

#EXERCISE



Foot & ankle eversion with band.

Foot and Ankle Exercises

Your foot is amazingly complex with 26 bones, more than a dozen muscles, and countless nerve endings.

When you think about working out and what set of muscles you're going to train today, what comes to mind? Back and shoulders? Legs? Arms? Core? How about one body region that is arguably unique of them all since it's the only body part that consistently makes contact with the ground - the foot? The foot and ankle - complex - referred to due to their strongly linked, interdependent relationship that supports your entire body weight and is the platform for almost all movement.

Your foot is amazingly complex with 26 bones, more than a dozen muscles and countless nerve endings. It serves both as a flexible shock absorber for every step, a strong lever to propel you forward when walking or running, and is a rich source of sensory information that informs the brain about where the body is in space.

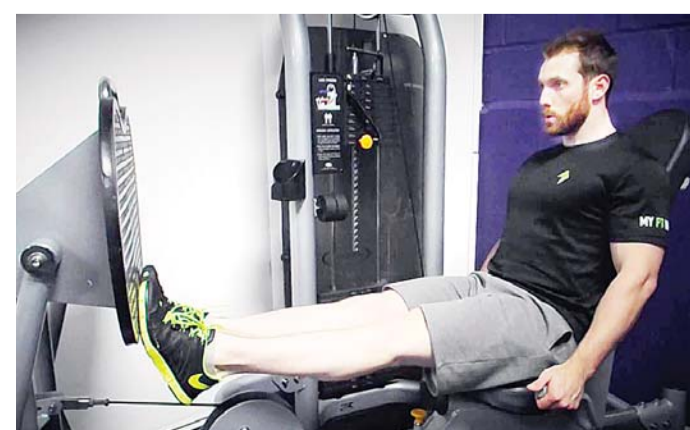
If that wasn't demand enough, the foot and ankle complex navigates force and movement in every direction, whether that's straight forward and back (sagittal plane), side to side (frontal plane), rotational (transverse plane) or a combination thereof. During any and all of these moments, the foot and ankle are absorbing force while bearing weight and as you step off they're unloading that force and stabilizing the foot and ankle in the air.

If you haven't thought about training the foot and ankle like the rest of the body, don't worry, as you're very likely in the majority. To rectify that here are five research-proven exercises with progressions as well to improve foot and ankle strength and function.

Toe curls with towel



Sit barefoot in a chair and place a bath towel (folded in half) on the floor in front of you. Put a book or sneaker at the end of the towel opposite you and place both feet on the end of the towel closest to you. Keeping your feet flat on the floor with the towel underneath, pull the weight closer to you by curling your toes to scrunch up the towel like an accordion.



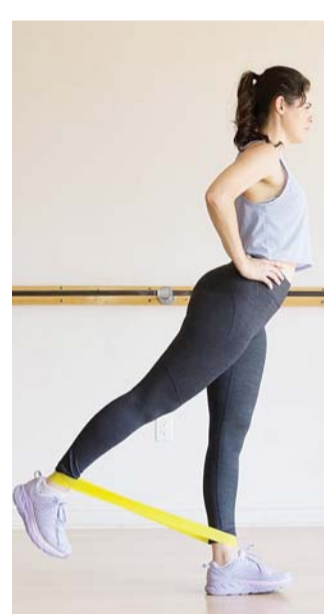
Seated heel and toe raises.

Foot & ankle eversion with band

Sit barefoot on the ground with your legs extended straight in front of you. Loop the end of a long resistance band around the ball of your left foot. Let it pass beneath the bottom of your right foot (as if you were standing on it), then hold both ends in your right hand. Flex your left toes toward your face as your rotate them outward then point them down as you rotate them inward.

Balance

Stand on one leg for 30 seconds then repeat on the other side. Alternate between the two legs for three rounds. Once you can complete that with ease, repeat the progression on a soft surface like a pillow. For advanced balance training, repeat the sequence above and close your eyes.



This program helps build foundational strength, mobility, balance and feedback into your foot and ankle complex to better deal with the high demands of everyday life, activities and sports. Give it a shot and once you have it down, you can integrate it into your daily warm-up as well. Your feet and ankles will thank you.

