

# Being Fit Human

BEING FIT HUMAN  
BFH

*Childhood  
depression:  
what parents  
need to know*

*6 early signs of  
dementia in women  
that should be  
taken seriously*

Here's how  
you can  
sate your  
unhealthy  
cravings  
with healthy  
alternatives

*Learn the key to satisfying your cravings in a  
healthy and delicious way*

powered by  andaaj



7 Yoga  
**Asanas**  
for Your  
**Overall**  
**Wellbeing**

**Health Magazine**

# *Healthy Tips in* **MANAGING STRESS**

SLOW  
DOWN

KEEP  
CALM

BE  
POSITIVE

TAKE  
IT  
EASY

UNPLUG

ENJOY  
LIFE

HAVE  
FUN

BREATHE

RELAX

GO  
OUTSIDE



MEDITATE



**Publisher, Owner, Printer**  
**Anuj Gupta**

**Editor-in-Chief**  
**Vasundhara Choudhary**

**Associate Editors**  
**Bhanu Rajput**  
**Seema Panickar**

**Honorary Advisors**  
**N K Sinha**  
(Child Pedagogy Expert)

**Akhilesh Chaturvedi**  
(Principal, Delhi Public School, Gurugram, Marutikunj)

**Rajeev Garg**  
(Principal, Dutta Meghe School, Thane)

**Rohit Dua**  
(Managing Director, Little Flower Group of Schools, Delhi)

**Lokesh Kumar Singh**  
(Managing Director, Lucknow Public School, Lucknow)

**Dr. Pratibha Bhumbuck**  
Senior Nutritionist and Lifestyle Coach

(All editors are responsible for the authenticity of matter). All rights are reserved. Reproduction of any matter in any manner or in any context is prohibited.

All disputes are subject to the exclusive jurisdiction of competent court and forums in Delhi / New Delhi only.



Childhood Depression:  
What Parents Need to Know

5



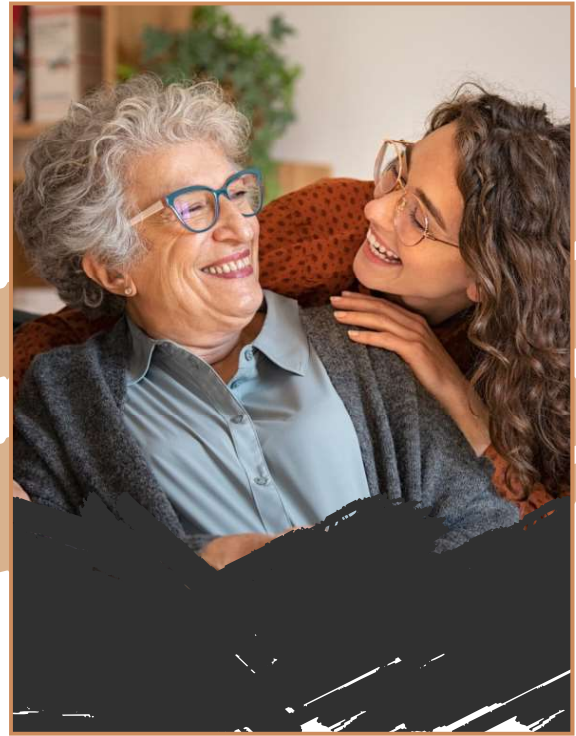
7 Yoga Asanas for  
Your Overall Wellbeing

13



Here's How You can Satisfy  
Your Unhealthy Cravings  
with Healthy Alternatives

17



6 Early Signs of Dementia  
in Women that Should be  
Taken Seriously

22

## Brain Food

### Best Foods For Brain Power!

1. Walnuts
2. Avocados
3. Green Tea
4. Wild Salmon
5. Blueberries
6. Eggs
7. Pumpkin Seed
8. Dark Chocolate
9. Turmeric
10. Greek Yogurt
11. Oats
12. Broccoli
13. Oranges
14. Coffee
15. Kale





# Publisher's Note



**ANUJ GUPTA**  
Managing Director

*The* publication of 'Being Fit Human' has been made possible because of our team of dedicated professionals and authors, who selflessly agreed to contribute to our mission of providing accurate and empathetic health information to our readers.

