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## HUMA QURESHI, ZACK SNYDER TO BUILD TEMPORARY HOSPITAL FACILITY IN DELHI TO HELP 'FIGHT THE PANDEMIC'



**THE DUO WILL CONTRIBUTE TO BUILD A 'TEMPORARY HOSPITAL FACILITY' AND PROVIDE OTHER MEDICAL FACILITIES TO THOSE AFFECTED BY THE DISEASE IN DELHI.**

AS THE NATIONAL CAPITAL STRUGGLES TO DEAL WITH THE DEADLY SECOND WAVE OF CORONAVIRUS, ACTOR HUMA QURESHI AND ACCLAIMED HOLLYWOOD DIRECTOR ZACK SNYDER HAVE TEAMED UP WITH AN NGO CALLED 'SAVE THE CHILDREN INDIA' TO PROVIDE COVID-19 RELIEF IN DELHI. THE DUO WILL CONTRIBUTE TO BUILD A 'TEMPORARY HOSPITAL FACILITY' AND PROVIDE OTHER MEDICAL FACILITIES TO THOSE AFFECTED BY THE DISEASE IN THE NATIONAL CAPITAL. HUMA MADE THE ANNOUNCEMENT ON HER INSTAGRAM HANDLE. "I'VE JOINED HANDS WITH @SAVETHECHILDREN\_INDIA TO HELP DELHI FIGHT THE PANDEMIC.

## 'WE HAVE UNITED IN GRIEF,' BHUMI PEDNEKAR HAILS CITIZENS WHO HAVE JOINED HANDS TO 'PROTECT LIFE' AMID COVID CRISIS



Bollywood star Bhumi Pednekar has been working tirelessly towards aiding COVID-19 patients across the country. She kickstarted a social media initiative called COVID Warrior that used the power of social media to save people's lives. Bhumi feels proud about how Indians have united to save fellow citizens.

Bhumi says, "The pandemic has united us in ways and forms that we had never been before. We have united in grief, we have united to pray for someone we don't know, we have united to save a life, we have united for humanity. I want to thank each and every Indian who has come forward to save a fellow citizen, reach out to another person in need. As a citizen, I'm proud of how we Indians have joined hands in a bid to protect a life." Bhumi has been tireless working to protect people and has resorted to social media to reach out to as many people in need. Her initiative has managed to save many lives. She says, "COVID Warrior has used the power of social media for the greater good. It has used the power of digital to unify people fighting a common enemy. I have been overwhelmed with the love and care that people have showered on one another in this moment of crisis. I'm aware that we have a long way to go before this virus is curbed but I'm spending every second of my time fighting it and save someone."

## WHO TO RESTART COVID DRUG TRIAL WITH FOCUS ON IMMUNE RESPONSES

**WASHINGTON:** The World Health Organization (WHO) is set to restart an international clinical trial of three existing drugs that can save the lives of people hospitalised with Covid-19. This time the trial is aimed at dampening inflammation, an approach that has already shown promise, Nature reported. The clinical trial, named Solidarity, was first announced on March 18 by WHO director-general Tedros Adhanom Ghebreyesus. The latest trial will test three drugs that dampen inflammation -- Infliximab, Imatinib and Artesunate. All three drugs were carefully chosen on the basis of the promise they showed in smaller clinical trials and widespread availability, John-Arne Rottingen, scientific director of the Norwegian Institute of Public Health, was quoted as saying. "You need at least promising signals that some of them will work. And we need to study drugs that we can deliver in a broad group of countries," added Rottingen, who is also the chair of the Solidarity trial's international steering committee. The drug Infliximab is used to treat autoimmune conditions, including Crohn's disease and rheumatoid arthritis. It blocks a protein called tumour necrosis factor alpha (TNF- $\alpha$ ), which is released by immune cells called macrophages and promotes inflammation.

## GTA home sales up 362 per cent since last April: TRREB

**TORONTO:** Home sales in the Greater Toronto Area (GTA) set a new record for April and amounted to more than quadruple that from April 2020 – the first full month of the pandemic. Bucking the regular seasonal trend, April 2021 sales actually declined month-over-month. A similar trend was noted for the number of new listings reported. GTA REALTORS® reported 13,663 sales through TRREB's MLS® System in April 2021 – a 12.7 per cent decrease compared to March 2021, but more than quadruple the number of sales reported in April 2020, when the economic impact of COVID-19 was arguably the worst. Compared to the ten-year sales average of 10,000 for the April 2010 to April 2019 period, the April 2021 sales result was up by 36.6 per cent. New listings followed a similar track – down by 8.4 per cent compared to March 2021, but more than triple the number of new listings reported in April 2020. Compared to the ten-year new listings average for April 2010 to April 2019 period, the April 2021 new listings count was up by 18.3 per cent. "While sales remained very strong last month, many REALTORS® noted a marked slowing in both the number of transactions and the number of new listings. It makes sense that we had a pullback in market activity compared to March. We've experienced a torrid pace of home sales since the summer of 2020 while seeing little in the way of population growth. We may be starting to exhaust the pool of potential buyers within the existing GTA population. Over the long term, sustained growth in sales requires