Seated heel and toe raises
Start sitting in a chair with your bare feet about shoulder-width apart and flat on the floor. Lift both heels off the ground while keeping the balls of your foot on the ground, and then slowly lower your heels back down. Reverse the movement with your toes and forefoot leaving the ground while the heels remain on the floor.

Short Foot
Start sitting in a chair with your bare feet flat on the floor. Without curling your toes, lift the arches of your feet, while keeping the ball off the foot and heel on the ground.

Mayush - Heartsick

Saxena Saheb roared with delight at Gudiya's profound expostulation. The atmosphere had by now considerably lightened and Chachi had cooled down. She permitted herself a laugh and asked Gudiya if she knew what mayush means. Gudiya replied that she certainly did. "Jo apni ma ko yad kar ansu bahaye wah mayush (one who weeps while remembering her mother is heartsick)."



Dr. Shri Gopal Kabra
Veteran Doctor & Voracious writer on medical affairs

Across the road and almost opposite our house, a decade back, lived a retired civil engineer, Saxena Saheb. He was older than me;

therefore, to my granddaughter he was Bade Dada or great grandfather. Every morning and evening we saw him in his verandah, seated in a cushioned chair and reading a newspaper or a book. On a side table were neatly arrayed a flask of coffee, two coffee mugs, his favourite 'Nice' biscuits in a plastic jar, a water bottle with a tumbler and a portable radio. The second coffee mug was for any visitor who might happen to drop by.

His son and daughter-in-law would leave for work by 9 in the morning. The son was a government official and his wife a secondary school teacher. They would return home briefly for lunch before setting off again. After lunch, Saxena Saheb would have a nap, following which he pattered around in the house before heading

to the verandah and his chair where he spent the rest of the afternoon awaiting the return of his son and daughter-in-law.

The Plan

My granddaughter, whom Saxena Saheb called Gudiya Rani or Doll Queen, would wait for her school bus in front of Saxena Saheb's gate. Duly kitted out in her school uniform and carrying a satchel and a water bottle, Bade Dada, with his cane in hand, would walk down to the gate where she greeted him, "Bade Dada, pranam!" He would bless her and chat with her till her bus arrived. "What are you carrying in your tiffin today? Oh, you have a class test? Good luck! Where is your water bottle? Ask your English

teacher how to say Bade Dada and Gudiya Rani in English....". It's the typical banter heard every day in a million homes across the country between little children and old, retired folks and of which they never tire.

On some afternoons, after Gudiya completed her homework and Saxena Saheb his siesta, they would enjoy a game of Ludo in his verandah. On one such afternoon, he suddenly asked her, "do you like chocolate?" When she nodded vigorously, he confided to her that when her badi dadi, meaning his late wife, was alive she would always give him a piece of fresh, Muzaffarnagar special dry fruit laced jaggery (gud) after lunch. When Muzaffarnagar special was no longer available, she switched to a square of Cadbury's



#WISDOM

One day, Gudiya developed a fever and was confined to bed. After we finished our lunch and Gudiya was given some hot tomato soup, she requested her mother, "Mama, take a piece of chocolate from the refrigerator and give it to Bade Dada. He must be waiting in his verandah. Only after eating it will he have his nap. Tell him that I have taken my share."

That did not go down too well with Chachi who seemed to have had a trying day at school and did not hide her irritation. "Ghar me ghushi nahi aur farmaish chalu ho gayi. Saans to lena de. (I just return home and your demands start. Let me at least catch my breath)," she grumbled.

Gudiya was taken aback. She asked, "Kya hua Chachi? Aaj baccho ne bahut pareshan kiya kya? (What

happened Chachi? Did the children bother you a lot today?)" Chachi smiled. She was impressed. "My, my! You are certainly talking beyond your years! Who told you that?" "My class teacher," replied Gudiya. "She was telling her junior not to be cross with the children when they misbehave and that one day she would remember them and cry."

Chachi was so taken aback that she was unable to leave. Shaking her head, she left for the kitchen and Dada was in splits. After a while she called out that Dada's tea was ready and added, "Gudiya, why don't you open my handbag and help yourself to some chocolate I have there?" Gudiya was surprised. "Are wah Chachi, apko diabetes nahi hoti (won't you get diabetes)?"

MA

Chocolate. After her death, his daughter-in-law, continued the practice but subsequently stopped it fearing he might develop diabetes. This decision was probably influenced by her discovering that he was surreptitiously taking an extra piece or two from the refrigerator when she was not looking.

