

FOR BEAUTIFUL TRESSES

Dr Apratim Goel, dermatologist and laser surgeon, tells you how to care for your hair in monsoon



Dr Apratim Goel



HOW OFTEN TO WASH YOUR HAIR IN MONSOON

There is nothing better than a nice bath when you just get in from the pouring rain. However, washing your hair too often, say every day, can exaggerate the problems you already face. "Washing your hair two or three times a week will keep your hair clean. At the same time, it will prevent excessive drying of hair and keep frizziness to the minimum. Use a hair conditioner after every wash; you could use a leave-in conditioner to make dry hair more manageable," says Goel adding, "in case your hair gets wet in the rain, then you must wash it as soon as possible with a mild shampoo, followed by a conditioner. Do not leave the rain water in your hair, as it is high in chemical content and can damage the hair. If you have short hair, you can wash it daily."

KEEP DANDRUFF AT BAY

Switching to an ultragentle/ baby shampoo is a good idea. However, you must refrain from using hair spray or gel in the monsoons as these stick to the scalp and may cause dandruff. "Due to high humidity and wet hair, dandruff is a common problem in monsoon. So make sure that you use an anti-dandruff shampoo, containing ketoconazole and zinc pyrithione, once a week. However, use your regular wash shampoo on other days. The chlorine content in water during the monsoons is also very high; this can bleach and damage your hair. So if possible, wear caps or rain coats with cap/hood to protect the hair," she informs.

Rains is also the favourite time for the lice to breed. Goel suggests, "In case of any itching on the scalp, apply permethrin lotion on the scalp with a cotton, leave for two hours and wash off. Repeat this for three-four weeks. This problem is more common in school children."

HOMEMADE HAIR MASKS TO REDUCE THE FRIZZ

- **Banana conditioning mask:** Mash a banana, one egg and add a dash of olive oil if you like, and smooth it all over your hair. Let it sit for 30 minutes and then wash off with egg shampoo. This works well in combating frizz in the monsoon. The protein from egg and moisturising property of bananas will soften dry hair, making it soft and silky. Also it will prevent the damage of rain water to hair.
- **Methi hair mask:** Soak methi seeds overnight in water. Strain the water next morning and use it to rinse the hair to tackle all kinds of hair trouble like dandruff, dull and limp hair.
- **Yoghurt mask:** Two tbsp of dahi (curds) mixed with one egg can be applied as conditioner after shampooing. Keep the mixture on your head for 20-30 minutes and wash off. This leaves the hair soft, shiny and bouncy.
- **Honey mask:** Mix two parts of an oil like almond / coconut oil with one part honey in a cup. Warm slightly and then apply the mix evenly through your hair. Leave on for 20 minutes and then wash off with shampoo.
- **Apple cider vinegar rinse:** It helps disentangle and smooth hair cuticles. Combine a tsp of vinegar with a 1/2 cup of water and pour over frizzy hair. Add a couple of drops of essential oil, if the smell is too much. Comb through hair, let it sit for five minutes and then rinse.



“ I think I have just evolved as a person, as a human being. I like fitness. It's an important part of my everyday life, and I enjoy and endorse a healthy lifestyle — **Karisma Kapoor (Actor)**

HEALTHY BITES

Wiping out mosquitoes is not a good idea

Mosquitoes, who play a major role in various ecosystems, should not be simply wiped out — instead their ability to transmit diseases should be suppressed, a team of scientists has said. Mosquitoes have co-evolved with many species, so there are likely other organisms that depend on them as a food source — thus wiping out the species may have wider effects, the researchers said.

"To yank (mosquitoes) out abruptly, I don't know what that does as they are a large part of the biomass in many ecosystems," Catherine Hill, Professor at the Purdue University in US, state of Indiana, said in a statement.

Thus, developing a non-lethal pesticide that will only affect the biology of the mosquito, while reducing its ability to transmit to another host, without killing the species or interfering with other life forms may hold the solution, Hill added.

Further, Hill pointed out that while mosquitoes are in their aquatic stage, they serve as a food source for fish and predatory insects. During this stage, mosquitoes also serve as filter feeders,



which results in organic matter being turned over, making them excellent converters in an ecosystem.

In their terrestrial stage, mosquitoes serve as food for birds, bats, salamanders, lizards, frogs and other animals. Moreover, according to Hill, there are several thousand species of mosquitoes worldwide, with only a small percentage of those species carrying diseases.

But, very little is known about the species that do not transmit disease, so this leaves a lot of unanswered questions concerning what would happen if mosquitoes were wiped out, Hill said. **IANS**

Football for 3 hours a week may boost boys' bone growth

s your teenaged son keen on playing football? According to a study, boys who play the popular outdoor sport for just three hours a week are likely to have healthy and strong bones.

The study found adolescents who played football — which is weight-bearing, high-impact and a high-intensity exercise — had significantly better bones compared to those who played other sports like swimming, cycling.

"Our research shows that playing football can improve bone development in comparison to swimming and cycling," said lead author Dimitris Vlachopoulos, from the University of Exeter.

"Though the study focussed on aspiring professionals who played as much as nine hours a week, playing football for three hours a week might be enough for a substantial effect," Vlachopoulos added.

While swimming and cycling alone may not be good for bone development due to the non-weight bearing train-

ing, including more weight-bearing exercises in their training regimes may help improve bone development, the researchers said. Weight-bearing exercise like tennis, badminton, basketball and handball may also have similar effects to football, Vlachopoulos noted.

For the study, published in the *Journal of Bone and Mineral Research*, the team included 116 boys aged 12 to 14, took a variety of measures including bone mineral content (BMC). BMC measurements were taken at the lumbar spine (lower back) and femoral neck (upper leg) — both key sites for both fractures and osteoporosis.

