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Mid Week LIFESTYLE

RUNNING YOUR FIRST 5K? HERE'S
WHAT YOU NEED TO KNOW | P33



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VIRAL PHOTOS! URVASHI RAUTELA'S TRADITIONAL LOOK WORTH WHOPPING RS 58 LAKH WILL LEAVE YOU IN AWE



URVASHI RAUTELA'S MULTICOLOURED SAREE WITH RED BORDERS AND BLUE BLOUSE WAS SOURCED FROM THE ATELIER OF DESIGNER ASHA GAUTAM AND IS WORTH RS 4,25,500.

REDESIGNED GMC YUKON, YUKON XL GAIN SPACE, TECH IN 2021



VAIL, COLO. — GMC's Yukon and Yukon XL full-size SUVs will gain as much as 30 per cent more cargo space and a suite of advanced technology powered by General Motors' new digital vehicle platform as part of a redesign for the 2021 model year. The Yukon models are among GM's most lucrative nameplates, and like the Chevrolet Tahoe and Suburban, they will further establish a profit base that's key to GM's investment in an electric-vehicle future. The Yukon and Yukon XL are among the six full-size SUVs that GM will redesign this year. "GMC Yukon is the full-size premium SUV that's made to be used," Duncan Aldred, vice president of global Buick and GMC, said in a statement. "The new Yukon delivers what customers value most — premium features, purposeful technology and all-terrain capability." The standard Yukon's maximum cargo space has been stretched 30 per cent to 28.2 cubic feet, with 41 per cent more legroom and 67 per cent more cargo room behind the third row. The Yukon XL gained 19 per cent of maximum cargo space. It has 4.6 per cent more cargo room behind the third row and 6.4 per cent more legroom in the third row.

TORONTO REAL ESTATE BACK TO OLD TRICKS AS PRICES SOAR 12%

TORONTO: The Toronto Real Estate Board says home sales were up 17.4 per cent in December compared with the same month last year, while the average price was up almost 12 per cent in the month from a year earlier. The December jump caps a surge in activity in the second half of last year, while a slower first half meant that overall 2019 sales were in line with annual medians for the decade.

The increased sales over 2018, even as new listings dropped 2.4 per cent year-over-year, helped push the average selling price for the year up by four per cent to \$819,319. The average selling price in December was \$837,788, up 11.9 per cent from a year earlier.

"We certainly saw a recovery in sales activity in 2019, particularly in the second half of the year," said Michael Collins, president of the Toronto Real Estate Board (TREB).

"As anticipated, many home buyers who were initially on the sidelines moved back into the market place starting in the spring. Buyer confidence was buoyed by a strong regional economy and declining contract mortgage rates over the course of the year."

The region continues to struggle with an undersupply of housing, said Jason Mercer, TREB's chief market analyst. "Taking 2019 as an example, we experienced a strong sales increase up against a decline in supply. Tighter market



conditions translated into accelerating price growth. Expect further acceleration in 2020 if there is no relief on the supply front," he said in a statement. For the year, condos saw the biggest price gains, up 6.4 per cent to an average of \$587,959 compared with 2018, while detached home prices were up 0.9 per cent to an average of \$1.02 million compared with the previous year. Condo sales activity was up only three per cent overall last year, while detached home sales were up 18.8 per cent. For December, detached homes actually recorded higher price gains, up 11.6 per cent in the month to \$1.05 million as sales were up 26.2 per cent from a year earlier. The average condo price was up 10.4 per cent to \$612,464, while sales were up 6.9 per cent.

Fitbits can help predict flu outbreaks

The Fitbit on your wrist not only counts your steps and minutes of sleep, it can also help tell if you're coming down with the flu — and warn health authorities to get ready to help. A study in the United States has found that heart rate and sleep data from wearable fitness tracker watches can predict and alert public health officials to real-time outbreaks of flu more accurately than current surveillance methods. The study used data from more than 47,000 Fitbit users in five U.S. states. The results, published in The Lancet Digital Health journal, showed that by using Fitbit data, state-wide predictions of flu outbreaks were improved and accelerated. The World Health Organisation estimates that as many as 650,000 people worldwide die of respiratory diseases linked to seasonal flu each year.



Tobacco smoke from a hookah may form blood clots, and can increase the risk of heart attack or stroke, according to a first-of-its-kind study in mice. The study, published in the journal Arteriosclerosis, Thrombosis and Vascular Biology, found that tobacco smoke from a hookah caused blood clots to form within an average of about 11 seconds, compared to five minutes for clotting without an exposure. "Hookah smoking, which is becoming more popular in Western countries, is perceived as less harmful than cigarettes, yet hookahs carry a toxic profile that is thought to be comparable or to even exceed that of traditional cigarettes," said the study co-author Fadi Khasawneh.



