intertwined the Dalit movement, Dalit feminist struggle, and the literary transformation of Hindi sahitya. As she celebrates this 7 July 2025 as 76 years of her life and work, when the world marks the 50th anniversary of World Women's Year, we look back on her remarkable journey—one that has shaped the social and academic discourse in India and beyond.

A Groundbreaking Beginning

Vimal Thorat's story begins in the small village of Nalwada, in the Amravati district of Maharashtra. Born into a large family with six brothers and five sisters, she grew up in a household where education and social commitment were core values. Her father, Ramchandra Khandekar, was a police officer, while her mother, Saraswati, played the nurturing role of a housewife.

From an early age, Vimal showed a unique streak—a rebellious spirit that refused to conform to the rigid expectations of her time. Whether it was her pursuit of her career or her eventual pivot toward literature, she consistently broke through numerous social barriers. Vimal's schooling across various towns in Maharashtra—Chandur Bazaar, Dhamangaon Railway, and Chandur Railway—was marked by a growing sense of self-awareness and resistance to the patriarchy she faced.

The Academic and

Personal Odyssey

Vimal's academic journey took her to Nagpur University, where she completed her undergraduate studies in 1974. That same year, she married Pamshri. Sukhadeo Thorat, an eminent economist and former UGC Chairman. Together, they became an iconic intellectual power couple. Their son, Dr. Amit, followed in their footsteps to pursue a career in academia, further cementing the family's legacy.

But it was in Jawaharlal Nehru University (JNU) that Vimal truly flourished. She earned her M.A., M.Phil. and Ph.D. in Hindi literature, establishing herself as an academic in her own right. Later, she would go on to serve as a Professor of Hindi at the Indira Gandhi National Open University (IGNOU), where she led the Dr. B. R. Ambedkar Chair on Social Change and Development.

Championing Dalit Literature

Though Dalit literature had found its voice in Marathi, it was largely invisible in Hindi until Vimal Thorat emerged on the literary scene. For her, the journey wasn't just about teaching literature; it was about transforming the way literature was understood. She realized that Dalit writers in Hindi were often relegated to the background, their voices submerged under the umbrella of Pragatishil Sahitya (progressive literature).

Vimal began challenging this narrative by engaging with Dalit writers and organizing forums to discuss the nuances of Dalit identity and literary expression. Through her relentless efforts, she made Dalit literature a movement in North India—one that not only gained recognition but also empowered a new generation of writers. For this she faced many challenges and oppositions. People would make scathing remarks, 'such as, 'she must not be a Dalit, she must be an upper caste' and when she succeeded in forcing the implementation of reservation for all Scheduled Castes and Scheduled Tribes in IGNOU, she would hear comments such as 'IGNOU should be declared a Dalit-Tribal university'. She faced many such pejorative comments. To despite opposite right forcesshe single-handedly developed a 16-credit course of Dalit Hindi literature in Hindi for the MA course. She has taken efforts to translate Dalit Literature from 17 Indian languages into Hindi.

In 2012, she presided over the Ramai Sahitya

Sammelan in Akola, a pivotal moment that solidified her role as a leader of the Dalit literary movement. In addition, her work has been extensively discussed in Mohammad Rafi Hanchinal's book, "Vimal Thorat's Literature on Women", showcasing her significant contributions to gender and caste discourse.

Activism: A Life beyond the Written Word

Vimal Thorat's activism is woven into the very fabric of her being. Her engagement with the Ambedkarite movement and her commitment to Dalit rights, women's empowerment, and social justice have been constant throughout her career.

In 1975, a seminar on Stree Mukti (women's liberation) at Milind College organized on the occasion of first International Women's Day, Vimal Thorat presented her views, which were a significant step in bridging the gap between gender issues and caste struggles. Over the years, her home became a meeting point for intellectual's activists and young scholars—a space where caste, gender and class were discussed openly and honestly.

Her leadership extended to several influential organizations, including: President, Dalit Writers' Association (since 2004), Coordinator, All India Dalit Mahila Adhikar Manch (AID-MAM) (since 2005), Co-coordinator, and National Campaign on Dalit Human Rights (NCDHR), Board Member, Safai Karmachari Andolan, Saharwaru, and All India Dalit Women Writers' Forum. Her work, however, wasn't confined to academia or activism alone. She sought to create tangible spaces where Dalit women's voices could be heard and celebrated.