He handed Gudiya a five hundred rupee note and said, "ask your Mummy to buy some Cadbury's chocolate. When you return from school and finish your lunch, take out two pieces, one for me and one for yourself. Only after I eat my share will I retire for my afternoon nap. Your grandmother will be happy in heaven and I assure you that I will not develop diabetes." When Gudiya broached the plan to her mother, she agreed, somewhat uneasily.

Shahtan ki pudiya!
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It was late in the afternoon and Gudiya was enjoying a game of Ludo with Saxena Saheb. The shadows were lengthening as his daughter-in-law returned from work. Forgetting the game, Gudiya said, "Lo Dada, Chachi sagayi. Garama garam chhey banakar denge (look, Dada, Chachi has come. She will prepare hot tea for you)."

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Dada was uneasy. He sensed that Gudiya might spill the beans, causing their carefully crafted little scheme to come undone. Hastily, he gathered Gudiya and propelled her to the gate. "You are truly a bundle of mischief," he hissed in her ear with mock anger mixed with laughter. "Go, go! Your mummy is calling you. Go on!" Gudiya was puzzled but left all the same. Dada made sure she was well on her way home before he returned for his tea.



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World Elephant Day



They're intelligent, family-oriented, have great memories and are capable of feeling a wide range of deep emotions, from intense grief to joy bordering on elation, as well as empathy and stunning self-awareness. They create complex, supportive societies much like ours. World Elephant Day is the perfect time to find out more about these amazing animals and what we can do to preserve and protect them so they do not go extinct like mammoths one of their ancestors.

#CELEBRATION

International Youth Day

Kids are the future. Support youth activities, organizations and canters to help the young generation blossom and grow into brighter future.



Youth Day presents an opportunity for every country to assess their investment in youth, commitment to youth, as well as general education (both of and to youth).

Endorsed by the United Nations in 1999 after a recommendation was made by the World Conference of Ministers Responsible for Youth, the first International Youth Day took place in the summer of 2000. Although its purpose was certainly meant to inspire and encourage leaders of the countries to be aware of the issues related to youth, its sentiment can be passed down far away from political leaders into the culture of each land's up and coming generations.

That means that International Youth Day should not only be engaged at a global level and national level, but also at a local level. And this can be done by the people who know and love the youth of their communities.

International Youth Day is meant to empower young people to participate in public life.

Celebrating and enjoying this day has everything to do with the awareness of the difficulties youth face today as well as working to help solve these problems for the leaders



of tomorrow.

Get involved and support youth activities in your community. Take the opportunity to find out about local youth culture, their activities and education, and to get them involved in the wellbeing of the next generation of humanity.

Since youth difficulties and challenges can change from one town to another or from city to city. It's important to understand what is going on in the local community to understand what needs the youths of today are facing.

Show interest in young people's activities. For those who already have young children, this is an easy day to work a little harder at trying to get to know and understand them. It may take a bit slow and longer a bit to build trust, but on this day take a step to bond. Begin by showing an interest in what they are doing or thinking in these ways.

#TRIED&TASTED

Stay Warm & Healthy This Monsoon

From a hot kahwa to a tangy apple toddy and comforting almond milk, these monsoon drink recipes will warm you up from inside out.

When it starts to pour outside all we want to do is curl up on the bed with a warm beverage. Although tea and coffee are undoubtedly a crowd favourite, what we really need is something that feels special and helps us relax. Here are some comforting monsoon drink recipes that are not just delicious but also nourishing.

Rusty Oasis



Ingredients

- 1 small cup honey
- 1 small cup unsalted butter
- 3 tsp apple juice
- 3 tsp orange juice
- 2 sticks cinnamon
- 4-5 pods of cardamom
- 8-10 cloves
- 4-5 star anise
- 2 vanilla pods (whole)

Preparation

- In a pan heat the unsalted butter to melt and combine with the honey. Stir for a minute.
- Add the spice mix to it followed by the juices and mix well.
- Turn off the heat and pour into a jug.
- Serve hot in a chalice glass with an orange peel for garnish.

