

# WOMEN

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# ZONE

The Ten Basic Principles of Women's Self-Defense

# WOMEN

and mental health in  
India:  
An overview

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8 Silent Signs You Aren't  
Getting Enough Vitamins



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# Standing Our Ground: Going Beyond Maslow's Basic Needs

**A**braham Maslow's hierarchy of needstells us that basic needs (food, shelter, safety) must be satisfied before higher level needs (social relationships, self-esteem, self-actualization) can be given much attention.

A University of Illinois study challenges this assumption. In fact, even in countries where survival is a daily battle, people report a need for relationship, accomplishment and a feeling of effectance (personal power) in the world. We can, it seems, concern ourselves with many things at once.

There are extremists who want to put women and their bodies back under the control of a single conservative perspective. The laws and regulations they are proposing need to be challenged and beaten back. But I believe that this group is small, loud and beatable.

Here is how progressive feminists can do this.

## Moving Forward with Four Action Steps

First, as a community, we need to encourage our members to put their energy and resources where they will make the most impact. I want female engineers talking about energy policy, and female economists talking about financial policy.

Second, we need women to challenge the media to stay on topic, and not permit every interview with a woman to become about the latest assault on women's rights. Legislators, authors and politicians need to



resist the pull to get them off their chosen topics and onto one that relates only to their gender.

Third, we need to celebrate the fact that the women's movement has graduated. It is no longer about the right to power; it is about the exercise of that power. Reproductive rights are an essential cornerstone, but the time is past when this issue alone should define the movement.

Finally, the women's movement needs to reach out to younger women, to those who think feminism was their mother's issue, and has little to do with their lives. Research shows that many have an "ambiguous understanding" of feminism, identifying it with caricatured extremes of "man-haters" or women who demean the choice of motherhood and family.

To me, this suggests an evolution in process, an expansion of what feminism

can and will be in this century. We need to harness that evolution by listening to this generation of young women and inviting them to shape the goals of the future, not just refight the battles of the past.

With this inaugural issue of our own "Women Zone" we start the journey to create a new woman with new perspective, hopes and opportunities.

Let's join hands.....

**- Dr. Sandhya Jain**





# Contents

As Modernity became a spiritual adventure for India, this new woman became its most powerful symbol. She stood for all that was weak and wrong and at the same time, was seen as the locus of change, the embodiment of what "modernity" could mean for society. Accordingly, this new women's magazine would play a pivotal part in creating the "New Woman", for the social and cultural developments...



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Cover page featuring Ms. Pooja Pandey, Financial Consultant, Andheri, Mumbai

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# The Ten Basic Principles of Women's Self-Defense



Often times women hear about self-defense and they might have mixed reactions. Many think it is a great idea to learn how to defend herself but might not have the resources to find the correct forum or instructor. For some, it is something they “just cannot get to right now”. Then there are those of us ladies who either think, “oh, nothing ever happens where I live” or “I don't need to learn because I can handle myself”.

There are **Ten Basic Principles of Women's Self-Defense** that can help save your life when confronted with a threatening situation:

**1. Increase Reaction Time-** When you increase the distance between you and an attacker you increase the time it will take for them to reach you. This will give you more time to evaluate the situation and react to it appropriately.

**2. Obtain Good Balance-** It is very important for you to have good balance during these stressful times. You need to set your body up with a good foundation for the self-defense techniques you might need to use.

**3. Develop a Plan of Action-** At The Women's Self-Defense and Empowerment Program we say, “The body is only as strong as the mind allows”. If you have thought of a stressful situation a few times and saw yourself taking action, with success, your body can

actually respond better when confronted in real life.

**4. Use Distraction Techniques-** Most aggressors do not expect their intended target to take a defensive stance and yell back at them. This can cause them to realize you are not the “easy” target the originally thought.

**5. Identify the Attacker's Vulnerable Location-** The vulnerable locations on an attacker are: eyes, nose, throat, clavicle notch, forearm, groin, shin, knee, and foot.

**6. Use Your Personal Weapons-** A woman's personal weapons are: head (front/back), elbow, fist, knee, and foot.

**7. Avoid Force on Force-** Pound for pound a male will overpower a female. We need to use the element of surprise, deliver quick/ strong self-defense techniques and have the “Survival Mindset”.

**8. Avoid Panic-** It is a natural reaction to freeze for a split second when confronted with a dangerous situation. Take that time to evaluate what is happening and choose to react accordingly.

**9. Disengage and RUN-** This is the primary goal of self-defense and survival. As

soon as the attacker releases his grasp you need to **RUN FOR YOUR LIFE!**

**10. PRACTICE, PRACTICE, PRACTICE!!!!-** We have always been told to 'practice hard' if we wanted to learn something.

# WOM



## and mental health in India:

Originally written by **Savita Malhotra** and **Ruchita Shah**

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Chandigarh, India

### Abstract

Gender is a critical determinant of mental health and mental illness. The patterns of psychological distress and psychiatric disorder among women are different from those seen among men. Women have a higher mean level of internalizing disorders while men show a higher mean level of externalizing disorders. Women who abuse alcohol or drugs are more likely to attribute their drinking to a traumatic event or a stressor and are more likely to have been sexually or physically abused than other women. Girls from nuclear families and women married at a very young age are at a higher risk for attempted suicide and self-harm. Social factors and gender specific factors determine the prevalence and course of mental disorders in female

sufferers. Around two-thirds of married women in India were victims of domestic violence. Concerted efforts at social, political, economic, and legal levels can bring change in the lives of Indian women and contribute to the improvement of the mental health of these women.