Through our magazine and the articles published in it, we aim to connect better with the readers and support them towards adopting a healthier lifestyle. Consequently, providing them with in-depth analyses and views on healthy eating habits, nutrition facts, yoga, etc.

BFH further has chosen to help you get the best out of your life and body. So, let's celebrate the beginning or the continuation of a journey towards health and fitness.

*Being Fit*  
**Human**

# From the Editor's Desk

Being Fit

# Human

*"Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open."*

– B.K.S Iyengar

brings the focus on the state of health and wellness in the life of a '21st century man'.

Although it is evident that both our mental and physical well-being are directly impacted by our daily routine, we seldom seem to do anything to improve. Our hustling professional and personal lives have been so rigid that a minor change in our routine might immensely disturb our well-being.

Further, the outbreak of Covid-19 and other diseases in the past few years has made most of us apprehensive of the lives we've been leading for a long time now. Therefore, it becomes evident that we still have a long way to go for leading healthier versions of our lives. Despite the busy and hasty schedule, it's important that we get some 'me-time'. Our magazine includes healthy and easy diet plans, introspective yoga and meditation practices based on the experts' personalised experiences and thorough studies.

However, to allow such practices to blend with one's current lifestyle easily, 'self-stewardship' is necessary. It's not always about achieving a desired weight or socially acceptable body structure, but more about striving for 'personal harmony'.

Since habits tend to shape our existence and future, we hereby present you with some transformative methods that can help you lead a healthy, happy and balanced life.

Finally, we wish to remind you that 'life is not merely being alive, but being well.'

– Vazundhara Choudhary  
Editor-in-Chief





# Childhood

# DEPRESSION: WHAT PARENTS NEED TO KNOW



*It's normal for kids to feel sad, act grouchy, or be in a bad mood at times. But when such a mood lasts for weeks or longer, along with other behavioral changes in a child, it might be a sign of depression.*

*Therapy can help children deal with the sadness or depression. And there are things parents can do, too. Providing the right care can prevent things from getting worse and help a child feel better.*

*If sadness has lasted for weeks or longer, you may consult your child's doctor.*





## How Can I Tell if My Child Is Depressed?

IF A CHILD IS DEPRESSED PARENTS MAY NOTICE SOME OF THESE SIGNS:

### *Sad or bad mood*

A child may seem sad, lonely, unhappy, or grouchy. It can last for weeks or months. A child may cry more easily. They may showcase more tantrums than before.

### *Being self critical*

Kids going through depression may complain a lot. They may say self-critical things like, "I can't do anything right." "I don't have any friends." "I can't do this." "It's too hard for me."

### *Lack of energy and effort*

Depression can drain a child's energy. They might put less effort into school than before. Even doing little tasks can feel like too much effort. Kids may seem tired, give up easily, or not try.



## *Not enjoying things*

Kids don't have as much fun with friends or enjoy playing like before. They may not feel like doing things they used to enjoy.

## *Sleep and eating changes*

Kids may not sleep well or seem tired even if they get enough sleep. Some may not feel like eating. Others may overeat.

## *Aches and pains*

Some children may have stomach aches or other pains. Some miss school days because of not feeling well, even though they aren't sick.