sustained growth in population," said TRREB President Lisa Patel. The MLS® Home Price Index Composite Benchmark was up by 17.8 per cent year-over-year. The Composite benchmark also increased on a monthly basis, but the pace of monthly growth decelerated. The average selling price of \$1,090,992 was up by 33 per cent compared to April 2020 but was basically flat relative to March 2021. This was in contrast to most years in the past when the average selling price increased between March and April. "Despite a modest slowing in market activity in April compared to March, selling prices for all major home types remained very high. Low borrowing costs during COVID-19 clearly had an impact on the demand for and price of ownership housing. While the pace of price growth could moderate in the coming months, home prices will likely continue on the upward trend. Renewed population growth over the next year coupled with a persistent lack of new inventory will underpin home price appreciation," said TRREB Chief Market Analyst Jason Mercer. "All levels of government – most recently the federal Minister of Finance – have acknowledged that long-term housing affordability in Canada, including the GTA, will be predicated on the ability to bring more supply on line. With the federal, provincial, and municipal governments on the same page, we need to see a coordinated and collaborative effort to streamline the development approvals process to pave the way for more ownership and rental housing," said TRREB CEO John DiMichele.



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# AKSHAYA TRITIYA 2021: WHAT TO BUY ON THE AUSPICIOUS OCCASION AND IMPACT ON GOLD PRICES, ALL YOU NEED TO KNOW



Akshaya Tritiya is considered to be an extremely auspicious festival for Hindus. Also known as Akha Teej, the day is said to bring good luck and success. According to religious scriptures, it is believed that buying gold on Akshaya Tritiya can bring happiness, prosperity and more wealth in the future. Hence, most people purchase gold, silver and metal on this day. It is believed that by donating on this auspicious day one will get the blessings of the forefathers and all problems in life will go away. People also prefer to start new work or business on this day. This year the auspicious festival of Akshaya Tritiya falls on Friday, May 14.

### Auspicious time to buy gold

This year, the time to buy gold on Akshaya Tritiya will start from 5:38 am on May 14, 2021 and will end on 5:30 am on May 15, 2021. That means, the total duration to buy gold is 23 hours and 52 minutes.

### Impact on gold prices

Prof Arvind Sahay, Chairperson, India Gold Policy Centre at IIM Ahmedabad while speaking to Zee Media said that in the current scenario the demand for Akshaya Titya is expected to be strong and it

is possible that people might be looking for door-step delivery services on the auspicious day by booking in advance. "We are expecting good growth in volumes of gold held in electronic format and even the MCX gram contract," Prof Sahay said. "This year prices have seen a gradual decline in three months unlike in the past when prices have mostly gone up in the first quarter. It is possible that customers are seeing the recent decline in prices as good opportunity to accumulate. Gold demand in the past has shown a stronger positive correlation to more than expected increase in returns in equities. We believe the recent demand is also a function of this increased spend, considering that there aren't many avenues to spend in times of restricted travel," he added. Expert Anuj Gupta, Vice President (VP), Commodity and Currency Research at IIFL Securities advises investors to buy gold and silver as their prices are likely to shoot up in the coming days. As per a CNBC TV 18 report, investing in gold exchange traded fund (ETF) is also a good option. Gold ETFs invest in gold bullion which is as good as investing in physical metal, but is held in electronic form. People can also explore gold mutual funds.