Dalit Asmita:

A Revolutionary Magazine

In 2010, Vimal Thorat launched Dalit Asmita, a quarterly literary magazine under the Center for Dalit Literature and Art. With Vimal at the helm as editor, the magazine became a groundbreaking platform for Dalit writers, poets, and artists across India. What made Dalit Asmita unique was its dedication to translating and preserving Dalit literature in multiple languages, making it accessible to a national and international audience.

The magazine has hosted: Poetry, short stories, and autobiographies in languages such as Hindi, Marathi, Punjabi, Gujarati, and English, Essays, intellectual discourses, and interviews that challenge caste and gender hierarchies as well as contributions from the Indian diaspora and global Dalit feminists.

Through Dalit Asmita, Vimal not only brought regional Dalit voices into the mainstream national conversation but also bridged the gap between Indian languages and global thought. This innovative effort has been pivotal in preserving and promoting the richness of Dalit literature.

A Legacy of Empowerment

Vimal Thorat's work is deeply rooted in the legacy of Dr. B. R. Ambedkar and the Indian social reform movement. But she also contributed to evolving the conversation to meet the needs of the present. Through literature, activism, and education, she fought against the systemic forces of patriarchy, casteism, and gender oppression that continue to marginalize millions.

Her contributions are far-reaching, not just in academic circles but in grassroots movements, literary communities, and activist networks. Vimal's work continues to influence young Dalit writers, feminists, and scholars who are shaping the future of India's social and literary landscape.

A Vision Realized as we celebrate Vimal Thorat's 76 years, we honor more than a scholar or an activist. She is a transformative force—someone whose life's work has left an indelible mark on the Dalit movement, feminist thought, and literary activism. Through her writings, leadership, and activism, she has given voice to the silenced and shaped a more just and equitable future for generations to come. Her life is proof that true change begins not just with ideas but with action, resilience, and an unwavering commitment to truth.

HEALTHY LIFESTYLE

ABSTRACT

Health is multidimensional state it envisages four main dimensions the physical, mental, social and spiritual health. An individual with perfect functioning of the body, positive mental health and positive material environment is called healthy. Spiritual practices have been shown positive impact on lifestyle diseases and healthy lifestyle keeps us fit, energetic and reduced risk for the diseases. It is based on nutritious food, every day exercise, yoga and meditation, good sleep, avoiding alcohol and smoking. Role of sexual life is underestimated and in recent years extensive studies have been carried out and now it is equally important in later part of life as well. Healthy lifestyle is considered as patterns of behavior that maximized one's quality of life and decrease one's susceptibility to diseases. Since behavior patterns are acquired very gradually, changing becomes difficult preposition and need persuasiveness by family members as well as constant efforts on the part of health care providers.

INTRODUCTION

Health is a state of complete physical, mental, social and spiritual well-being and ability to lead a socially and economically productive life (1). Spirituality helps him in developing universality of love, compassion and equanimity to replace anger, jealous, hatred and ego. To prevent and control these disorders one has to have healthy life-style. There are various essential components to lead a healthy life like every day exercise, yoga, meditation, good nutrition, good sleep, and good sexual life avoiding alcohol and quitting smoking. Healthy habits can only be acquired with persistent approach and gradual behavioral changes.