# *What Causes Child* **Depression?**



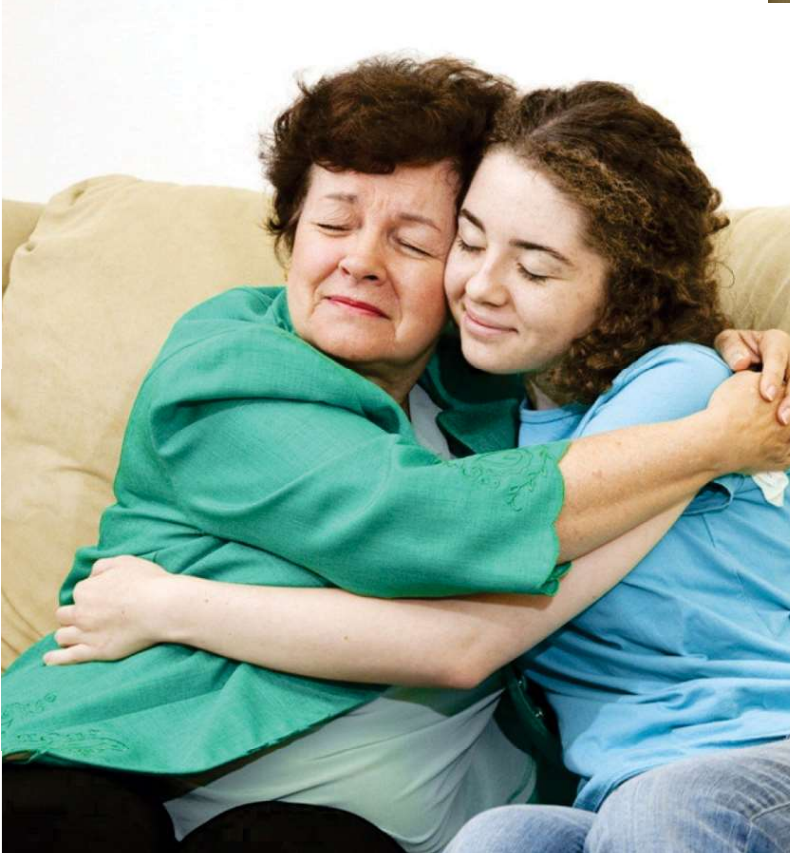
Different things can lead to depression in children. Some children have genes that make them more sensitive to depression. They may have other family members who have been depressed.

Some children go through stressful things. Some have faced loss, trauma, or hardships. Some go through serious health conditions. These things can lead to sadness or grief – and sometimes to depression.

Having extra support during and after hard times helps protect children from depression or lessen the effects. But even when they have good support, some children get depressed. Therapy can help them heal, feel better, and get back to enjoying things.



# What Is the Therapy for Child Depression?



The therapy for child depression is called Cognitive Behavioral Therapy (CBT). Therapists help kids feel welcome and supported. They have kids talk about what they think and feel. They may use stories, games, lessons, or workbooks. These tools can help children feel at ease and get the most from CBT. When possible, a child's therapy includes their parent.

If a child has gone through a loss, trauma, or other difficult events, the therapy will include things that help a child heal from that, too.

And if a parent is dealing with their own loss or depression, the child's therapist can also help them get the care and support they need.



A woman with brown hair in a ponytail, wearing glasses and a brown jacket, is hugging a child from behind. The child is wearing a blue and white plaid shirt. The background is a soft, out-of-focus indoor setting.

# What Should I Do If I Think My Child Is Depressed?

*If you think your child is depressed:*

*Talk with your child about sadness and depression. Kids might not know why they are so sad and why things seem so hard. Let them know you see that they're going through a hard time and that you're there to help. Listen, comfort, offer your support, and show love.*