## SECRET TO ACTRESS PURBASHA DAS' BEAUTY AND TONED BODY REVEALED!



Everybody thinks of getting a perfect body and healthy lifestyle, but every good thing comes with a price tag. One needs to be disciplined and completely determined towards a fitness routine and leave out their lazy and inactive lifestyle. Many people are successful in getting a perfectly toned body and set an example for many. These people are often praised for their dedication to their fitness and health routine. Purbasha Das, the beautiful model, and actor who hails from a Bengali family share her craze for fitness and a healthy lifestyle. This incredible model is a complete fitness freak and believes that everyone needs to lead a healthy lifestyle. She believes the need to be extremely cautious about one's health and body as negligence can cost you a lot. A proper workout every day is a need for an hour. Besides doing workouts and gym daily, the young model thinks a proper diet is also very necessary to gain the desired results. A Clean diet always does the magic when it comes to getting that perfect body. Purbasha always prefers eating fruits and vegetables for gaining vitamins and minerals. Due to her perfect body, Purbasha always gains the attention of her followers on social media and has become a source of inspiration for many. Purbasha Das has been a successful model who has worked with numerous famous brands in India and abroad. Ever since her childhood, Purbasha has been keen on entering Bollywood that led her to pursue a career in the modeling and entertainment world. This incredible model has even done the reality show MTV Dating in the Dark hosted by none other than Norah Fatehi. The phenomenal model turned actor has several new projects aligned for the year 2021.

### DOCTORS WARN AGAINST COW DUNG AS COVID-19 CURE, POINT TO 'HEALTH RISKS'

Doctors in India are warning against the practice of using cow dung in the belief it will ward off COVID-19, saying there is no scientific evidence for its effectiveness and that it risks spreading other diseases. The coronavirus pandemic has wrought devastation on India, with 22.66 million cases and 246,116 deaths reported so far. Experts say actual numbers could be five to 10 times higher, and citizens across the country are struggling to find hospital beds, oxygen, or medicines, leaving many to die for lack of treatment. In the state of Gujarat in western India, some believers have been going to cow shelters once a week to cover their bodies in cow dung and urine in the hope it will boost their immunity against, or help them recover from, the coronavirus. In Hinduism, the cow is a sacred symbol of life and the earth, and for centuries Hindus have used cow dung to clean their homes and for prayer rituals, believing it has therapeutic and antiseptic properties. "We see ... even doctors come here. Their belief is that this therapy improves their immunity and they can go and tend to patients with no fear," said Gautam Manilal Borisa, an associate manager at a pharmaceuticals company, who said the practice helped him recover from COVID-19 last year.



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# EID-UL-FITR 2021: WHEN IS EID-UL-FITR IN INDIA? KNOW HISTORY AND SIGNIFICANCE



Eid-ul-Fitr marks the end of the month-long Ramadan and Muslims start this day with a special prayer on the morning of the first day of Shawwal, or the tenth month of the lunar Islamic calendar. The exact date of Eid-ul-Fitr depends on the moon sighting. So, it can't be precisely known.

**EID UL FITR 2021 DATE IN INDIA**

Usually, Ramadan begins the day after the sighting of the crescent moon which appears one night after the new moon. Very similarly, the sighting of the new crescent moon will mark the end of Ramadan and the onset of the month of Shawwal, the tenth of the Islamic Hijri calendar. According to the [islamicfinder.org](#), Eid-ul-Fitr 2021 is likely to be celebrated on May 13 but the exact date will be decided after the sighting of the moon of Shawwal, 1442, the tenth month of the Islamic Calendar. The Jeddah Astronomical Association has said that the most likely sighting date for the Shawwal moon will be on May 12 (Wednes-

day). Eid-ul-Fitr literally means 'festival of breaking the fast' therefore declaring an end to the fasting month of Ramadan.

At the break of dawn, on the first of Shawwal (next month after Ramadan in the Islamic calendar), practicing Muslims wake up before sunrise, offer Salat al Fajr (the pre-sunrise prayer), and in keeping with the traditions of the Prophet Mohammed clean their teeth with a toothbrush, take a shower before prayers, put on new clothes (or the best available), and apply perfume.

Muslims recite the takbir (raising of the hands to the ears while saying Allahu Akbar, which means 'God is greatest'), a declaration of faith, and give special charitable contributions known as Zakat al-Fitr. The festival encourages charity, especially to the poor on this auspicious occasion.

They wear the best clothes and exchange good wishes with neighbours, friends, and family. Women apply henna on their hands as a mark of

happiness and merriment. They clean the house, decorate it, and prepare delicious food for guests.

Food is an essential part of the festival. Muslims prepare delicacies like Sevaiyyan and Sheerkurma as a tradition.

Eid gifts, also known as Eidi is given to children and immediate relatives.

**Eid-ul-Fitr 2021: History**

The first Eid al-Fitr was celebrated in 624 CE by the Prophet Mohammed and his companions after the victory of the battle of Jang-e-Badar.

Anas ibn Malik, a companion of the Prophet Mohammed has written in a hadith that Eid al-Fitr was instituted by the Prophet after his journey from Mecca to Medinah.

A common greeting during this holiday is Eid Mubarak, which means, "Have a blessed Eid!"