### INTRODUCTION

Women and men are different not only in their obvious physical attributes, but also in their psychological makeup. There are actual differences in the way women's and men's brains are structured and "wired" and in the way they process information and react to events and stimuli. Women and men differ in the way they communicate, deal in relationships, express their feelings, and react to stress. Thus, the gender differences

# EN

## An overview

are based in physical, physiological, and psychological attributes.

Gender roles have been culturally prescribed through the prehistoric cultures to the more civilized societies. Traditionally, middle-class women are typically involved in domestic tasks emphasizing child care. For poorer women, economic necessity compels them to seek employment outside the home. Thus, although, larger sections of women from all socioeconomic classes are employed outside the home; this neither relieves them from their domestic duties nor does this change their social position significantly. For centuries, the differences between men and women have been socially defined and distorted through a lens of sexism in which men assumed superiority over women and maintained it through domination.

It is necessary to understand and accept that women and men differ in biological attributes, needs, and vulnerabilities.





## MENTAL HEALTH AND MENTAL DISORDERS

Mental health is a term used to describe either a level of cognitive or emotional well-being or an absence of a mental disorder. From perspectives of the discipline of positive psychology or holism, mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. On the other hand, a mental disorder or mental illness is an involuntary psychological or behavioral pattern that occurs in an individual and is thought to cause distress or disability that is not expected as part of normal development or culture.

Analysis of mental health indices and data reveals that the patterns of psychiatric disorder and psychological distress among women are different from those seen among men. Symptoms of depression, anxiety, and unspecified psychological distress are 2–3 times more common among women than among men; whereas addictions, substance use disorders and psychopathic personality disorders are more common among men.

### WOMEN'S MENTAL HEALTH: THE FACTS

Depressive disorders account for close to 41.9% of the disability from neuropsychiatric disorders among women compared to 29.3% among men

Leading mental health problems of the elderly are depression, organic brain syndromes, and dementias. A majority are women

An estimated 80% of 50 million people affected by violent conflicts, civil wars, disasters, and displacement are women and children

Lifetime prevalence rate of violence against women ranges from 16% to 50%



At least one in five women suffers rape or attempted rape in their lifetime.

### COMMON MENTAL DISORDERS

Gender differences occur particularly in the rates of common mental disorders (CMDs)-depression, anxiety, and somatic complaints wherein women predominate. Unipolar depression, which is predicted to be the second leading cause of global disability burden by 2020, is twice as common in women. Furthermore, the lifetime risk of anxiety disorders (e.g., generalized anxiety disorder) is 2–3 times higher in females as compared to males.

Moreover, depression is not only the most common women's mental health problem, but may be more persistent in women than men. Although depressive symptoms in men and women have generally been found to be similar overall, women are more likely to present with atypical or “reverse vegetative” symptoms such as increased appetite and weight gain. In case of anxiety disorders, females have greater severity of symptoms,



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As across the world, studies in India have

shown that CMD such as depression and anxiety are strongly associated to female gender besides poverty. Hormonal factors related to the reproductive cycle may play a role in women's increased vulnerability to depression. Another answer may be that the factors independently associated with the risk for CMD are factors indicative of gender disadvantage. These factors include excessive partner alcohol use, sexual, and physical violence by the husband, being widowed or separated, having low autonomy in decision making, and having low levels of support from one's family. Furthermore, stressful life events are closely associated

with the occurrence of depression in vulnerable individuals. During their lifetimes, females are faced with various life stressors including childbirth and maternal roles, caring and nurturing the old

and sick of the family. In addition, women are less empowered due to lesser opportunities of education and respectable employment. Moreover, even those who are financially secure fear to cross social lines and therefore too are apparently vulnerable.

### SEVERE MENTAL ILLNESS

Although severe mental disorders such as schizophrenia and bipolar disorders are less prevalent than CMD, the chronic course and associated disability make these disorders severe. In addition, the stigma associated

with these illnesses has a major impact not only on the sufferer but also on the families

Although female gender is associated with a favorable outcome, social consequences such as abandonment by marital families, homelessness, vulnerability to sexual abuse, and exposure to HIV; and other infections contribute to the difficulties of rehabilitation of women. The prevalence rates for sexual and physical abuse of women with severe mental illnesses are twice those observed in the general population of women. In India, the absence of any clear policies for the welfare of

severely ill women, and the social stigma further compounds the problem. Stigma has been reported to be more toward ill women than men and also, women caregivers become the target of stigma.



### Suicide

Studies of suicide and deliberate self-harm have revealed a universally common trend of more female attempters and more male completers of suicide. However, in contrast to the data from many other countries, except China, which records the highest female suicide rate, women outnumber men in completed suicides in India, although the gap between them is narrow. The suicide rate by age for India reveals that the suicide rates peak for both men and women between the age 18 and 29 while in the age

group 10–17, the rate for the female exceeded the male figure.

In an Indian study, the 1-year incidence of attempted suicide was 0.8%, and seven of these women (37%) had baseline CMDs. CMD, exposure to violence, and recent hunger were the strongest predictors of the incident attempted suicide cases. A large degree of attempts is as a response to failures in life, difficulties in interpersonal relationships, and dowry-related harassment.