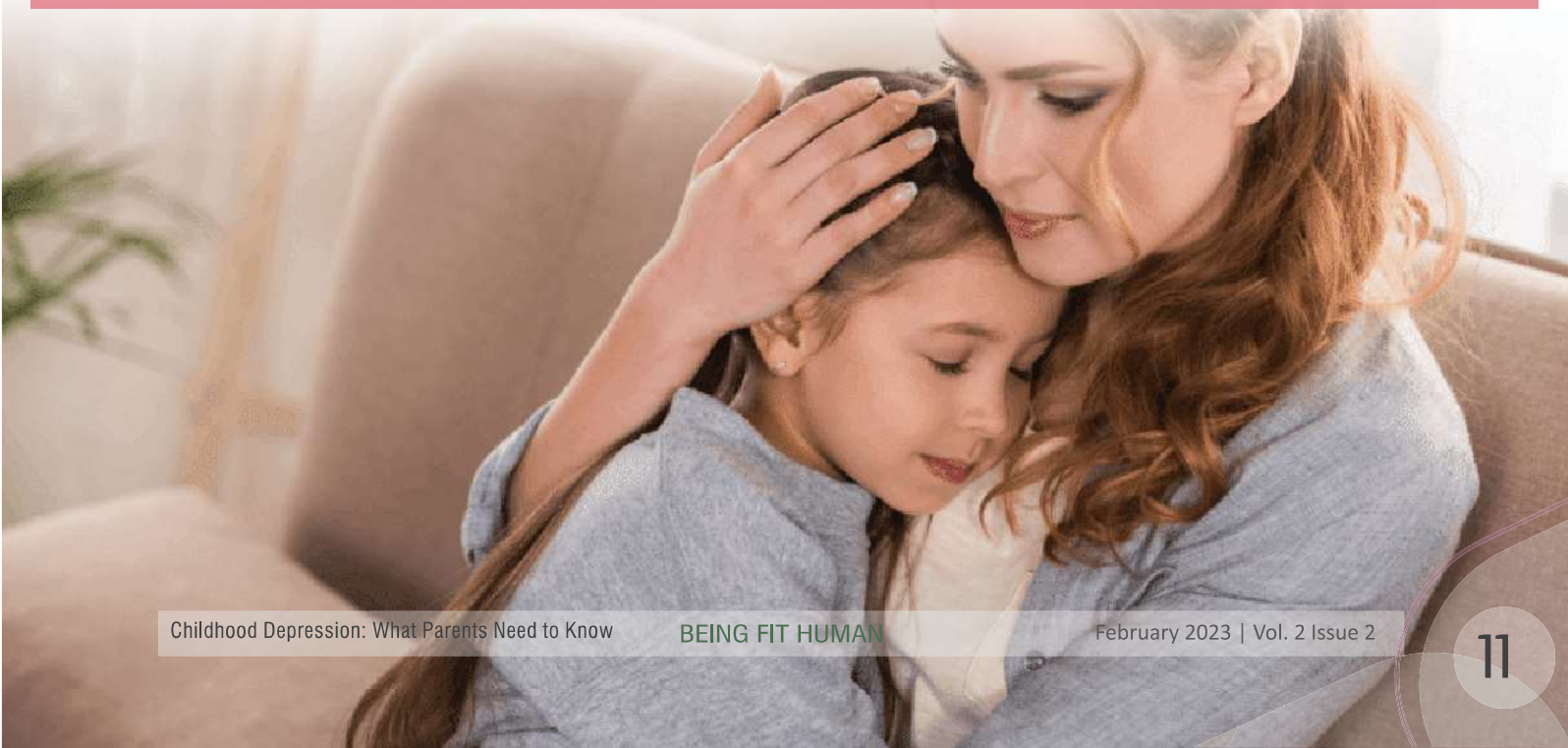




Set up a visit with your child's doctor. Let your child's doctor know if sad or bad moods seem to be going on for a few weeks. By itself, this doesn't always mean a child is depressed. Tell the doctor if you have also noticed changes in your child's sleep, eating, energy, or effort. Tell them if your child is dealing with a loss, a big stress, or hardship.

The doctor will do a physical exam. A full exam lets the doctor check for health issues that could cause your child's symptoms. They can also check for depression. Your child's doctor may refer you to a child therapist.

Set up a visit with a child therapist. A child therapist (mental health doctor) will spend time talking with you and your child. They will do an in-depth check for depression by asking questions and listening. The therapist can explain how therapy can help your child.







Take your child to therapy visits. The therapist may suggest a few visits, or more. Therapy can take time, but you will see progress along the way.

Be patient and kind. When your child acts moody or difficult, try to stay patient. Talk with your child's therapist about the best ways to respond when your child acts this way. Often, it helps you to connect with your child in a calm way, then guide them to better behavior. Instead of feeling bad, this lets kids feel proud of doing better. It lets them see that you're proud of them, too.

Enjoy time together. Spend time with your child doing things you both can enjoy. Go for a walk, play a game, cook, read stories, make a craft, watch a funny movie. Spend time outdoors if you can. These things gently encourage positive moods. They help you and your child feel close.

Source- *KidsHealth*



# 7 Yoga Asanas for Your Overall Wellbeing



*Continue reading as we share some easy-to-do yoga poses that will help to improve your overall health.*

Yoga has become an integral part of 21st century life. It not only improves the physical fitness of an individual but also his ability to adapt to the environmental changes around him that may also come with change in seasons. In today's fast paced life, a person tends to have a weak concentration level which reduces the mind's ability to stay healthy. However, this can be developed by practising yoga asanas regularly. Due to such reasons, yoga is referred to as a practice and not a mission to achieve fitness goals. It provides a sense of clarity and calmness to your mind while increasing your physical strength and flexibility.

