



DEALING WITH TERROR

TIPS TO HELP VICTIMS OF MAN-MADE DISASTERS COPE WITH POST TRAUMATIC STRESS

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Mind, Body, Spirit & you



equipment and as the name indicates they are done 'free hand'. Once mastered, these exercises can be performed anywhere, anytime and at your own convenience. They don't require a large investment (buying home-gym equipment or joining a gym). Freehand exercises also allow for a larger range of activities and many more variations in exercising.

tions at an optimal level." Freehand exercises can help gain cardiovascular strength, endurance flexibility, balance and co-ordination. They are effective in shaping, muscularising and toning of the body in a variety of ways. Each form of exercise approaches this from a different angle. Some props used during a typical free-hand workout are Swiss balls, bands, rubber tubing, light weights and steppers.

Aresh Meher Shahi, fitness therapist and proprietor of Aresh's Fitness Eterna, defines free-hand exercises as weight training without any external resistance. "Since you are using your body weight to target core muscles your own weight becomes the instrument and medium to help you exercise. The results of free-hand exercises are gradual but they are longer lasting. Plus, the added benefits are that you can target your mo-

bilisers and stabilisers (core muscles) simultaneously while exercising. You minimise the risk of incurring internal or external injuries as no bulky gym equipment is involved."

FANTASTIC STRESS BUSTERS

Freehand exercises are great stress busters as they release endorphin - the 'feel good' hormone.

Says Anchal Gupta of Arts in Motion, which offers high-powered dance cum fitness programs, "There's a little bit of insanity in dance that does everyone a great deal of good. We work on dance as an alternative to boring old workouts thus encouraging fitness. We keep changing the patterns, infusing fresh routines and blending pure dance with workout."

A group session with music to suit all tastes offers a fun workout for people of all ages and varied levels of fitness. Most people burn up to 250-300 calories an hour - deriving almost double the benefit than tennis, swimming or walking for the same time.

So for those who like to experiment and have fun while working up a great sweat, get ready to hear the drum beat, feel the rhythm and get into the groove with free-hand exercises.



Heard of Chikungunya?

R Sridhar

Chennai-based Mythili Seetharaman was all set to celebrate her son's wedding. Suddenly her joints became immobile - fingers, hip, arm, feet... Soon, she developed very high fever, a swollen face and a splitting headache. Her ailment? *Chikungunya*, an infection transmitted by the *Aedes Egypti* mosquito - a South African import whose bite has rendered immobile much of the population in coastal south India.

The infection has travelled up the country and over one lakh people have already been affected by it: many districts in Maharashtra as also Madhya Pradesh have been affected severely. In fact, over 100 cases have been reported in Pune. Ironically, it is a doctor who is probably the first *chikungunya* case in Mumbai. Dr Santosh Kondekar, a paediatrician at KEM Hospital, got infected last May. "It has a potential to spread in Mumbai as the same mosquito also causes dengue," he says.

The Municipal Corporation of Greater Mumbai (MCGM) claims that the virus has not affected Mumbai. Says Dr Jai Raj Thanekar, Executive Health Officer, Health Department, MCGM, "There have been no *chikungunya* cases in Mumbai mainly because we have extensively acted upon breeding grounds. According to experts in World Health Organisation (WHO) and National Institute of Virology, it is not easy for this virus to mutate in a city like Mumbai given its humidity levels." No preventive measures have been planned by the authorities. Even in Chennai, the symptoms are being treated rather than the infection itself.

General practitioners across the city have mixed reactions to the infection. While some have heard about it, others betray ignorance. After the rains and the bombs, the months ahead will reveal whether Mumbai will face yet another attack - that from mosquitoes. Till then, coils and repellents *zindabadi!*

What does Chikungunya mean?

Chikungunya meaning 'stooped walk' or 'that which bends up' in Swahili. It refers to the posture of the person suffering from the disease. It's also called as *aakdya* (stiffness) and *maakdya* (ape gait) in India. It is characterised by very high fever, severe joint pains, muscle aches, headache, and rash. The disease is not fatal, but may be complicated by protracted fatigue and malaise.

Websites for reference: <http://www.chikungunya.co.uk>
<http://drpeds.blogspot.com>

TRY A FREE HAND

BORED OF ROUTINE EXERCISES? FIRUZAN MISTRY SUGGESTS SOME REFRESHING OPTIONS

If mechanical and stationary workout isn't quite your style and you find in-sync aerobics a drag, don't despair. Gone are the days when gyms were only functional spaces where you worked out and then went back home. Today more and more gyms help you create unique exercise programs or workout plans targeting the body and mind.

From power yoga to Capoeira (Brazilian martial arts cum dance), Bollywood *jhatkas* to belly dancing, shadow boxing to callisthenics and muscle ballet, fitness seekers have a range of options available today. All these plus jogging, swimming, aerobics, mat Pilates, floor exercises, stair climbing and Tai Chi fall under the category of free-hand exercises.

WHAT ARE FREEHAND EXERCISES?
Freehand exercises don't involve fancy

BENEFITS

According to Nawaz Modi Singhania, founder and proprietor of South Mumbai-based fitness centre Body Art, "Freehand workouts affect the internal organs positively. They provide cardiovascular benefits, such as improvement of heart and lung functioning, reduced fat and increased functional fitness. Other benefits include improved self esteem, improved sleep and decreased blood pressure. The overall health also improves and the body func-



Nawaz Modi Singhania in a freehand pose