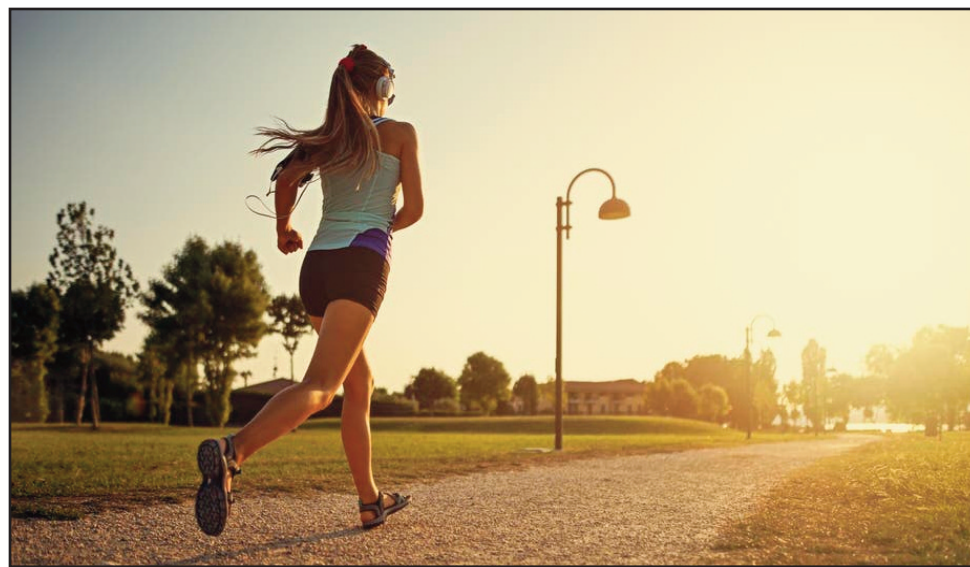
EXERCISE

Exercise daily for 40-45 minutes in the form of games, walking, gardening, swimming, jogging, weight-lifting etc are beneficial. A friendly sport people can get used to easily. Every individual should spend minimum 200 K cal/day. Walking is the best exercise which is curative as well as preventive. A brisk walk is a better way to burn more calories (300 K cal/ hour). 1 kg reduction in weight in hypertensive obese adult can expect reduction of 1 mm Hg and maximum 5 mm Hg (2). Walking is a popular and easy way to meet key guidelines & pedometer or step counters are a useful way to track progress and popular advice such as walking 10000 steps a day (3). Walking consumes excess fat and burns sugar in diabetes, improves respiratory system, improves digestion, relieves aches & pains, promotes sleep, control hypertension, relieves stress, keeps skin healthy and body in good shape, protects cancer of colon, breast and prostate, protects osteoporosis, delays the aging process, releases beta endorphins opiate like chemicals. Physical activities like aerobic and dynamic resistance can reduce hypertension about 10 mm Hg and isometric resistance, 4X2 min-

utes hand grip, 1 minute rest between exercises and 3 sessions/wk for 8-10 wk can reduce 5 mm Hg (2).

A major study conducted by Dr Marcia Stefanick (4) revealed that men and women with low HDL and high LDL level on low cholesterol diet for a year, who did not exercise, did not show a reduction in "bad" LDL. But women on that diet who walked or jogged about 15 kilometers weekly had an 8% greater reduction in LDL levels than those whose diet and physical activity were not controlled. Men had 11 percent greater reduction.

Exercise & Cancer: The American Cancer Society's guide to the disease prevention (Avoid excessive weight, limit intake of high calorie diet, sedentary behavior and



physical exercise). About 20-30% cancers such as colon, breast and postmenopausal uterine may be related to overweight and lack of physical activity. Scientist's think that fat persons produce more hormones such as estrogen that help tumors flourish (5).

STRESS AND REMEDIAL ACTIONS:

Living under high stress has become order of the day. Competition has developed in business, social, professional and educational world. In consequence, almost every individual is forced to meet demands on his nervous energy which leave him tired to the bone, tense and distressed. Edgy nerves produce anxious reactions, which lead to much misery. Stress is associated with higher risk of hypertension & heart attack, musculoskeletal aches, GIT disturbances, peptic ulcer, asthma, weight gain etc. Major sources of stress are worries, irritation, anger, ego and jealousy and our perceived failure. Generally, opposition to what we wish, want and think generates anger and irritation. A justified opposition should not anger us but when reason is lost, ego comes in, Jealousy also feeds anger.