### Violence and abuse

According to an eye-opening United Nations report, around two-third of married women in India were victims of domestic violence and one incident of violence translated into women losing 7 working days in the country. Furthermore, as many as 70% of married women between the ages of 15 and 49 years are victims of beating, rape or coerced sex. The common forms of violence against Indian women include female feticide (selective abortion based on the fetus gender or sex selection of child), domestic violence, dowry death or harassment, mental and physical torture, sexual trafficking, and public humiliation.

Sexual coercion is a serious and prevalent concern among female Indian psychiatric patients. Sexual coercion was reported by 30% of the 146 women in an Indian study. The most commonly reported experience was sexual intercourse involving threatened

or actual physical force (reported by 14% of women), and the most commonly identified perpetrator was the woman's husband or intimate partner (15%), or a person in a position of authority in their community (10%).

The consequences of gender-based violence are devastating including life-long emotional distress, mental health issues including posttraumatic stress disorder and poor reproductive health

### REPRODUCTIVE HEALTH

Mood and behavioral changes have been observed to be associated with menstrual cycle since ancient times. The symptoms such as irritability, restlessness, anxiety, tension, migraine, sleep disturbances, sadness, dysphoria, and the lack of concentration occur more frequently during the premenstrual and menstrual phase.

Mental disturbances frequently occur during late pregnancy and in the postpartum period. Postpartum blues is the most common and least severe postpartum illness affecting between 50% and 80% of new mothers, whereas postpartum depression constitutes a major depressive episode with an onset within 6 weeks postpartum in a majority of cases. In India, depression occurs as frequently during late pregnancy and after delivery as in developed countries, but there are cultural differences in risk factors. The







risk is highest among the most socially and economically disadvantaged women. The other important risk factors include gender-based factors such as the bias against female babies; role restrictions regarding housework and infant care; and excessive unpaid workloads; especially in multi-generational households in which a daughter-in-law has little autonomy, and gender-based violence. Also, menopause is a time of change for women not only in their endocrine and reproductive systems, but also their social and psychological circumstances. It has long been known that menopause is accompanied by depression and other mental disturbances.

### **SUBSTANCE USE**

Although there are variations between countries, rates of substance abuse – particularly abuse of alcohol, tranquilizers, and analgesics – are increasing around the world. Women are more likely to attribute their drinking to a traumatic event or a stressor and women who abuse alcohol or drugs are more likely to have been sexually

or physically abused than other women. Significantly more major depression and anxiety disorders are found in females with alcoholism. Thus, the profile of women with substance use problems differs from that in male abusers. However, despite increasing rates, services to assist women are limited.

### **WHAT NEEDS TO BE DONE?**

It is therefore, amply clear that women's mental health cannot be considered in isolation from social, political, and economic issues. A woman's health must incorporate mental and physical health across the life cycle and should reach beyond the narrow perspective of reproductive and maternal health, which is often the focus of our policies.

In the discussion of the determinants of poor mental health of women, the focus needs to be shifted from individual and “lifestyle” risk factors to the recognition of the broader, social, economic, and legal factors that affect women's lives. It is essential to recognize how the sociocultural, economic, legal, infrastructural, and environmental

# 8 Silent Signs You Aren't Getting Enough Vitamins

**Even healthy eaters may fall short of key vitamins and minerals. See if you have any of these nutrient deficiency symptoms, then follow our advice for getting more.**

## Your nails are brittle

When your body is running low on the mineral iron, parts of the body become weak and pale. This may express itself as brittle fingernails—or toenails—or pale inner eyelids. Women with heavy menstrual bleeding are at a greater risk for iron deficiency, as are vegetarian women—although men are more likely to have excess iron intake.

**The fix:** Premenopausal women need 18 milligrams (mg) a day, and men and postmenopausal women require 8 mg. Your body best absorbs animal-based iron, the type found in meat, poultry, and seafood. Pair vegetarian sources of iron, such as spinach or chickpeas, with citrus or other vitamin-C-containing foods to increase absorption.



## Your blood pressure is too high

You may be low on vitamin D. Preliminary research links higher intake of this fat-soluble vitamin with lower blood pressure—and people who get enough aren't as likely to develop hypertension.

**The fix:** Adults need 600 international units (IU) of vitamin D daily. This is one nutrient that's difficult to get from food, as few options contain significant amounts. But here are a few that do: swordfish, salmon, fortified milk and orange juice, and mushrooms grown in sunlight or UV light, such as those produced by Monterey Mushrooms. Supplementation in postmenopausal women and older men may be beneficial; choose the D3 version, the active form of the vitamin. These eight foods may help reduce blood pressure.



## Your blood pressure is too low

This is one of many possible symptoms of vitamin B12 deficiency—a lack of this water-soluble vitamin can affect the neurological system, preventing the body from naturally bringing blood pressure back up. Others symptoms of vitamin B12 deficiency include unsteady gait, muscle weakness, and lack of bladder control.