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JANHVI KAPOOR SETS HEARTS RACING IN RS 15,546 GREEN BIKINI



MUMBAI: Bollywood actor Janhvi Kapoor is back from the Maldives, however, she hasn't stopped yet from flaunting her oh-so-hot pictures from the tropical island. On Friday evening, Janhvi Kapoor treated her fans and friends with her steamy hot and sizzling pictures in a sexy green printed bikini and matching sarong by Australian brand With Jean. In one of the pics, Janhvi posed with her hair open and in the second pic, the Dhadak actor posed with her braided hair. Janhvi Kapoor went for a subtle look with a beautiful neckpiece from Myrha By Rhea Bothra. She completed her look with a nude shade lipstick and slightly wet hair. The floral green bikini and

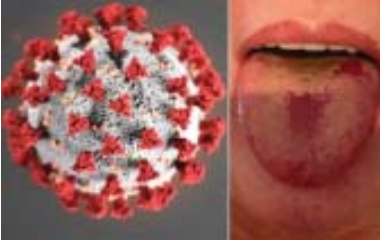
sarong worn by Janhvi is a head-turner! It is priced at Rs. 15,546. The Betsy bikini top is for Rs. 6,650 and the sarong is for Rs. 8,892. Janhvi Kapoor has gone to the Maldives with her friends. On Thursday, the diva shared a few photos of herself in a metallic swimsuit (monokini). On the work front, Janhvi is busy with the shooting of Good Luck Jerry which is set in Punjab. Janhvi plays the role of a simple middle-class young girl in the film. Janhvi Kapoor was last seen in Roohi along with Rajkumar Rao and Varun Sharma. Roohi was directed by Hardik Mehta who also made Stree.

COVID-19 Side Effects: COVID Survivors At Greater Risk of Mental Disorder, Says Study

NEW DELHI: According to a large study published in the scientific journal of The Lancet Psychiatry, one in three people who survived Covid-19 have been diagnosed with anxiety and mood disorders, within six months of infection. For the study, researchers from the University of Oxford in the UK looked at 14 neurological and mental health disorders in 2,36,379 Covid-19 patients mostly from the US. The findings showed 34 percent were diagnosed with a neurological or psychiatric condition within six months of infection. The most common condition was anxiety (17 percent) and mood disorders (14 percent). Neurological diagnoses such as stroke and dementia were rarer, but people among admitted to intensive care, 7 percent had a stroke, and almost 2 percent were diagnosed with dementia. "These are real-world data from a large number of patients. They confirm the high rates of psychiatric diagnoses after Covid-19 and show that serious disorders affecting the nervous system (such as stroke and dementia) occur too. While the latter is much rarer, they are significant, especially in those who had severe Covid-19," said lead author Paul Harrison, Professor at the University of Oxford.

Explained: Covid Tongue And How You Catch Early Signs

It's been over a year since the beginning of the coronavirus pandemic and the sudden spike in cases once again has raised concern across the world. But with this wave of coronavirus, experts have warned of a strange symptom called COVID Tongue which is becoming an increasingly common symptom for the infection. However, People are now experiencing a rare and unusual symptom called COVID Tongue. In this, your body fails to produce saliva that protects your mouth from bad bacteria. This may lead to feeling dryness or stickiness in your mouth. People with this symptom may also find it difficult to chew food and to speak. Professor Tim Spector, an expert in genetic epidemiology at King's College London took to Twitter and wrote, 'One in five people with Covid still present with less common symptoms that don't get on the official PHE list – such as skin rashes. Seeing increasing numbers of Covid tongues and strange mouth ulcers. If you have a strange symptom or even just headache and fatigue stay at home!' Meanwhile, India reported the biggest single-day spike on April 10 with 1,45,384 cases of the novel coronavirus in the 24 hours and 794 deaths. With this, the total coronavirus count in the country now stands at 1,32,05,926, with 10,46,631 active cases, 1,19,90,859 recoveries, and 1,68,436 deaths. With rising cases, several state governments are now imposing stricter restrictions including night curfews. While Maharashtra Chief Minister Uddhav Thackeray will today chair a key meet to take a strict decision, Delhi Chief Minister Arvind Kejriwal announced stricter curbs, allowing Delhi Metro and DTC buses to operate only at 50 per cent capacity and restricting the number of guests at weddings at 50.



HOW DOES ANXIETY AFFECT OUR SKIN AND HAIR?