According to a survey on worries, 40% worries are about things which never happen, 30% of worries are about things that is over, 12% are needless health worries, 10% are miscellaneous and only 8% are legitimate worries. However, little worrying can be constructive if it helps you to work out solution to a problem. Be receptive to criticism. Find the opti-

mistic view point. Have a democratic attitude towards others' views, practice gratitude and appreciation. Cultivate and live in positive environment and forgive yourself and others. Some people are perfectionist and this has to be replaced with healthier and happier habits that will help you to get more done with less stress and anxiety. Very often lack of information and sheer misinformation can cause worry. When you feel worried, do not make mountain out of a molehill say stop breathe in and breathe out for 1-2 minutes, find a friend or spouse and talk and get the facts right. Take constructive steps and make plans to combat problems.. (6). Gradual movement advocates a cultural shift toward slowing down life's pace, and enjoying living, rather than rushing

through life and fast paced life is not good for health. As Gandhijee once said, "There is more to life than increasing its speed". When you slow down long enough to actually think, you make smarter decisions that are lead to better outcomes thereby saves your time in long run. If you are engaged in strenuous activity all through the day then spread your rest all over during this period, i.e., few minute spells, every two hour. Do not carry on the day's activities late into the night. Save energy by organizing your daily life and do not waste time and money on trivial matters. Mindfulness meditation can relieve stress, impact health and nurture the quality of compassion (7).

YOGA AND MEDITATION

Yoga connects mind and body by asana, breathing exercises, relaxation, positive thinking and meditation in a proper environment. Study conducted at Chopra centre yoga has shown reduction in BP, heart rate, cholesterol and improvement in circulation. There is increase in levels of neurotransmitter calling GABA and low level of GABA has been linked to depression and anxiety. Yoga also increases alpha waves in brain or lowers cortisol level which helped in decreasing depression, Yoga postures work same way as massage work and help to alleviate LBA, joints and muscular pain and improve flexibility (8).

African American with heart disease practiced transcendental meditation regularly and 48 % were less likely to have heart attack, stroke

or die compared with those who attended health education class over 5 years (9) and mindfulness meditation which stresses attention to the present has proven to be useful for chronic pain (10). Meditation exerts calming effect on body & mind by neutralizing stress and balance brain-wave pattern.

SLEEP

7-8 hour sound sleep is recommended to have maximum benefits. Young children require 10-12 hours sleep because an important human growth hormone production is regulated during sleep. Chronic lack of sleep increases risk of development of obesity, diabetes, cardiovascular diseases and infections, Sleep disturbances impair communication ability and good judgment. Loss of sleep increases toxic substances in body such as interleukin-6 & C-reactive proteins that can cause cancer (11). Good Sleep is needed for brain detoxification, conservation of energy & food, tissue restoration, reorganization of learning pathways. It reduces stress and makes you more alert (12).

Sleep Hygiene: Maintain regular sleep-awake schedule every day, even over the weekend. Reschedule all leisure or relaxation activities so that they do not interfere with sleep timing. Try sleep at the same time, irrespective of insomnia. If you do not get sleep within 30 minutes or so get up and read something relaxing for some minutes. Regular exercise schedule helps improve the quality of sleep but do it couple of hours before sleep and not at or near the bed. Bath in warm water provides relaxation and soothing effect. Food: Light meal at dinner should be taken 3 hours before bed. Bananas have a great deal of potassium, which acts as a muscle relaxant, prepares the body for sleep, it also contains tryptophan, which turns into melatonin – the hormone that produces sleepiness. It has carbohydrate which can make you sleepy as well. A cup of curd or a glass of milk at bedtime is also good as they also contain tryptophan. Drinks: No coffee before sleep because it contains caffeine and affects sleep. Alcohol may make you drowsy and may help you fall sleep but when it wears off several hours later, it can cause you to wake-up early. Moreover, there is no deep sleep with alcohol. So avoid it just before going to bed.

How to sleep better:

(a) Make sure you wind down and put the day to bed. One should not take problems of the day into night and do not do anything related to work at least two hours before the sleep.

(b) Write a to-do list before you go
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to bed and keep pen and paper at your bed-side at night so that you can jot down any worries or ideas that come to mind.

(c) Do not take your mobile/laptop into your bedroom – they signal your brain to stay awake and watching TV just prior to bed is not a relaxing way to go to sleep.

(d) If you listen to music – make sure that it is instrumental only, lyrics can stimulate your mind and one can use white noise machine or ear plugs if a quiet room is not possible.