## MOTHER'S DAY 2021: HISTORY, SIGNIFICANCE, DATE OF THIS SPECIAL DAY FOR MOMS

Mother's Day is celebrated on the second Sunday of May and this year it is on May 9. Mothers are God's unique gift to children and the world celebrates the supreme sacrifices made by mothers for their children. It also celebrates the unconditional love that a woman has for her children. They say, "A mother is your first friend, your best friend, your forever friend."

**MOTHER'S DAY 2021: HISTORY**

Mother's Day was first celebrated in the US, in 1908 when a woman named Anna Jarvis wished to commemorate Mother's Day as a recognised holiday to honour her mother, Ann Reese Jarvis who was a peace activist and had passed away three years prior. Anna had a memorial for her mother in St. Andrews Methodist Church in West Virginia - which is now the International Mother's Day Shrine. Anna Jarvis

wanted to honour her mother as she believed that a mother is "the person who has done more for you than anyone in the world".

**MOTHER'S DAY DATES:**

Mother's Day is also celebrated on different days in different countries. While in India Mother's Day is celebrated on the second Sunday of May, in the UK it is celebrated on the fourth Sunday of March to honour the Mother Church on Christian Mothering Sunday. Greece celebrates Mother's Day on February 2.

Even though mothers should be in our thoughts and prayers each day, but it is always nice to have one special day to make your mother feel loved, cherished and to show her how much you shower your unconditional love upon her.

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## Vandana Anchalia’s transition from a corporate worker to a philanthropist & now a glamorous personality is praiseworthy



Life is truly a journey and not a destination. In this roller-coaster path, many find their purpose by trying their hand in something new, and only those succeed who have the caliber to adapt to the newness of the latest advancements. Vandana Anchalia is a prime example who has gone miles away in her career as a successful woman. Having started her career in 2006 in a small courier company, her first job was as a sales executive. Widely known for her philanthropic work and her work related to animal welfare, she has always raised her voice against the practice

of animal abuse. According to her, all stray animals including dogs deserve the utmost care and attention irrespective of any health conditions. Little did Vandana know that she would become a successful woman, philanthropist, Animal Rights Activist, and Global Goodwill Ambassador. She considers her journey full of risks and that has what made her the successful person that she is today. Running a successful organization called KAW for animal welfare, Vandana says that she takes care of the animals as if they are her kids. “The idea is to work and collaborate with like-minded people to make this world a beautiful place to live for everyone”, says Vandana. Not only a philanthropist and a social activist, but she has also been making waves in the glamour industry. Being Mrs. India World Finalist 2020-2021, Vandana has also won the People’s Choice Award 2020-2021. When asked how she manages to multitask and do so many things at one go, she said, “When you have passion for work, you gradually tend to find a way. Things automatically work out, and you don’t see any limits while you work.” Furthermore, she stated that KAW is her passion and managing household work a necessity. “Home is where my heart is. Glamour and entertainment are a break and a new change from my mainstream work. It feels special to look glamorous as well as bring impact on society with your influential work”, quoted Vandana. While modeling has been one of the new works added by Vandana in her resume, she considers it to be the work out of her comfort zone. It was the self-care and beauty that captivated her attention to get into this field. For the same, Vandana Anchalia has left no stone unturned and has transformed her journey from leading an unhealthy lifestyle to becoming a fit glamorous chic. While concluding she revealed that everything is possible, and all it requires is the courage and dedication to trying something out of the box. Always open to change and welcoming new things in life, the model and philanthropist is embracing the newness and is rightly setting an example for women of all age groups.

## COVID-19: AYURVEDIC KADHAS YOU MUST HAVE EVERY MORNING TO BOOST YOUR IMMUNITY



At a time when the Coronavirus cases across the globe have breached the 150 million mark, India continues to be the second most affected country in the world by the pandemic recording over 18.3 million cases and about 204,832 fatalities. In the last almost a month, the country has seen a sudden rise in the number of Covid-19 cases due to the second wave that has shaken the country and its existent health system. In the meantime, the task which is almost on every Indian's to-do list is to take utmost care of one's health. The age-old Ayurvedic recipes and kitchen ingredients in Indian households have a cure for a lot of ailments like cold, flu and fever, etc. To make sure that your immunity is in its prime and working at its full capacity to fight against pathogen attacking your body, we have a curated list of Ayurvedic concoctions (Kadhas) to help you boost your immunity. For the unversed, Kadha is a mixture of herbs that are boiled down in the water to extract a concoction comprising valuable biochemical compounds. Here is the list- Immunity Booster Drink 1 Ingredients: 1 cup of water 4 leaves Tulsi ¼ tsp raw grated ginger ¼ tsp turmeric root 1 tsp apple cider vinegar (ACV) 1 tsp honey -Boil a cup of water with ginger, pepper, raw turmeric, and tulsi. -Strain, bring to drinking temperature and add honey and ACV to it before consuming. Ginger and Tulsi possess anti-bacterial, anti-viral properties. Ginger is known to increase white blood cells (WBC) count in the body to fight pathogens. They also act as decongestants, which can help ease runny nose, nasal itch, and sneezing. Turmeric helps in fighting any