NEW DELHI: The pandemic has resulted in stress for a lot of people – stress of being cooped inside for weeks together; the uncertainty looming large has taken a toll on people's mental well being. Stress cannot be hidden; it is seen right on your face. The first tell-a-tale signs of stress are reflected in your face as pale skin and mild eruptions on the skin. Stress causes hormonal imbalance which leads to acne, rashes, hair thinning & fall, and various other skin break-outs. It is imperative that people follow good skincare hygiene while they're locked indoors. Staying inside does not necessarily mean you can forego or overlook skin and hair care. These are prone to more damage owing to stress. Hence we encourage people to follow a strict, if not elaborate, skincare routine, which involves cleansing, toning, and moisturizing. Similarly, nourish your hair with basic steps – oil your hair regularly, brush & comb hair – staying at home isn't a license to not comb your hair, shampoo & condition your hair at least thrice a week.

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COVID19 DEATHS: SUNLIGHT CAUSES REDUCTION IN MORTALITY RATES, EXPERTS SAY



NEW DELHI: There’s still so much to learn about COVID-19 and researchers say increased exposure to the sun’s rays, specifically UVA, can be a simple public health intervention to prevent mortality rates from COVID-19. In the recent study, they found that sunnier areas are linked with fewer deaths from the coronavirus. Researchers from the University of Edinburgh compared all recorded deaths from Covid-19 in the continental US from January to April 2020 with UV levels for 2,474 US counties for the same time period. The study found that people living in areas with the highest level of exposure to UVA rays, which makes up 95 percent of the sun’s UV light, had a lower risk of dying from Covid-19 compared with those with lower levels. The analysis was repeated in England and Italy with the same results. The researchers took into account factors such as

age, ethnicity, socioeconomic status, population density etc. The observed reduction in risk of death from Covid-19 could not be explained by higher levels of vitamin D, the experts said. Only areas, with insufficient levels of UVB to produce significant vitamin D in the body, were included in the study published in the British Journal of Dermatology. **WHAT FACTORS WERE CONSIDERED?** The researchers took into account factors known to be associated with increased exposure to the virus and risk of death such as age, ethnicity, socioeconomic status, population density, air pollution, temperature, and levels of infection in local areas. One explanation for the lower number of deaths, which the researchers are following up, is that sunlight exposure causes the skin to

release nitric oxide. This may reduce the ability of SARS Coronavirus2 — the cause of Covid-19 — to replicate, as has been found in some lab studies. Previous research from the same group has shown that increased sunlight exposure is linked to improved cardiovascular health, with lower blood pressure and fewer heart attacks. As heart disease is a known risk factor in dying from Covid-19, this could also explain the latest findings. The team says that due to the observational nature of the study, it is not possible to establish cause and effect. However, it may lead to interventions that could be tested as potential treatments. The paper has been published in the British Journal of Dermatology, an official publication of the British Association of Dermatologists.

CORONAVIRUS SECOND WAVE: TIPS TO BOOST YOUR IMMUNE SYSTEM

NEW DELHI: We have been fighting the battle against COVID 19 for over a year now. It is crucial to boost our immune system, as it protects our body from harmful substances, germs, and cell changes that could make a person sick. Rinki Kumari, Chief Dietician, Fortis Hospital, Bangalore shares a few tips to strengthen your immunity naturally: Good sleep is key: Getting enough sleep is important in maintaining a good immune system. When you are sick, simply getting adequate rest and sleep will naturally help to boost your immunity. Maintain a healthy diet: It is important to maintain a good healthy diet to keep your immune system in check. One can include whole plant foods like fruits, vegetables, nuts, seeds, and legumes which are rich in nutrients and antioxidants that help fight against harmful pathogens. Healthy fats like those found in olive oils, salmon, etc have anti-inflammatory properties that help the body fight off disease-causing bacteria and viruses. It is crucial to avoid added sugars as they increase obesity, type 2 diabetes, heart risks to name a few, thus affecting the immune system. Exercise regularly: Moderate exercise can reduce inflammation and promote the healthy turnover of immune cells. Exercising regularly

helps in keeping the body and mind healthy. Drink lots of water: Drinking water is crucial in keeping your body healthy. Dehydration can cause several problems like indigestion, headache, physical performance, kidney function issues, etc to name a few. Manage your stress levels: Relieving stress and anxiety is key to immune health. Long-term stress promotes inflammation, as well as imbalances in immune cell function. Multiple methods can be adapted to lower stress levels, like yoga, meditation, dance, listening to soothing music to name a few. Regular health checkups: It is important to invest time and money in regular health checkups. Health conditions like asthma, diabetes, cholesterol, health diseases, etc can affect the immune system and thereby increasing the chance of infections.