# HERE ARE 7 YOGA ASANAS FOR HEALTH AND WELLNESS

## Balasana

- Sit straight with your legs folded
- At this point, your feet are supposed to be facing upwards
- Now, slowly bend your torso forward on the floor
- At this point, your arms should be extending forward as well, as far as possible
- Your face should also be facing the floor as well as your palms
- Your calves, forehead, and palms should all be touching the ground in this position
- As it only stretches your body and is a resting pose, it provides comfort and relaxation
- Hold this position for 10-15 seconds and perform 4-5 sets daily.



## Viparita Karani

- In this pose, you require to hold your legs above your head
- To do so, traditionally, you lay on your back and lift your legs above the ground at a 90-degree angle
- You further, use your arms to push your legs to lift further
- At this point, the only body parts touching the ground are your head, arms (from shoulder to elbows), and upper back
- Your toes are supposed to be facing the sky
- However, being able to do this asana comfortably takes time and practice. Hence, you can try using the support of a wall to rest your legs at a 90 degrees angle





# Bhujangasana

- ◉ Lie on the floor, face facing the ground
- ◉ Now, place your palms on your sides and slowly lift your torso
- ◉ At this point, the only body parts touching the ground should be your palms and lower body
- ◉ Hold this position for 30 seconds and release
- ◉ Repeat 3-4 times daily



# Tadasana

- ◉ Stand straight with your legs at the same distance as your shoulders
- ◉ Lift your hands toward the ceiling
- ◉ Open your palms and stretch as far up as possible
- ◉ At this point, join your hands and entangle them forcing your palms to face the ceiling
- ◉ You are encouraged to look upwards
- ◉ Hold this stretch for 10 seconds and repeat 3-5 times



# Shavasana

- ◉ Lie down on flat ground, preferably on a yoga mat
- ◉ Keep your arms aside and your palms open
- ◉ Your palms should be facing the sky
- ◉ Your legs should be slightly farther apart than your shoulders
- ◉ At this point, breathe in and out



# Paschimottasana



- Sit straight with your legs straight in front of you
- In this position, your feet's soles should be facing front
- Slowly bring your torso closer to your legs and as far as possible
- You can use your hands to hold your feet, this may increase how far you can reach
- In this position, your stomach and chest are supposed to be touching your thighs
- Your face can be facing the front or towards the legs, whichever may be comfortable
- Hold this position for 10-20 seconds and sit back up
- You can repeat it a few times based on your convenience

# Setubandhasana

- Lie on the ground facing the ceiling with your hands on your sides
- Slowly lift your hips off the ground
- At this point, the only thing touching the floor should be your upper torso, head, arms, and feet
- Hold this position for 10 seconds and repeat 4-5 times



Source- NDTV



# Here's how you can satiate your unhealthy cravings with healthy alternatives

*Learn the key to satisfying your cravings in a healthy  
and delicious way*





We all experience cravings; some of us more than others! And quite often, we give in because we don't know how else to cope with them. But, satisfying your cravings for unhealthy (sugary and oily) foods comes at a cost to your health as it may undo your fitness journey and also put you at risk of obesity, among other concerns. However, one way to cope with unhealthy cravings is to replace the food in question with a healthier alternative. Dietician Garima Goyal took to Instagram to share how you can follow this.

### Here's how you can satisfy your cravings in a healthy way, as suggested:

- \* Replace milk chocolate with dark chocolate.
- \* Replace ice cream with a frozen hung curd with fruits and a dash of vanilla.
- \* Replace pudding with overnight oats which include your favourite dry fruits, seeds and milk of choice.
- \* Try to make gulab jamun at home. This way, you'll be in control of how much sugar goes into the dish, and the size of the gulab jamuns.