inflammation in the body. ACV helps in the growth of gut-friendly bacteria and helps maintain a happy digestive system. Immunity Booster Drink 2 Ingredients: 1/2 tsp ajwain or carom seeds 5 Basil or Tulsi leaves 1/2 tsp of black pepper powder 1 tsp honey -Boil a cup of water in a pan and add carom seeds, black pepper, and basil leaves in it. Let the mixture simmer down for 5 minutes. -Strain the mixture and let it cool to room temperature. Add honey to enhance the taste and enjoy the drink. Ajwain or carom seeds have antibacterial and anti-fungal properties. It relieves cough and improves airflow. Regular consumption of the seeds helps the body produce effective digestive juices, which makes digestion better. The addition of tulsi, pepper, and honey increases the efficacy of the drink. Immunity Booster Drink 3 Ingredients: 6-7 Basil or Tulsi leaves 5 Cloves 1 tsp grated ginger 1 cup Giloy juice 2 tbsp Lemon juice Black salt -Take a pan and boil a cup of water, tulsi leaves, cloves, and ginger in it. -Let the concoction boil for 5 minutes. Strain the mixture in a glass bottle and store it. -Add 1 cup of Giloy juice to 1 teaspoon of this concoction and add a pinch of black salt and a dash of lemon juice to it. Mix it well and drink it every day in the morning on an empty stomach. In Sanskrit, the herb Giloy is known as ‘Amrita’ (the root of immortality). Giloy helps remove toxins, purifies blood, fights bacteria that cause diseases, and combats liver diseases and urinary tract infections. It can reduce the signs and symptoms of several life-threatening conditions like Dengue, Swine Flu, and Malaria as well. Clove is another spice that helps in boosting the body with Vitamin C, and eugenol is both antioxidants that can help slow the development of chronic disease. Manganese is important to bone health.

### Why You Should Always Be Busy



There is a cultural belief that being “busy” equates to being “productive.” In this context, whenever someone tells us they’re too busy to talk, hang out, or participate in an event, it’s because they have work to produce. Busy, in this way, is another way of saying “working.” When the rude awakening of a global pandemic hit in 2020, this deep drive to be constantly busy spiraled as we all began to learn what “busy” looked like in this new, quarantining world. Many people decided to shift their working mode into overdrive — wanting to produce, create, or prove that they could excel even more from home. But if you’re like me, you took the time to rest, catch up on sleep, and focus on your mental health. I didn’t write a book, travel in a converted sprinter van, or finish a degree. I worked my 9–5 and focused on myself. Even still, when the year wrapped up to a close and we all set our sights on 2021, I felt a deep sense of guilt. Guilt that I wasn’t nearly as “busy” as my peers. Guilty that I did not have more to show for myself, through new work or side hustles, and guilt that I had wasted a year of my life by not being classically productive. But the concept of “busy” meaning “working” is a lie.

### Breastfeeding Mothers Pass on Covid Antibodies To Their Babies After Vaccination, Says Recent Study



It is incredible how coronavirus vaccine can help mothers pass on COVID antibodies to their kids. According to a recent study, breastfeeding mothers who receive a Covid-19 vaccine may pass protective antibodies to their babies through breast milk for at least 80 days following vaccination. The study involved five mothers who provided frozen breast milk samples after receiving the two-dose Pfizer-BioNTech coronavirus vaccine. **What The Study Revealed** The findings showed that breast milk contained elevated levels of the IgA and IgG antibodies — antibodies deployed by the immune system to fight infections in babies — immediately following the first dose of vaccination. Both antibodies reached immune-significant levels within 14 to 20 days of first vaccination in all participants, according to the study, published in the American Journal of Obstetrics and Gynecology. “Our study showed a huge boost in antibodies against the Covid-19 virus in breast milk starting two weeks after the first shot, and this response was sustained for the course of our study, which was almost three months long,” said lead author Jeannie Kelly, Assistant Professor of obstetrics and gynecology at Washington University School of Medicine in St Louis, the US. “The antibodies levels were still high at the end of our study, so the protection likely extends even longer,” Kelly added. The study involved five mothers who provided frozen breast milk samples after receiving the two-dose Pfizer-BioNTech coronavirus vaccine. They were tracked for antibodies before the first vaccinations and on a weekly basis for 80 days after it. “Our study is limited by a small number of participants, but the findings provide encouraging news about the potential immune benefit to breast-feeding infants after vaccination,” said Misty Good, Assistant Professor of pediatrics, at the Washington University. The findings provides some of the first peer-reviewed evidence that breastfeeding confers a long-lasting immune response in the nursing infants and toddlers of vaccinated mothers, the researchers said.