(e) Try reading enjoyable short things for few minutes once you get in bed.

(f) The bedroom should be kept as a sanctuary for sleep, dark, quiet and cool with window open.

Breathing technique 4-7-8: Sit comfortably with back straight and place the tip of tongue on the ridge just behind upper front teeth and keep it there throughout the entire process. Exhale through your mouth making a whoosh sound to a count of eight. Close your mouth and inhale through your nose for a count of four. Hold your breath for count of seven then exhale completely through your mouth. Now repeat the cycle three times more. Continue this exercise 2-3 times a day for one month then eight cycle/ day for another month. You will notice that it acts as natural tranquilizer for CNS and helps you to fall asleep faster (13).

BALANCED DIET

An adult male sedentary worker weighing 60 Kg & adult female sedentary worker weighing 55 Kg in age group of 18-29 years, requires 2320 Kcal & 1900 Kcal respectively. Cal requirement increases roughly to 20% and 40% for moderate & heavy workers respectively and decreases by 5% per each decade after 40 year until age of 60yrs and by 10% for each decade thereafter. The food provides several macronutrients (proteins, carbohydrates and fats) and micronutrients (vitamins, minerals and antioxidants) when supplied in right amounts, support and sustain life and activity. A KAP study about eating habit in medical college has shown 77.3% faculty members had healthy eating habits but 40% were overweight and another 40% were obese (14). Carbohydrates should constitute 60-65% with emphasis on complex carbohydrates, sugar should be ideally 5% (20-30 gm). 20 gm extra sugar a day converts into fats and one becomes obese by 4 Kg in a year. Importantly sugar induces metabolic syndrome which includes hypertension (fructose increases uric acid & raises BP), obesity, dyslipidemia (triglycerides) and Diabetes from increased liver glucose. It can also be argued that fructose exerts toxic effects on liver that is similar to those of alcohol as it is derived from fermentation of sugar (15). Proteins are growth promoting body building substances should contribute 10 % calories, essential for every function of the cell & its requirements is 1 gm/kg body wt. Vegetable proteins are found in pulses,

cereals, beans, nuts, oil-seeds etc while proteins of animal origin is present in meat, eggs, cheese, fish, fowl etc.

Fats & oils: One should consume about 25 % cal from fats i.e. 40 ml for male and 30 ml for female, 1 ml oil yields 9 cal and 4 cal each from 1 gm of proteins and carbohydrate. Fats are divided into saturated and unsaturated which are further divided into monounsaturated fatty acids and polyunsaturated fatty acids (essential fatty acids-omega- 3 and omega-6). Saturated fats like butter, ghee, coconut and palm oil should contribute < 10 % cal. These give rise to high LDL thus leading to atherosclerosis. Trans-fatty acids vanaspati, reused oil for more than 6 hours, baked and fried are most atherogenic and also lead to obesity and increased risk of breast and colon cancer. Monounsaturated fats are present more in olive and rapeseed oil even in mustard and groundnut. Polyunsaturated fats are safflower, sunflower, corn or sesame etc contains more omega 6 (linoleic acid) should range between 3-7% of calories. Mustard oil, rape seed and soyabean oil are rich source of omega 3 (alpha linolenic acid) should not be less than 1% calories. They are good for CVS diseases as they reduce LDL and increase HDL. Therefore, it is essential to combine safflower, sunflower, corn or sesame with equal portion of mustard or rapeseed or soyabean oil.

Omega 3 are present in fish oil, seeds such as flax seeds, walnuts and pumpkin seeds. Also found in black gram, cowpea (lobia), red kidney beans (rajma) and soya, wheat, pearl millet (bajra), green leafy vegetables, spices fenugreek (methi) and mustard (rai). They are good for proper functioning of brain cells and helpful in its cognitive function, good for joints (prevents arthritis) and have anticancer properties. Reduce inflammation in the body. Decrease platelets aggregation, prevent blood clotting & inhibit thickening of arteries. Reduce the risk of becoming obese and also useful in migraine. (16) (17) and (18).