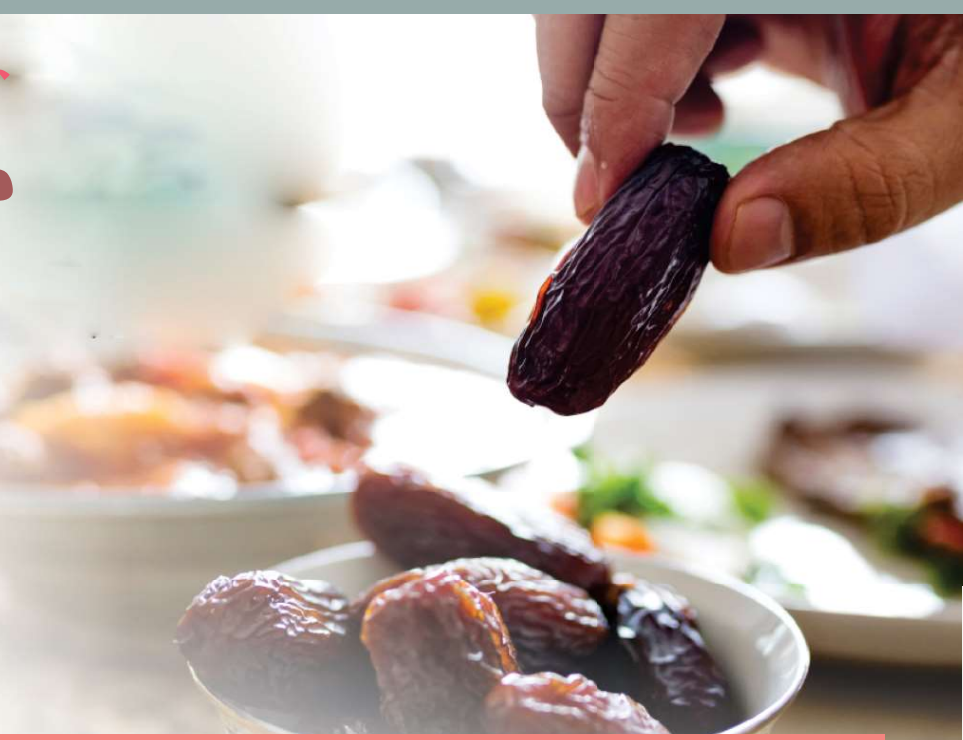




# Swap breakfast cereals with oatmeal



*The packaged breakfast cereals are calorie-dense and loaded with sugar. Making a pudding of oatmeal overnight, by soaking rolled oats in milk and topping it with fresh fruits, nuts and dates, is a healthy option.*



## Pacify your sugar craving by eating dates

*Although it is a calorie-dense fruit, it has additional benefits because of its high fibre and antioxidant content. Dates are also rich in iron. Simple sugars such as fructose and dextrose replenish the body's energy instantly.*



## Replace Cola drinks with sparkling Water

*Cravings for sugary soda drinks can be quenched by sipping sparkling water. It has neither artificial sweeteners nor added sugars. It is just water infused with carbon dioxide under pressure. Also, add lemon or lots of ice to water or sparkling water for infusing flavour. This beverage will give a pleasurable bubbly sensation and satiety, without much harm.*



## Substitute ice cream with cold yoghurt

*Ice cream cravings can be compensated by a bowl of greek yoghurt which is a fermented milk product. It is high in protein and low in calories and is a rich source of calcium, vitamin B complex and healthy probiotic bacteria. It is good for the gut as well as bone health. Additional benefits can be obtained by topping yoghurt with fresh fruits.*

Source-The Indian Express





# 6 EARLY SIGNS OF DEMENTIA IN WOMEN THAT SHOULD BE TAKEN SERIOUSLY

Do not dismiss these warning signs

*Dementia is a brain degenerative disorder that can impair a person's ability to think properly, articulate thoughts or remember things. The risk of developing dementia rises as we age, even if the aging process itself does not cause dementia.*

According to research data, women are more likely than men to develop dementia. However, there is no conclusive explanation. One theory is the role of estrogen in communication between brain cells. With menopause, the hormone levels fall which can put women at an increased risk of developing dementia. Following are some typical early signs of dementia in women:



Signs of dementia are often gradual and can be easily confused as a normal part of aging. Further, dementia affects different people in different ways, leading to no fixed symptoms.

### More frequently falling than before

Research suggests adults who trip and fall frequently may be exhibiting an early symptom of dementia. Studies have found that older people who develop dementia have a higher chance of accidents like falls and other mishaps in the years before their diagnosis.



### Difficulty in memory recall

One of the most well-known early signs of dementia is memory loss. The patient may have frequent difficulty in recalling recent events or she may frequently misplace items around the house, such as phone, keys and glasses.