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# CHILDREN EXERCISING IS A NECESSITY FOR DEVELOPMENT, BUT THERE ARE LIMITS



Play, or what scientists like to call informal physical activity, serves an extremely important role in the physical, social and cognitive or intellectual development of children. Play is so important to the optimal development of a child that it has been recognised by the United Nations High Commissioner for Human Rights as a right. It is through play that children at a very early age engage and interact with the world around them. That is why children should be encouraged to take part in active play or unstructured physical activity as often as possible.

### CHILDREN ARE PLAYING LESS

The association between exercise/physical activity and health is well documented. Globally, research shows a trend in which children are increasingly becoming less active. This has led to a rise in lifestyle diseases, known as hypokinetic diseases, in children. Some of these traits, such as atherosclerosis, hypertension and obesity are shown to track into adulthood. Statistics from the World Health Organisation show that Africa has the fastest growing rates of overweight and obese people. There are various factors that have contributed to the trend of lower levels of physical activity.

One of the biggest contributing factors is that children often prefer to use their free time engaging in sedentary activities such as computer, handheld and console games, or watching television. Frequently, they would choose these type of activities ahead of playing sport outside.

### WHAT'S OPTIMAL

The National Association for Sport and Physical Education recommends that pre-school children should get at least two hours of physical activity per day. This should be divided between structured physical activity and unstructured free-play settings. To get maximum benefit out of exercise, certain principles should be followed. For example, the overload principle suggests that to achieve progress and get fitter an individual has to do more than they are accustomed to. But there is no single activity recommended for children. Rather, they should take part in a variety of outdoor and sporting activities without specialising in one code of sport too early.

For most sports, intense training to the exclusion of others should be delayed until adolescence. Intense training and exercising in children can lead to injuries, psychological stress, burn out and quitting sports at a young age. All of which is counter-productive in creating a life-long commitment to being physically active and following a healthy lifestyle.

### AND WHAT ABOUT WEIGHTS?

For years, resistance training in children was frowned on due to safety and efficacy concerns. Resistance or weight training is a type of exercise that works to primarily increase muscle strength and endurance by doing repetitive exercise with weights, weight machines or some other form of resistance.

There were concerns that resistance training may negatively affect a child's growth by damaging their bone growth plates. These concerns are unwarranted as they are not supported by scientific research. But it is essential that children's resistance training programmes are individualised due to the fact that children mature at slightly different rates.

Current research literature supports and encourages the use of supervised and appropriate resistance training in children. The benefits are numerous and are not limited to increasing muscle strength and endurance. These include:

Strengthening bones by positively influencing bone mineral density; Better body composition by increasing muscle component and decreasing fat; and A significant decrease in the risk of injuries in sports and recreational activities.

### KIDS COPY THEIR PARENTS

Most children are naturally physically active, and need opportunities to be active and to learn skills. It has been shown that they are more likely to engage in moderately vigorous physical activity in unstructured play where they are free to interact with their peers. They are also influenced by their parents. Parent behaviours, attitudes, parenting styles and practices have a profound influence on children's health behaviour. Part of the solution is for parents to be models of the behaviour they wish their children to follow.

## HOW TO STOP YOUR LUNCH BREAK DAMAGING YOUR HEALTH



Eating out is bad for us. Studies have shown that food provided outside the home contains more calories and more fat, especially saturated fat. The trouble is, many of us are eating this food every day without really realising what's in it. In recent years great efforts have been taken to help us understand the composition of packaged food. The clear marking of allergens, ingredients lists and "traffic light" indicators on the front of packs show retail customers how much fat, saturated fat, sugar and salt are contained. However, there is an important gap in this admirable trend.

Those of us who eat our lunch in a workplace canteen find it a lot more difficult to access the kind of information that leads to informed choices. And canteens can play a critical role in terms of healthy eating. They are a captive, sometimes subsidised, setting that is often used to provide the main meal of the day. In effect, many of us are eating out five times a week without really acknowledging it.