**The fix:** Adults need 2.4 micrograms (mcg) daily. Excellent food sources include clams, trout, salmon, and fortified cereals; beef, milk, and eggs are good sources. If you go the supplement route, sublingual (under the tongue) may be a better choice for older adults, who sometimes have a hard time absorbing the vitamin through food or



## Your leg muscles are cramping

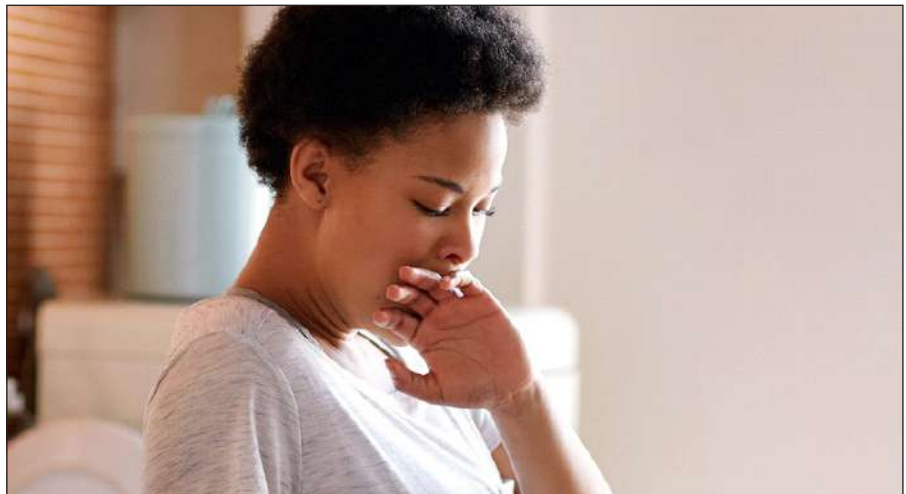
Your body needs the electrolyte potassium to build muscle and protein. A dip in levels of the mineral can cause muscle cramping, often appearing in the calf area. Potassium deficiency is rarely caused by low dietary intake—excessive sweating, diarrhea, vomiting, and loss of fluid are the more likely culprits. Here are the other signs you might have a potassium deficiency.

**The fix:** You need 4,700 mg daily, and food sources include sweet potato, banana, avocado, and coconut water.

## You're feeling tired

While scurvy, or vitamin C deficiency, may make you think of pre-18<sup>th</sup>-century sailors, inadequate intake of the immunity-supporting nutrient is seen in specific groups, including smokers and people exposed to secondhand smoke. In fact, smokers have a more than three-fold greater risk of vitamin C deficiency, per research in the *American Journal of Clinical Nutrition*. Feeling tired all the time and irritability are symptoms that you may have dipping vitamin C levels—don't ignore these other signs you might have a vitamin C deficiency, either.

**The fix:** Women need 75 mg daily, and men require 90 mg—while smokers need an extra 35 mg daily. Citrus, cantaloupe, kiwi, pineapple, tomatoes, spinach, bell peppers, and broccoli are all excellent sources.







## Your thyroid hormone production has dipped

You would only know this for sure via lab work, and low levels might be linked with decreased intake of the mineral iodine. Very low iodine levels may reduce production of the thyroid hormone, which could lead to hypothyroidism. Low iodine intake is especially worrisome for pregnant women—it can cause miscarriage and many other problems. Women of childbearing age had iodine levels just above iodine insufficiency.

**The fix:** Most adults need 150 mcg daily, while pregnant women need more (220 mcg). If you cook with salt or add any to your food, opt for iodized salt over sea salt and other varieties. Seafood and dairy also contain iodine.

## You've had several recent fractures

When you're deficient in the mineral calcium, you're at risk for osteopenia, a condition that causes low bone mass and heightens risk of osteoporosis and bone breaks—don't miss these signs you're not getting enough calcium. Bones reach max strength at around age 30—at which point they start to slowly lose calcium. This is why it's important to take in proper amounts of calcium, alongside weight-bearing activity such as walking and aerobics.

**The fix:** Men and premenopausal women need 1,000 mg daily, and postmenopausal women require 1,200 mg. The best food sources of calcium include dairy (yogurt, milk, and cheese), some leafy greens (collard greens, turnip greens, and kale), tofu, edamame, and fortified juice. If you choose to take a supplement, divide into two doses and pair each with a meal.



## You have cracking at the corners of your mouth

Although not super common, a vitamin B6 deficiency can reveal itself through skin conditions—also including scaling on the lips or an inflamed tongue—as well as through depression or confusion. The body's small supply of the water-soluble vitamin typically lasts several weeks, so deficiency appears once the body is fairly depleted. Some types of oral birth control may affect vitamin B6 status, as can certain corticosteroids and anticonvulsants.

**The fix:** People up to age 50 need 1.3 mg daily, while older women need 1.5 mg and older men require 1.7 mg. Dietary sources include chickpeas, tuna, salmon, fortified cereal, bananas, and marinara sauce—although deficiencies are typically treated by a doctor with a daily supplement of 50 to 100 mg.

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# A New Weapon Ag

**S**cientists have discovered a powerful new weapon against heart disease. This weapon is coconut oil. Yes, ordinary coconut oil. Eating coconut oil on a regular basis can reduce your chances of suffering a heart attack!

Coconut oil is composed of a unique type of fat known as medium-chain fatty acids (MCFA). Although they are technically classified as saturated fats, they have little in common with the saturated fats in meat. This fat can actually protect you from getting a heart attack or suffering a stroke.

Unlike other saturated fats which raise blood cholesterol, medium-chain fatty acids (MCFA) do not. Numerous studies have shown that medium-chain fatty acids have a neutral effect on cholesterol levels.

Most all oils, saturated or unsaturated, increase the stickiness of blood cells. Blood that becomes too sticky has a tendency to form blood clots that can clog up arteries and cause heart attacks and strokes. There are only two kinds of oils that do not promote blood clotting. These are the omega 3 fatty acids, like those found in fish oil, and

the medium-chain fatty acids found in coconut oil.