## Trouble forming words to speak

Difficulty with language is another typical sign of dementia. A person who was once fluent in communication can find herself struggling to express her thoughts in words. She may even forget simple words or may substitute other wrong words that fail to convey what she meant to say.



## Not knowing the purposes of objects

When a person forgets her knowledge of objects, including daily items of her use, it could indicate an early sign of dementia.

“A person showing early signs of dementia may put everyday things in unusual places (for example, a loaf of bread in the washing machine, money in the oven, or washing-up liquid in the fridge),” says the Social Care Institute for Excellence, UK.



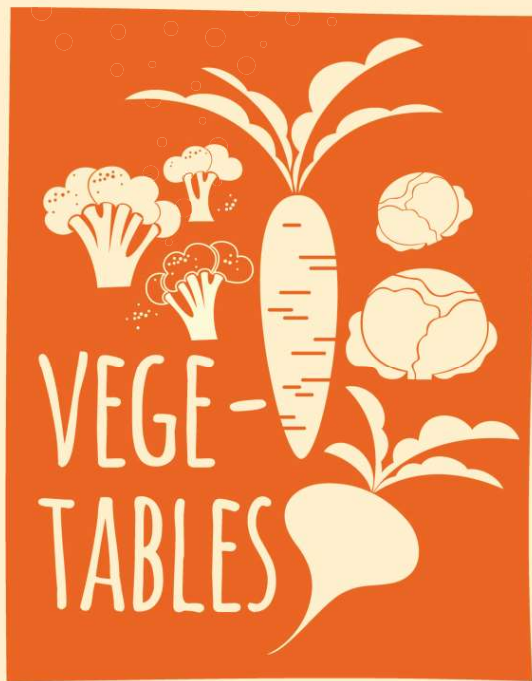


# SUDDEN ALTERATIONS IN MOOD

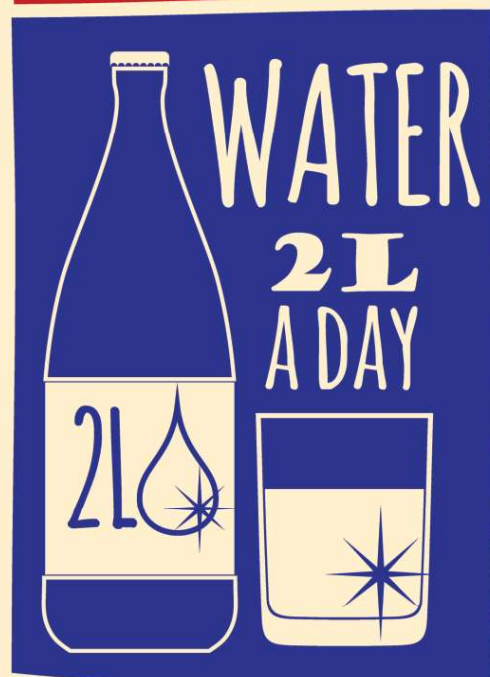
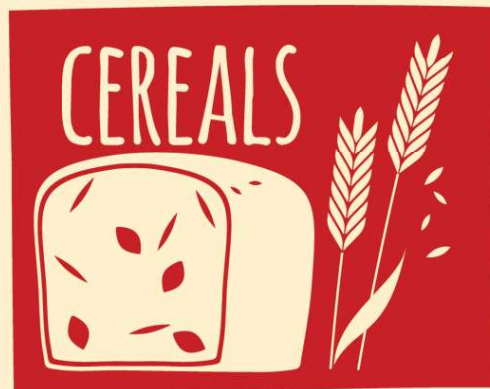
Women, and anyone and everyone in general, can experience changes in their moods and feelings from time to time. This is completely natural. However, if a person has dementia, then they display varied mood swings, such as from calmness to tears to anger, that too for no apparent reason.

Similar to memory issues, dementia is an increase in confusion in everyday activities. The patient may find it more difficult to plan activities or she can experience difficulty in making complex decisions such as those around money. She may also find it difficult to solve issues and problems and present rational ideas.


Source- The Times of India



HEALTHY LIFESTYLE







# A HEALTHY OUTSIDE STARTS FROM THE INSIDE

Cover Design-  
anuj gupta