### RIGHT TO KNOW

So how many of us are using these canteens? Well, three quarters of workers in the UK stay at work over lunchtime, with 31% eating at a workplace canteen. That's more than 7m of us. While nutritional and allergen labelling is now widespread in our supermarkets, workplace canteens rarely provide such information in an easily accessible format. Influencing dietary behaviour here could be instrumental in reducing employees' risk of developing chronic diet related diseases such as type 2 diabetes or obesity. It should give companies and organisations healthier, happier and more productive employees. The personal and economic benefits are clear. Health, simply put, can contribute to an organisation's value. And we have got used to knowing: there is growing consumer interest in information on food eaten out of the home. This includes the nutritional content of dishes, the origin of ingredients and the presence of possible allergens. It could easily be argued that it is a fundamental right to know what we are eating. New EU regulation requires the clear labelling of the presence of 14 allergens for pre-packaged food and food served. The 2010 Patient Protection and Affordable Care Act, in the US goes further, requiring nutritional information to be posted in restaurants and large fast food chains. There are similar requirements in Ireland. However, more can be done in workplace canteens to ensure that diners are able to make informed choices. Where dish information is available, it is often not provided in a consumer-friendly way. Possibly as a consequence of this, studies have found that the increased presence of data is not always having a strong influence on consumer choice.

## YOUR PARENTS' LIFESTYLES CAN DETERMINE YOUR HEALTH – EVEN AS AN ADULT

We don't choose our parents, their jobs or their health. And we don't have a say in whether or not they smoke, nor in what they ate when we were children. However, our recent study found that these things strongly determine our own lifestyles and health, even into adulthood.

For our study – involving 21,000 participants aged 50 and above from 13 European countries – we compared the participants' current smoking, obesity and lack of exercise with their parents' job, longevity, smoking status and alcohol problems during the participants' childhoods.

We showed that parents' characteristics when participants were ten years old explained between 31% and 78% of their adult health, with a European average at 50%. The countries where health was largely determined by parents' characteristics were Czech Republic (78%), Germany (72%), Spain (70%), France (66%) and Austria (64%). However parental factors mattered less in Belgium (31%), the Netherlands (34%) and Switzerland (41%).

The importance of parents' characteristics for their children's health is explained by two mechanisms. First, poor living conditions in childhood lead to poverty in adulthood – which affects health. Second, health is transmitted from parents to children. Beyond the obvious common genetic inheritance across generations, parents' health also has an impact on their children's health by imparting habits and lifestyles. Our research found that if a parent smoked when their child was young, the child was much more likely to smoke as an adult, in all countries except Sweden. A person's obesity in later life was more frequent when their parents were smokers and had a problem with alcohol when the child was ten in Germany, Greece and Austria. In Denmark, obesity was only associated with parents having a problem with alcohol; in France it was associated with parents being smokers.

## BALANCING THE HEALTH BUDGET: CHRONIC DISEASE INVESTMENT PAYS BIG DIVIDENDS

Australians may be living longer but lifestyle-related chronic diseases are now the leading cause of illness, death and disability. Nearly 40% of Australians aged 45 and over have two or more chronic diseases, such as arthritis, asthma, back problems, cancer, chronic obstructive pulmonary disease (COPD), heart disease, diabetes and mental health conditions. Health expenditure in Australia accounts for about 10% of GDP and the cost of health care continues to rise faster than inflation. Treasurer Joe Hockey has left the door open for a GST on health, while states premiers have flagged increasing the GST to 15% or Medicare levy to 2% to cover the rising cost of health. But so far the debate about reining in health costs has largely overlooked the economic benefits of implementing policies to reduce chronic diseases. This can be done via education programs to lower risk factors such as smoking and weight gain, and by early detection and treatment programs.

To illustrate the impact of improved health on the broader economy, researchers at Victoria University's Centre of Policy Studies translated the results of a Finnish study of the effects on health of a large-scale diabetes educational program into Australian conditions. The Finnish program involved one-to-one counselling and group sessions covering nutrition, physical activity and weight management. Scaled up to Australian conditions, close to a million people would be involved, at a cost of about A\$0.5 billion.

If such a program produced comparable lifestyle effects to those in Finland, the gain to GDP would be A\$4.5 billion a year, which amounts to 0.3% of GDP. Compared with efficiency gains available from policies in areas such as taxes and trade, this is a huge gain.