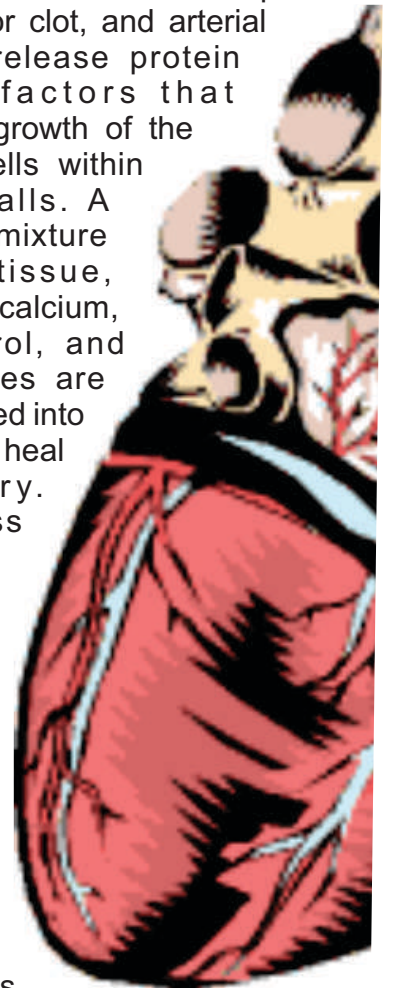
People who traditionally consume large quantities of coconut oil as part of their ordinary diet have a very low incidence of heart disease and have normal blood cholesterol levels. This has been well supported by numerous population studies. The research shows that those people who consume large quantities of coconut oil have remarkably good cardiovascular health.

Heart disease is caused by atherosclerosis (hardening of the arteries), which is manifest by the formation of plaque in the arteries. According to current thought, atherosclerosis initially develops as a result of injury to the inner lining of the arterial wall. The injury can be the result of a number of factors such as toxins, free radicals, viruses, or bacteria. If the cause of injury is not removed, further damage may result. As long as irritation and inflammation persist, scar tissue continues to develop.

Special blood clotting proteins called platelets circulate freely in the blood. Whenever they encounter an injury they become sticky and adhere to each other and to the damaged

tissue acting somewhat like a bandage to facilitate healing. This is how blood clots are formed. Injury from any source triggers platelets to clump together, or clot, and arterial cells to release protein growth factors that stimulate growth of the muscle cells within artery walls. A complex mixture of scar tissue, platelets, calcium, cholesterol, and triglycerides are incorporated into the site to heal the injury. This mass of tissue forms arterial plaque. When this process occurs in the coronary artery which feeds the heart, it is referred to as coronary heart disease.

At least one out of every two adults in developed countries have antibodies to *Helicobacter pylori*, *Chlamydia pneumoniae*, or



# Against Heart Disease

presence of antibodies does not necessarily indicate an active infection or the presence of atherosclerosis, but is a sign that infection has occurred at some time. It's common for infections from these organisms to persist indefinitely. Once infected with herpes, for example, the virus remains for life. The effectiveness of the immune system determines the degree of trouble the virus may cause. The weaker the immune system, the more likely an infection will hang on and cause problems.

When these microorganisms enter the bloodstream they can attack the artery wall causing chronic low-grade infections that lack any noticeable symptoms. As microorganisms colonize an artery wall they cause damage to arterial cells. In an effort to heal the injury – blood platelets, cholesterol,

and protein combine in the artery wall setting the stage for plaque formation and atherosclerosis. As long as the infection and inflammation persists, plaque continues to develop. Infection can both initiate and promote growth of atherosclerosis in arteries which, in turn, leads to heart disease.

You or anyone else may have a chronic low-grade infection without even realizing it. This, apparently, is what happens to many people who think they are healthy but suddenly die of a heart attack.

As yet, researchers are not ready to say infection is responsible for every case of heart disease. Other factors (e.g., free radicals, high blood pressure, diabetes, etc.) can also cause injuries to the arterial wall and initiate plaque formation. Also, not all infections promote atherosclerosis. Only when the immune system is incapable of controlling the infection is there cause for alarm. Anything that may lower immune efficiency such as serious illness, poor diet, exposure to cigarette smoke, stress, and lack of exercise (i.e. many of the typical risk factors associated with heart disease) will also open up the body to chronic

low-grade infections that can promote atherosclerosis.

The findings mentioned above suggest that, at least in some cases, heart disease may be treated with antibiotics. Antibiotics are limited because they are only good against bacteria. Infections caused by viruses would remain unaffected. However, there is something that will destroy both the bacteria (*Helicobacter pylori* and *Chlamydia pneumoniae*) and viruses (CMV) that are most commonly associated with atherosclerosis and that MCFA or coconut oil. The MCFA in coconut oil are known to kill all three of the major types of atherogenic organisms. MCFA are powerful germ fighters and are known to kill dozens of disease causing organisms. Not only can coconut oil help protect you from the germs that cause ulcers, lung infections, herpes, and such, but also heart disease and stroke. If you want to avoid dying from heart disease you should be eating coconut oil!

It appears that by simply using coconut oil in your daily diet in place of other oils you can achieve a remarkable degree of protection from heart disease and stroke.

# Acid - Alkaline Balance

**A**s you will see from reading this article, keeping your pH balanced is a very important factor for maintaining and regaining good health and proper weight. Reading this article will cause you to gain valuable knowledge that, if acted upon, will deliver tremendous benefits to your quality of health and life.

So, let's begin...