The results showed that footballers' BMC was 7 per cent higher than that of cyclists at the lumbar spine, and 5 per cent higher at the femoral neck after one year of sport-specific training.

Adolescence is the key period for bone development, and poor development at this stage is linked to reduced peak bone mass, increased fracture risk and osteoporosis later in life, the researchers added. **IANS**



FITNESS FUNDAS

'Work out and feel better'

Simranjeet Singh, who is a software engineer, explains how his life changed for the better after he started exercising

Work in an IT company in Pune. I was not an outdoor person as a kid and hence I grew overweight. My friend and fitness instructor, Niranjan Deshpande, challenged me to be a part of '45 days fat loss challenge'. I took up the challenge for seven months and gradually, I have increased my stamina and fitness levels.

My office is at a distance of 20 minutes from my office. So I walk to work. In office, I prefer to use stairs instead of elevators. After having lunch, I have formed a habit of walking for 15 minutes in my SEZ campus. I believe that people working in field like IT assigned to a desk job, should give utmost importance to healthy living. I go to Bhangra classes on weekends; it is a very graceful dance form and a good workout too. It expands more energy.

I had also started doing Pranayam but left it mid-way. It sorted out my breathing-related problems, so I want to start Pranayam again. Sometimes I also miss my gym, but I ensure that I try to exercise at least four days a week.

Before meeting Niranjan, I tried various measures to lose my weight. I tried sauna slim belt, fat loss herbal tea, but failed. Finally, I realised that a combination of diet and exercise is going to help me lose weight. So I ensure I cook my food and eat healthy. My diet includes eggs, paneer, green vegetables, small bowl of rice or any carbohydrates.

I can see the change. Earlier, I used to pant after climbing two floors. Now, I can easily walk up to five floors. I also went on a small trek to Matheran. I feel more confident and full of energy.



Of course, this journey wasn't smooth. I did lose motivation in between, but Niranjan brought me back on track. When I go home, I dig into rich, sweet food, but I try to control these binges. I still have a long way to go.

My advice for people, who believe in being fit is to spread the word. Make other people aware of healthy living. If you see someone doing wrong exercises in gym, point out and help them do it the correct way.

— **AS TOLD TO AYUSHI GARG**

Pool in your energy!

Aqua aerobics is an effective cardio activity, especially for those who have lower body musculoskeletal injuries or weaknesses

NAWAZ MODI SINGHANIA

I am a great fan of aqua aerobics! It's a super workout choice, during the hot and humid months. Here, we explain what is aqua aerobics and its benefits

What is aqua aerobics?

Aqua Aerobics is a very effective cardio activity involving a pool full of people working out to choreography and music. Aqua aerobic equipment such as aquabells, aqua noodles, aqua gloves and aqua balls are used during this workout.

The added resistance of the water is used to challenge the body and muscular structures for greater benefit.

Why aqua aerobics?

It's a super workout for anyone. As one is very buoyant and 90 per cent of the body weight is borne by the water, this particularly makes for a great workout option for those who have lower body musculoskeletal injuries or weaknesses. It's highly advisable for older exercisers and is also a super Prenatal & Postnatal workout choice.

How will I benefit from it?

Benefits include fat, inch and weight loss, a healthy back, strength, stamina, a full-body workout, rehabilitation (knees, neck, spine, ankles, hips), flexibility, improved balance, posture and coordination.

Sample Aqua Exercises

Exercise # 1 - Upper body and core training

This is a great compound exercise as it targets all of the upper body muscles and also the midsection at one go. Stand with your legs, hip width apart in the aqua pool. Bend your arms and hold a pair of aquabells just under your chin. Keep the abdominals held in tightly, and push the aquabells straight downward into the water while straightening your arms out. Exhale while doing this. Inhale while very slowly bending the arms and returning back to the starting position. The aquabells will want to push their way up to the water surface in a hurry. Don't let that happen. Control it and come up very slowly in order to challenge the muscles to a greater degree. Be careful not to lean forward through the



Nawaz Modi Singhania

exercise; just stand erect.

Exercise # 2 - Abdominal work

This is a super exercise as it works all four sets of abdominal muscles simultaneously — the main six pack, the lower abs and also the two sets of waist muscles that we have on either side. Get an aqua noodle behind your upper back and grip it with both arms on either side of you, allowing the aqua noodle to come out from under your arms. Lean back into the aqua noodle. Keeping the abdominals tightly held in all through the exercise, bring both knees to the chest while exhaling and straighten the legs out diagonally to the right side while inhaling. Repeat, but to the left side now. Right and left are counted as one. The straighter and higher the legs,

the tougher the exercise. As both legs are off the floor of the pool, you will tend to float around while doing this. It's okay initially to take some help and lean back onto the edge of the pool, but at a later stage, try not to. Try at that point to use your muscles (specially of the core) effectively to hold you in the same spot and thereby disallow the float factor to transport you to a different location in the pool.

Exercise # 3 - Hips & Thighs

Working the gluteals (butt muscles) and the hamstrings (back of the thighs), face the pool edge and hold on to it. Lean forward all through the exercise. Lift the right leg backward slowly while exhaling and lower while inhaling. The higher you lift the leg and the less you lower it, the more challenging the exercise. After finishing all the required repetitions and sets on this leg, repeat from the beginning with the left leg.

(Tip: All exercises are to be done for 2 sets of 10 - 12 each to begin with).

The writer has trained, taught and certified in America as a fitness professional by American Council on Exercise and International Dance Exercise Association. She founded Body Art, the Fitness Centre in 1992. For more information, log onto www.bodyart.in



SHAPE UP

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