Spiced Cranberry



Ingredients

- 1.5 tbsp apple cider vinegar
- 1.5 tbsp dark cinnamon syrup
- 1.5 tsp all spice cranberry reduction
- 1.5 tsp fresh lime juice
- 2.5 tsp apple juice
- A little over half cup water

Preparation

- Put all ingredients in a saucepan and heat it.
- Once it comes to a boil switch off the gas; pour it into a balloon glass.
- Garnish with star anise and cinnamon.

Badami Haalu



Ingredients

- 5 cups full cream milk
- 1/2 cup almonds
- A few strands of saffron
- 6 dates, pureed
- 1/2 tsp green cardamom powder

For the garnish

- 1 tsp edible rose petals, dried
- 1 tsp almonds, slivered
- A few strands of saffron, steeped in 1 tsp. of lukewarm milk

Preparation

- Soak the almonds for at least 2 hours in water.
- Peel and grind them with a little milk into a very smooth

Hot Apple Toddy

Ingredients

- 90 ml apple juice
- 20 ml honey
- 20 ml lime juice
- 5 ml apple cider
- 5 clove
- 3 cardamom
- 1 small stick cinnamon

Preparation

- Muddle all the spices in a pan. Add apple cider, apple juice, honey and hot water to the mix.
- Stir them together. Then strain into a cognac glass and garnish with a



slice of apple if you wish.

Healing Kashaya

Ingredients

- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds
- 1/2 tsp fennel seeds
- 1/2 tsp peppercorn seeds
- 1 cup water
- A small piece of jaggery

Preparation

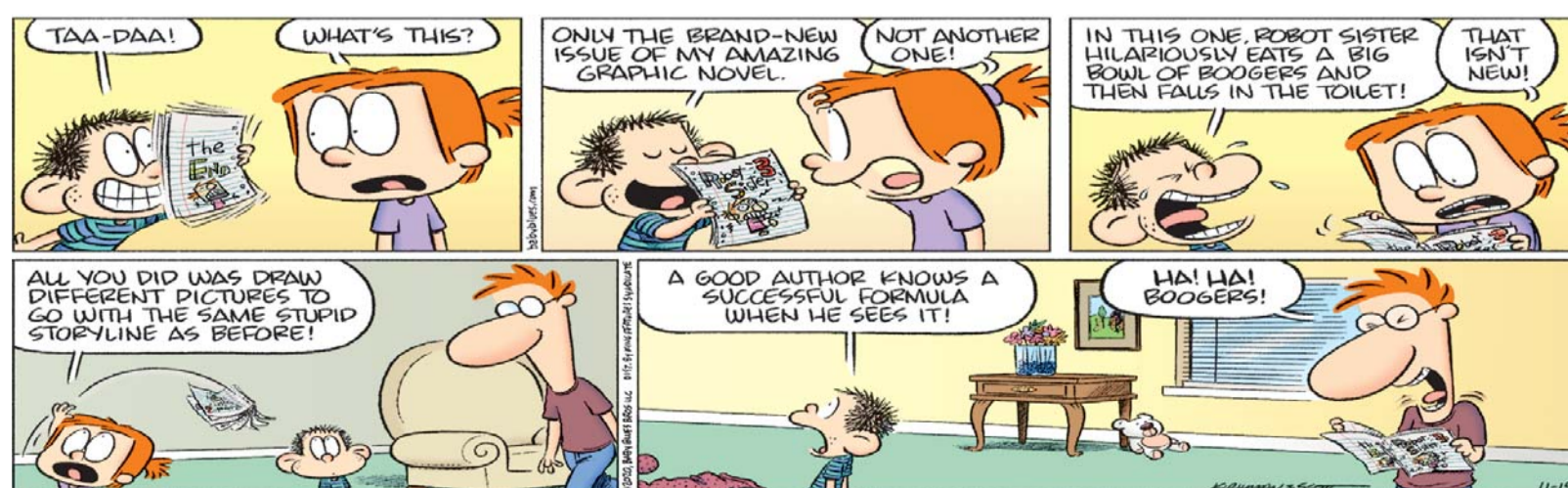
- Dry roast all the spices. Let them cool and then grind into a smooth powder.
- In a pan boil a cup of water and adjust the quantity of the spice powder as per your



taste. Kashaya tea is ready, filter it and add jaggery if you want to sweeten it.

By Rick Kirkman & Jerry Scott

BABY BLUES



ZITS



By Jerry Scott & Jim Borgman

THE WALL