**Acidification...** Over acidification of the body (cells, tissues and fluids) is the greatest contributor to illness. Acidification leads to the build up of toxins, as well as the growth of dangerous microforms like yeasts (Candida), fungi, and harmful bacteria.

This toxicity leads to stress, and eventual sickness. Modern daily diets and lifestyles create a morbid, acidic environment in your body. There is a direct correlation between acidification and a whole host of ailments in the body. The pH level (acid – alkaline measurement) of your internal fluids affects every cell in your body. Your body regulates its pH just like it regulates its temperature. In doing so, it will even create stress on other tissues or body systems if it must. Since your blood **MUST**



maintain a very narrow pH range of 7.365 To 7.40, your body will do all sorts of things in order to deal with excess acidity. It will flush excess acids into fat cells (which is why you can't seem to lose those extra pounds...the fat is protecting internal organs from the acids). Or, perhaps, it will leach calcium (an alkaline mineral) from your bones in order to neutralize acids. Your body will also stress tissues by flushing acids into them (as is the case with gout) because it cannot dump these acids into the bloodstream (which must remain alkaline or you would die).

When the pH of your body becomes too acidic, you may experience low energy, fatigue, excess weight, poor digestion, aches and pains, and even more serious disorders.

The body becomes imbalanced and overly acidic primarily as a result of three

things:

## **Ingesting acids.**

Eating too many acidifying foods creates an acid ash in the body. These acids can overload your body's ability to neutralize them.

## **Creation of acids.**

An acidic environment is a breeding ground for toxic microforms. Since these organisms are living, they steal your nutrients, and create resulting acidic toxins.

## **Improper elimination of acids.**

The body uses many systems in order to buffer acids including breath, mineral reserves, and fat. When the body's buffering systems become compromised, excess acids build up.

In order to realize proper pH balance, you must deal with every contributing factor to acidity. The next step is to discover where your pH is.

**pH...** Now we will talk a little about how to detect for acidification in your body. It is important to know where your pH stands so that you can get an idea of how you need to proceed. pH is a measure of acidity and alkalinity. The pH scale goes from 0 to 14. At pH 7—the half way point—there is a balance between acidity and alkalinity. The “p” comes from



the word power or potential. The “H” is the symbol for the element of hydrogen. Together, the term pH means “potential of hydrogen”. The pH scale is logarithmic. So, for example, urinary pH of 6 is 10 times more acidic than 7. This imbalance is relatively easy to correct. On the other hand, urinary pH of 5 is quite a different story. While it may appear that 5 is only “one point less” than a reading of 6, in actuality it is 100 times more acidic than 7.

To maintain good health the body is constantly seeking to get rid of the excess acids that irritate the tissues and deplete them of minerals. One of the principal systems it uses for this purpose is the renal system—kidneys. The normal rate of acid excretion through the kidneys gives urine a pH that falls between 7.0 and 7.5. By testing the degree of acidity of the urine, you can determine whether your body is eliminating a normal quantity of acids. If the acid excretion rate is higher than normal, the urinary pH will be more acidic. This low urinary pH is also an indication that the body is saturated and therefore in an acid state.

Another indicator of the overall pH balance in your body is the pH of your saliva. When your body has the mineral reserves that it should, the abundance of minerals will show up in a saliva pH test as a pH reading of 7.0 to 7.50. A low saliva pH reading indicates that

the mineral reserves in your body are low, and are being used to buffer acids elsewhere in the body.

There is a strong correlation between the pH of the body's internal environment and that of the urine and saliva: urine and saliva become acidic when the body's internal environment becomes acidic. You can test the pH of these fluids by using pH paper. These pH test strips are made specifically to test saliva and urine

Next, we will discuss the role that diet plays in affecting the pH of your body.

**Food...** Hippocrates once said, “Let food be your medicine, and medicine be your food”... how wise he was. Diet is the foundation to health. The adage of “you are what you eat” has always been, and always will be the absolute truth.



Food creates either an acidic or an alkaline ash in your body once it is metabolized. Too many acidifying foods will bring your pH down.

Conversely, alkalizing foods

will help to neutralize acids, and bring your pH up.

It is vitally important to base your dietary choices on how acidifying or alkalizing the foods you eat are.

**Morbid microforms...** Do you know what is living inside of you? I am talking about very unfriendly “critters” that love an acidic body.



These types of morbid microforms proliferate because the acidic environment is perfect for them. They also contribute to further acidity because of the toxins they create. Microforms like pathogenic bacteria, yeasts and fungi directly contribute to hundreds of ailments.

If you are serious about getting your pH balanced, cleansing your body of these types of “trash” is of paramount importance. There are many different cleansing and detoxification protocols out there. Some are very helpful, but others are potentially



dangerous. In order to effectively “clean house”, the following cleansing protocol has been used by some. Decide to embark on a 3 to 7 day cleanse. Three days is minimum, and seven is optimal. It's a pretty simple procedure, and here are the guidelines:

1. No solid food
2. If you have a juicer, use it. Juice VEGETABLES only. There's no limit to how much juice you can drink. The more the better.
3. Drink lots of water (preferably alkaline water).
4. Take a fiber supplement to help cleanse the colon.
5. Take cleansing and detoxification supplements to help speed up the process.

It is recommended that we do this at least twice a year. A 3-day cleanse every 3 months is optimal.

**Water...** This topic is extremely vital to your health. In case you didn't know, water makes up over 75% of your body weight... that equates to 10 gallons for a person of 120 lbs. It's easy to understand why it's so important to your health.