Yoga For Breast Cancer: Is it Safe To Practice Yoga if You Have Breast Cancer?

NEW DELHI: Yoga is the ancient science for holistic well-being and should be performed under expert supervision after consulting your medical practitioner. Yoga comprises various techniques such as physical postures, breathing practices, meditation exercises, mudras, chanting, etc. Yoga can be an extremely safe and effective practice as yoga contains a therapeutic quality that can help in the process of healing. Himalayan Siddha, Grand Master Akshar shared his inputs on if it is safe to practice yoga for patients with breast cancer? Physical postures in yoga are known as asanas, and they follow a scientific alignment that is optimal for the body. By following these scientific guidelines and aligning your body, it is possible that you receive the maximum benefit to help improve your immunity and fight diseases such as cancer.

WEIGHT LOSS: HOW OFTEN SHOULD YOU EXERCISE TO LOSE WEIGHT

NEW DELHI: A lot of people exercise to stay fit and healthy; most people kick-start their fitness journey to lose weight. They start exercising to shed those extra kilos but there are few potential pitfalls that some might encounter. Many fitness enthusiasts exercise too much, and they end up overeating as a result. In few cases, they do not exercise enough because of which they don’t see positive results on the scale. Wondering how much exercise should one do to lose weight? If you aim to reduce weight and stay fit, you can do 30 minutes of exercise when you have plenty of free time or else you can do a quick 15 minutes HIIT workout. Hitting the gym is not mandatory, you can take a walk in the park or jog your way to fitness for 30 minutes a day to stay healthy and in shape. If you are already a member of a gym, then two days of strength training and two days of cardio work wonderfully. According to a report by TOI, a normal adult should engage in intense exercise for 150 minutes and moderate-intensity exercising for 300 minutes every week. When trying to shed kilos, try to increase the timing and include both cardio and strength training exercise in your routine. For those planning to hit the gym to lose weight, take note. A new study suggests that diet is far more important than physical activity including walking, fidgeting, and formal exercise. The reason is that exercising increases appetite especially with prolonged endurance exercise or with weight lifting that can ultimately sabotage the best of intentions, CNN reported. People who lose weight gradually (about 1 to 2 pounds per week) are more successful at keeping weight off, according to the US Centers for Disease Control and Prevention. About 10 percent of our calories are burned digesting the food we eat and roughly 10 percent to 30 percent are lost through physical activity, the study said. “It could not be more true. What you omit from your diet is so much more important than how much you exercise,” nutritionist Lisa Drayer was quoted as saying to CNN. All of your “calories in” come from the food you eat and the beverages you drink, but only a portion of your “calories out” are lost through exercise, according to Drayer.





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MOM-TO-BE DIA MIRZA DOING MILD WORKOUT AT HER HOUSE IS AN INSPIRATION FOR MANY



MUMBAI: Mom-to-be Dia Mirza took to social media sharing clips from her workout session. In these videos, Dia was seen performing Yoga, doing some exercises and even some mild weight lifting. There was also a professional trainer with the actor. Dia’s workout videos are such an inspiration for all the women out there. This comes just a few days after Dia was spotted in Mumbai outside a clinic. She was wearing a radiant white top. Dia, who got married to Vaibhav Rekhi in February this year, recently took to social media announcing that she is expecting her first child. “Blessed to be... One with Mother Earth... One with the Life Force that is the beginning of everything... Of all stories. Lullabies. Songs. Of new saplings. And the blossoming of hope. Blessed to cradle this purest of all dreams in my womb,” she wrote while announcing her

pregnancy. The actor had also recently clarified that she did not marry Vaibhav Rekhi because she was expecting a child. This comes after a social media user commented on her post asking why should not the actor announced her pregnancy before the marriage. To this Dia Mirza responded by saying that this marriage is not the result of pregnancy. “Interesting question. Firstly, we didn’t marry because we were having a baby together. We were already marrying as we wanted to spend our lives together. We discovered we were going to have a baby while we were planning our wedding. So this marriage is not the result of pregnancy. We didn’t announce the pregnancy until we knew its safe (medical reasons). This is the happiest news of my life. I’ve waited for many many years for this to happen. No way I would hide it for any reason other than medical,” she wrote.

CORONAVIRUS SECOND WAVE: DON’T IGNORE THESE SYMPTOMS EVEN IF YOU DON’T HAVE FEVER/COLD

NEW DELHI: We all know the most common symptoms of deadly Coronavirus are cold, cough, fever, loss of taste, and smell. Most of us are aware of when to isolate or when to get tested by now. Although the second wave of Coronavirus is spreading like wildfires, after a period of lull, the second strain has started to disrupt many lives. The COVID-19 has a wide range of symptoms and medical complications which come with the virus. It impacts an individual’s physical and psychological wellbeing. Now, health experts have warned about 8 symptoms that tell that you have had contracted the virus. Wondering how will you identify without getting the COVID-19 test or antibody test done? According to experts, symptoms, and signs will show up months after battling with the virus.