### Why are the potential gains so large?

Economic models of potential savings capture two key connections between the economy and chronic disease. The first is obvious: treating chronic disease is expensive. It pushes our taxes higher and reduces our ability to enjoy other forms of public and private consumption, such as good roads, public transport, education and housing. The second key connection is less obvious but critically important: chronic disease reduces our ability to work. People with poor health – especially in the 49-plus age group – participate at significantly lower rates in the work force than people with good health. Data from the Household, Income and Labour Dynamics in Australia (HILDA) survey show that the fraction of potential workers in each age group that are employed declines sharply with poor health:



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# ECO-AUTHENTICITY: ADVOCATING FOR A LOW-CARBON WORLD WHILE LIVING A HIGH-CARBON LIFESTYLE

This thought, by author E.B. White, captures the tension that every advocate for action on climate change should feel. This is especially true for those of us who do research and who are most knowledgeable about the problem and the role our lifestyles play in creating it. George Marshall, in his book Don't Even Think About It, describes the inner conflict, depression and guilt that many scientists feel "as they struggle to square what they know about the impacts of high-carbon lifestyles with the pressure to conform to a society where those lifestyles are not just encouraged but also often required as a mark of social belonging."

This is a real concern for external legitimacy as well. Wired magazine in 2015 reported that the Paris COP21 Climate Talks emitted about 300,000 tons of CO2. The irony is dripping from that statistic, which is not unlike the revelation in 2006 that Al Gore's home consumed 191,000 kilowatt-hours, considerably more than 15,600 kilowatt-hours used by the typical Nashville house. In both cases, the excessive emissions were offset by Certified Emission Reductions or renewable energy. And in both cases, the sarcastic snickering was not assuaged, feeding ongoing criticism for those whose actions do not seem to match the urgency of their words. One need not look far to find the litany. "Hypocrites in the air" claims one blog post. The comments section of another article called "Climate activist: Flying to conferences lacks integrity" rips "any climate 'activist' who isn't absolutely at home on Webex and GoToMeeting is a complete phony," and "they should be living entirely 'off the grid' if they truly walked the talk."

Now certainly, those who care about climate change need not live in caves and wear hair shirts before their message is taken seriously. But there is a kernel of truth in the critique. If climate change is so serious, why are we not at least trying to change our lifestyles? We need some degree of authenticity that matches the urgency of what we know about this issue. Shouldn't we be mindful about our lives and the ways in which they contribute to the problem, lest we be seen as arrogant (Our work is so important that it outweighs the impact of our lifestyles) or apathetic (We are scientists and our contribution is science, not politics or social change)?

As we consider this next step, we need to do it without judging others, without judging ourselves and with a clear awareness that individual action alone will not create the kinds of changes in technology, culture and behavior that will be at a scale necessary to address this global problem. And yet, we should still try.

**DON'T JUDGE OTHERS**

We are all human, with our own ambitions and foibles, strengths and weaknesses, opportunities and constraints. And we all develop justifications for the decisions we make. We might tell ourselves that our individual actions don't matter and that it is up to governments to solve this. Or we may tell ourselves that we need to do this; we're not hurting anyone, everyone else does it or other people are far worse. We all have ways of developing self-serving narratives. No one is immune, especially when we don't know how to easily live carbon-



neutral lives. Some use the analogy of addiction to describe our high-carbon lifestyles. We are addicted to oil, travel, consumption, etc. But I never liked this analogy as it can create judgments that make people defensive, setting up the problem as "us versus them." Addiction (typically related to drugs or alcohol) is an illness that is an aberration from the norm. We know what is healthy behavior and we know what is not, because some people are addicts and some people are not. But on the issue of climate change, we are all faced with the same challenge. In a sense, we are all addicts with the same malady, and there are no healthy people we can look to in order to gauge normal behavior. I think a better analogy is a collective of people who are lost on a terrain they thought they knew. We know what addiction looks like when it is cured, but a group of people who are lost do not know where to go. What we need are leaders who have a vision for where to go, can model behavior that gets us there, and display empathy for those who are unsure about following. That role falls to all of us. There is no room for judgment here. In fact, I've found that some of the

most self-righteous people on the environment tend to draw the line between acceptable and unacceptable lifestyles right where they reside, usually in a scale for Western lifestyles. Might someone from India or Bangladesh agree that any Western lifestyle is a sustainable one? Who is to judge? **DON'T JUDGE OURSELVES** Just as blaming others for the problem of climate change is not productive, the same is true for self-blame. We must not fall into the trap of feeling inadequate or a fraud based on an expectation of perfection. There are serious limitations to taking individual action on climate change, and we can't allow the perfect to be the enemy of the good. Climate change represents a challenge different from other environmental issues like litter or eating a threatened species. Where these are discrete choices, virtually every lifestyle activity (and virtually every manufacturing activity) entails the creation of some degree of greenhouse gases, whether it's heating one's home or driving to visit family. The simple truth is that, as Canadian academic and environmental activist David Suzuki points out, "We don't have the infrastructure to be ecologically neutral."

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