The body must continuously be in a proper state of hydration. Because 2.5 liters of water is lost each day through normal bodily functions, this must be replaced. There are two major issues that emphasize the need to keep the body adequately hydrated with water of the best quality, content, and structure so it can maintain homeostasis. First, the water we put in our body must be able to prevent toxins and chemical substances from accumulating and creating destructive influences on cells. Water must bring all minerals and nutrients required for cell

metabolism, and remove any substances that can damage the cell. It must also be able to protect cell walls from damage and invasion. Second, since water is involved in every function of the body, it must act as a conductor of electrochemical activity, such as neurotransmission, by moving water from one nerve cell to another smoothly and effectively. Movement of water in the body between cells (extracellular fluid) is caused by osmosis. This is created by magnetic forces in the body, which keep the movement in balance. As water flows, changes in pressure create movement across the cell membranes. Any changes in pressure will allow proteins, minerals and other nutrients being carried by the blood to escape into spaces between

vessels and deprive the cells of their vital needs to sustain life.

When water in the blood is contaminated with chemicals, it enters the cells and changes their structure, which in turn could lead to changes in DNA. This is the start of the disease process, which is very similar to the aging process.

Much research has been conducted on the effects of water that is considered structured or clustered. Reports from studies suggest that structured or clustered water can help the body resist disease and slow aging by increasing cellular hydration, replacing essential minerals, and boosting pH. Water that is structured can retain its magnetic properties because of its high mineral content. The most unique feature of structured water is the formation and organization of its molecules. Unlike regular water, structured water is naturally formed in smaller clusters of 5 or 6 molecules. Because of its natural magnetization, these clusters are more organized and move in an orderly pattern throughout the body. Structured water has a higher density than other water, even to water that has been artificially magnetized. There are products that can help bring structure to water. (spot for pH booster product). Not only does it help to structure the water, it brings the pH up to about 9.5, which is 500 times

more alkaline than regular drinking water.

Next, we will talk about how supplementing your diet with alkalizing nutritional supplements can speed-up the process of balancing your pH.

### **Balancing your pH...**

Knowledge is power, and you are wise to be seeking it in order to live a healthier life. When it comes to balancing your pH, your body needs a perfect combination of nutrients, including vitamins, minerals, enzymes, fats, fiber, antioxidants, etc.

Simply put, no single supplement will balance your pH. You must give your body all of the necessary raw materials (nutrients) in order to achieve pH balance.

Here is a list of what you need in order to supplement properly:

#### **Hydration**

Drink alkaline water, you can buy bottled alkaline water, or you can use alkalizing drops.

#### **Cleansing & Detoxification**



You need something to help cleanse and detoxify your entire body... colon, liver, lymph, kidneys, etc.

#### **Alkaline Minerals**

These will supply the necessary alkaline buffers to neutralize acids.

#### **Enzymes**

They are the spark plug of life. All processed and cooked food is void of them.

#### **Green Foods**

These supply the necessary minerals, chlorophyll, enzymes, and fiber to maintain your pH.

Next, we will look at a few little known tips on proper breathing, as well as how SWEATING will help you to expel acids.

**Breathing...** We must learn to breathe properly. Shallow “chest breathing” results in lesser energy levels. The best thing you can do to prevent shallow breathing and breath correctly is to sit and stand up straight. Don't slouch over.

The richest blood flow occurs in the lower lungs. When this area fails to be adequately ventilated with air, you end-up oxygen depleted.

Proper breathing requires the use of the diaphragm... taking DEEP breaths.

Practice using this breathing pattern to increase your energy and help to exhaust weak acids from your body:

- o Inhale
- o hold your breath
- o exhale... in the ratio of 1–4–2





count of 4, hold your breath for a count of 16 then exhale for a count of 8. Repeat this 10 times, and do it 3 times per day. In order to effectively detoxify properly, you must activate our lymph system. Your lymph system is responsible for removing the waste products from your cells — it is the sewage system of the body. It does not have a pump to make it work like the heart. Instead, it relies on the diaphragm. Doing this simple exercise will greatly increase your energy... every time you do it!

**Sweating...** Many toxins, accumulated in the system as a result of metabolic wastes and sluggish elimination, are thrown out of the body with perspiration. The skin is our largest eliminative organ, and is often referred to as “the third kidney”. The skin should eliminate 30% of the body wastes by way of perspiration.

Hundreds of thousands of tiny sweat glands act not only as the regulators of body temperature, but also as detoxifying organs.

When the kidneys cannot eliminate the normal quantities of urine due to overwork or a weakened condition, the body tries to eliminate such wastes by way of the skin.

The chemical analysis of sweat shows that it has almost

the same constituents as urine.

It is recommended that we take 30 minutes (especially after a workout), and sit in a sauna.

The body, in its wisdom, will store and try to isolate toxins and acids in your body fat. Sweating will help eliminate these toxins.

When you take a sauna and sweat profusely, these toxins are allowed relatively safe passage out of your body without risking damaging important organs or passing the blood/brain barrier, heart, etc. Thus, many toxins can be partially or completely eliminated this way.

So, this powerful combination of sweating and breathing properly will augment your diet and supplement plan to eliminate acids, and live an alkalized and energized life!

We wish you the best, and hope you truly realize vibrant health and energy!



# Women Rights in India: Constitutional Rights and Legal Rights

The rights available to woman (ladies) in India can be classified into two categories, namely as constitutional rights and legal rights. The constitutional rights are those which are provided in the various provisions of the constitution. The legal rights, on the other hand, are those which are provided in the various laws (acts) of the Parliament and the State Legislatures.