Nuts- Nutritionists insist that nuts like walnuts, almond, pistachios should be made a regular part of diet (about 25 gm/day). Nuts are powerhouse of nutrition packed with proteins, essential fatty acids, antioxidants, minerals like Iron, calcium, magnesium, Zinc, copper, phosphorous and vitamins like biotin, riboflavin & tocopherol etc. People who snack on peanuts feel less hungry and are important in weight management. Dates are also packed with various types of vitamin, minerals like Iron, potassium and magnesium which protect cardiovascular system and carbohydrate like fructose and dextrose. They are also very rich in dietary fiber act as laxative and natural and healthy way to satisfy sweet tooth. They are good way to start the day and also enjoy 2 medium-sized dates daily.

Fruits and vegetables: Fresh

fruits and vegetables are rich source of micronutrients, macronutrients and dietary fibre. The micronutrients are minerals like iron, calcium, potassium, magnesium etc and vitamins like vit C, folic acid, B complex, carotenoids and other bioactive constituents whereas the macronutrients present are complex carbohydrates and fiber. Fruits and vegetables like pomegranate, banana, muskmelon, peaches, spinach, beans, tomato, brinjal beets root lemons baked potato have nutrients such as potassium & magnesium help in lowering BP. Daily requirements of about 40 gm of dietary fibre is desirable and intake more than 60 gm over a day can reduce the nutrients absorption and cause bowel irritation. DASH (Dietary approaches to stop hypertension) are fruits, vegetables, whole grains, low and non-fat dairy products, lean meat, fish, raisins, plums date and nuts. Salt intake should be restricted to 4 gm /day. Also avoid salads dressings with salt and fried nuts. Water melon is rich source of a 1- citrulline 1-arginine and potassium which are associated with reduction in BP (19). These dietary approaches can reduce BP 11 mm of Hg in hypertensive case (2).

As per WHO one should take every day 400 gm of fruits and vegetables excluding potato and starchy tuber, five-a-day each serving of 80 gm, 3 serving (240 gm) from vegetables and two serving (160 gm) from fruits prevents chronic diseases such as heart diseases DM, obesity and cancer (20) and five color a day or rainbow colored fruits and vegetable. Alkaline foods are good for health and one should stick to 80/20 rule. Take 80% alkaline foods containing potassium, magnesium and calcium and these are root, leafy green vegetable, cabbage, cauliflower, capsicum, lemon, cucumber raisins and fruits like apple, banana, grapes, orange, melon and sprouts. Limit Acidic foods to 20% they contain chloride, phosphate and sulphate and these are milk, dairy products, sugar, flour products, egg, meat, soft drinks etc. More acidic food may lead to kidney damage, DM, arthritis, osteoporosis even cancer. Soft drink contains a empty calorie without any nutrient. The phosphoric acid present in it causes osteoporosis and also can damage kidneys (21).

ALCOHOL

Nearly 30 % of Indian men and 5% Indian women are regular user of alcohol. Its consumption has multitude effects on physical, social, emotional, behavioral and financial spheres of an individual, family and society. The alcohol intake is linked to more than 60 health conditions and variety of harmful effects ranging from brawl and accidents. Globally especially high income countries, reducing alcohol use resulting into minimizing harmful effect. Now Indian society also wake up to prevent this epidemic before many more lives are ruined & families wiped out (22). The average alcohol dependent person decreases his life span by 10 to 15

years and 50 % of income is spent on alcohol. The long-term effects of the alcohol are many, almost all the system are affected and main diseases are liver cirrhosis, peptic ulcer, neuropathy, high blood pressure muscle weakness, fetal brain damage in pregnancy, reduce fertility, increase risk of breast cancer in female and develop Alcohol Dependence Syndrome.

A recent study conducted by NIMHANS in 2000 families across India showed that drinker's family faces financial, mental & emotional trauma and neighbors also experience psychological trauma like arguments, physical violence and sexual abuse. Just as smoking affects those around, drinking alcohol too has an equally passive effect. In the United States, one "standard" drink (or one alcoholic drink equivalent) contains roughly 14 grams of pure alcohol, which is found in 12 ounces of regular beer which is about 5% alcohol, 5 ounces of wine, which is typically about 12% alcohol, 1.5 ounces of distilled spirits, which is about 40% alcohol. National Institute of Alcohol Abuse and Alcoholism defines moderate drinking in men as two or fewer drinks per day and in women as one or less per day. Moderation means maximum of 3 units a day for men & 2 units a day for women and not to be taken on two consecutive days. This can reduce BP about 4 mm Hg in hypertensive patient (2).