## Constitutional Rights to Women:

The rights and safeguards enshrined in the constitution for women in India are listed below:

1. The state shall not discriminate against any citizen of India on the ground of sex [Article 15(1)].
2. The state is empowered to make any special provision for women. In other words, this provision enables the state to make affirmative discrimination in favour of women [Article 15(3)].
3. No citizen shall be discriminated against or be ineligible for any employment or office under the state on the ground of sex [Article 16(2)].
4. Traffic in human beings and forced labour are prohibited [Article 23(1)].
5. The state to secure for men and women equally the right to an adequate means of livelihood [Article 39(a)].
6. The state to secure equal pay for equal work for both Indian men and women [Article 39(d)].
7. The state is required to ensure that the health and strength of women workers are not abused and that they are not forced by economic necessity to enter avocations unsuited to their strength [Article 39(e)].

8. The state shall make provision for securing just and humane conditions of work and maternity relief [Article 42].

9. It shall be the duty of every citizen of India to renounce practices derogatory to the dignity of women [Article 51-A(e)].

10. One-third of the total number of seats to be filled by direct election in every Panchayat shall be reserved for women [Article 243-D(3)].

11. One-third of the total number of offices of chairpersons in the Panchayats at each level shall be reserved for women [Article 243-D(4)].

12. One-third of the total number of seats to be filled by direct election in every Municipality shall be reserved for women [Article 243-T(3)].

13. The offices of chairpersons in the Municipalities shall be reserved for women in such manner as the State Legislature may provide [Article 243-T(4)].





# Legal Rights to Women:

The following various legislation's contain several rights and safeguards for women:

**Protection of Women from Domestic Violence Act (2005)** is a comprehensive legislation to protect women in India from all forms of domestic violence. It also covers women who have been/are in a relationship with the abuser and are subjected to violence of any kind—physical, sexual, mental, verbal or emotional.

**Immoral Traffic (Prevention) Act (1956)** is the premier legislation for prevention of trafficking for commercial sexual exploitation. In other words, it prevents trafficking in women and girls for the purpose of prostitution as an organised means of living.

**Indecent Representation of Women (Prohibition) Act (1986)** prohibits indecent representation of women through advertisements or in publications, writings, paintings, figures or in any other manner.

**Commission of Sati (Prevention) Act (1987)** provides for the more effective prevention of the commission of sati and its glorification on women.

**Dowry Prohibition Act (1961)** prohibits the giving or taking of dowry at or before or any time after the marriage from women.

**Maternity Benefit Act (1961)** regulates the employment of women in certain establishments for certain period before and after child-birth and provides for maternity benefit and certain other benefits.

**Medical Termination of Pregnancy Act (1971)** provides for the termination of certain pregnancies by registered medical practitioners on humanitarian and medical grounds.

**Pre-Conception and Pre-Natal Diagnostic Techniques (Prohibition of Sex Selection) Act (1994)** prohibits sex selection before or after conception and prevents the misuse of pre-natal diagnostic techniques for sex determination leading to female foeticide.

**Equal Remuneration Act (1976)** provides for payment of equal remuneration to both men and women workers for same work or work of a similar nature. It also prevents discrimination on the ground of sex, against women in recruitment and service conditions.

**Dissolution of Muslim Marriages Act (1939)** grants a Muslim wife the right to seek the dissolution of her marriage.

**Muslim Women (Protection of Rights on Divorce) Act (1986)** protects the rights of Muslim women who have been divorced by or have obtained divorce from their husbands.

**Family Courts Act (1984)** provides for the establishment of Family Courts for speedy settlement of family disputes. **Indian Penal Code (1860)** contains provisions to protect Indian women from dowry death, rape, kidnapping, cruelty and other offences.

**Code of Criminal Procedure (1973)** has certain safeguards for women like obligation of a person to maintain his wife, arrest of woman by female police and so on.

**Indian Christian Marriage Act (1872)** contain provisions relating to marriage and divorce among the Christian community.

**Legal Services Authorities Act (1987)** provides for free legal services to Indian women.

**Hindu Marriage Act (1955)** introduced monogamy and allowed divorce on certain specified grounds. It provided equal rights to Indian man and woman in respect of marriage and divorce.

**Hindu Succession Act (1956)** recognizes the right of women to inherit parental property equally with men.

**Minimum Wages Act (1948)** does not allow discrimination between male and female workers or different minimum wages for them.

**Mines Act (1952)** and **Factories Act (1948)** prohibits the employment of women between 7 P.M. to 6 A.M. in mines and factories and provides for their safety and welfare.

The following other legislation's also contain certain rights and safeguards for women:

**Employees' State Insurance Act (1948)**

**Plantation Labour Act (1951)**

**Bonded Labour System (Abolition) Act (1976)**

**Legal Practitioners (Women) Act (1923)**

**Indian Succession Act (1925)**

**Indian Divorce Act (1869)**

**Parsi Marriage and Divorce Act (1936)**

**Special Marriage Act (1954)**

**Foreign Marriage Act (1969)**

**Indian Evidence Act (1872)**

**Hindu Adoptions and Maintenance Act (1956).**

**National Commission for Women Act (1990)** provided for the establishment of a National Commission for Women to study and monitor all matters relating to the constitutional and legal rights and safeguards of women.

**Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal). Act (2013)** provides protection to women from sexual harassment at all workplaces both in public and private sector, whether organised or unorganized.



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