SMOKING

One out of every two smokers who start at a young age and continues smoking throughout his life will ultimately be killed by 25 tobacco-related diseases. By smoking one cigarette life is shortened by 10 minutes. (one cigarette emits 4000 chemicals). Almost 60 lakhs people die of tobacco use each year and about 6 lakh deaths caused by second hand smoke. By 2020 this number will increase to 75 lakh accounting for 10 % of all deaths. Smoking is estimated to cause about 71% of lung cancer, 42 % of chronic respiratory disease and 10% of cardiovascular disease (23). May 31 is observed as "No Smoking Day" by Govt of India. Cigarette and other tobacco products Act-2003 prohibits smoking in public places, prohibits selling of tobacco products to minor below 18 years and also prohibits advertisement for these products.

There are various ways to quit smoking: (a) Will power is the best way to quitting smoking. The stimuli associated with smoking have to be identified and avoided. (b) Tobacco detoxification-If the withdrawal symptoms are severe Nicotine Replacement Therapy is effective way to stop smoking. Daily dose is reduced within 4-8 weeks and then stopped i.e. the rationale is to maintain the nicotine level in blood, which the smoker is accustomed to even after he stops smoking. Nicotine skin-patches, chewing nicotine gum, nicotine nasal spray, nicotine lozenges and nicotine inhalers are substituting one form of nicotine delivery for another. (c)

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Bupropion has shown to be safe and cost effective smoking cessation agents. Despite this NRT is the dominant pharmacotherapy to aid smoking cessation. (d) E- cigarette sale to under 18-is prohibited in UK, evidence does not support the concern that e-cigarettes are strong gateway into smoking (24). (e) Develop positive addiction by doing yoga, meditation, running, reading etc. Drug like Bupropion is used which acts by reducing urge to smoke.

LOVE INCLUDING REGULATED SEX LIFE: for married couples

Despite the "Kama Sutra" Indian Society is extremely conservative about sex & is ambivalent about sex education in schools. It is neglected in twenty-first century India. Viewing sexuality in a moral failing, an individual choice, a private matter, a religious issue or a social concern is not an opinion for a modern, & democratic country. Human right perspectives are required for enlightenment (25). Sex Therapy is just like any other cardio work out. It improves blood circulation, heart rate, boosts our metabolism and burns about 350 Cal in an hour (26). According to Professor Warner people who have regular sex, their body manufactures a powerful hormone cocktail that has an immensely positive impact. Sex promotes our ability to concentrate and stimulates creativity and ideas, improves immunity IgA, sleep & boosts self-esteem. Couples should maintain a supporting and caring partnership throughout their life (27). According to a Neuro Psychologist the satisfaction derived from sex is a decisive factor in preserving youth. It makes us happy by generating chemicals like endorphins (28). It also helps in relieving migraine. A recent study conducted by Elizabeth Babin, Cleveland State University reveals those couples who communicate about sex while in bed are more likely to experience more sexual pleasure

and intimacy.

Attitude toward sexuality in old age has become gradually more positive over last half century (29). Sexual intercourse several times in week helps to prevent life threatening heart disease by preventing a build-up of chemical homocysteine which is associated with potential deadly blood clot (30).

CONCLUSION

There is no dearth of health education material available on this

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subject. It is better to call Healthy lifestyle as "healthy MEALS" for every person for every day in simple form i.e. "M" for balanced Meal and Meditation, "E" for Exercise, "A" to Avoid alcohol & smoking, "L" for Love and "S" for good Sleep. It is one of the most Herculean tasks of behavioral scientist and health care providers to change behavior of individuals and community. These advices should be practiced daily in life earnestly, judiciously and religiously since lifestyle behavior patterns have been acquired very gradually in years together.

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