Here are some possible symptoms of coronavirus

Unusual Cough: Cough has been the main symptom of COVID-19 but a persistent cough with a sound different from the usual cough is one of the symptoms. One should not confuse it with a smoker’s cough.

Pink eye: According to a study done in China, a pink eye or conjunctivitis is a sign of COVID-19 infection. In the pink eye, people can develop redness, swelling and the eye becomes watery. The 12 participants who got infected with a new strain of Coronavirus, showed this symptom.

Breathlessness: According to a report in Lans Live, dyspnea- difficulty in breathing with uneasiness in the chest, and heart palpitations are some of the symptoms.

Stomach Trouble: Researchers are saying that many gastrointestinal complaints are also coming in. The COVID-19 infection impacts the upper respiratory system, although, a new study says that diarrhoea, vomiting, abdominal cramps, nausea, and pain are signs of coronavirus. If you are facing any digestive discomfort, you must get yourself tested.

Fatigue: After recovering from any illness or viral infection, our body tends to take time to heal and people often get tired easily but COVID recovered patients suffer from fatigue and exhaustion, but it can last for up to six months. The severity and duration of your fatigue can help determine Long COVID. The study says that around 63% of patients have reported suffering from fatigue, weakness, muscle pain for al-



most six months even after the first symptoms start to show up.

Brain Fog: Patients who have recovered from COVID or contracted the virus recently have reported neurological symptoms. In a study published in preprint form on medRxiv, 58% of long COVID patients reported signs of brain fog or mental confusion. Not just that, neurological issues including memory loss or sleep deprivation also came up.

Heart Palpitations: According to Mayo Clinic, heart palpitations or a feeling of having a fast-beating, fluttering or pounding heart is a sign too. A study published in JAMA Cardiology said that 78 percent of the recovered COVID-19 patients claimed cardiac involvement, while 60% had ongoing myocardial inflammation.

Loss of Taste and Smell: COVID-19 has various symptoms and one of the most annoying of them is the loss of smell and taste. Losing the functions of your olfactory senses can be frustrating and hard to cope up with.

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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SHRADDHA KAPOOR SOAKS UP THE MALDIVIAN SUN IN RS 1490 BRALETTE AND BEIGE SHORTS



NEW DELHI: Actor Shraddha Kapoor is a beach bum and her pictures from the Maldives are proof. The diva is currently holidaying on the island for the third time this year. The Ek Villain actor treated her fans with Sunkissed pictures of herself on her social media. As soon as the actor uploaded her pictures from her vacay, her fans and colleagues showered her post with compliments. Shraddha who is on a relaxing vacation with her family shared stunning pictures wearing gorgeous outfits. The actor uploaded a picture of herself donning a blue bralette by the clothing label Zara and beige shorts. Shraddha’s ensemble is the perfect pick for a beach or summer outing. The textured knit bralette is from Zara. The top featured a plunging

V-neckline and crochet work all over. She rounded off her look with a pair of high-waisted beige shorts from the label Stradivarius. The shorts had an elastic ruffled waistband and came with a bow belt on the waist. Shraddha accessorised her look with a beaded necklace and a silver chain. For the glam, she decided to go for minimal makeup, glowing skin, nude lip shade, and eyebrows on fleek. She left her tresses open for the pictures. Shraddha Kapoor opted for a textured knit bralette from Zara. On the work front, Shraddha was last seen in Street Dancer 3D’ and ‘Baaghi 3’. Her next film will be with Ranbir Kapoor followed by the ‘Nagin’ trilogy.

Weight Loss Tips: How Jeera Water Can Help Shed Those Extra Kilos

Cumin or jeera is one of the magical ingredients, commonly found in Indian kitchens, that aid in easy and quick weight loss. Yes, you heard us right! As much as it carries great therapeutic benefits, cumin water or jeera water helps in getting rid of excessive fat from our body. Consistent research has shown that jeera water aids in digestion, eliminates toxins from the body, which in turn helps in getting a clearer skin and most of all, helps to lose weight! Experts consider cumin seeds as a flab-cutting ingredient and they believe that jeera plays a crucial role in aiding digestion and eliminating unwanted toxins from our system. How is that related to weight loss, you may ask. Well, a good digestive system, clean of any kind of toxins is key to optimal weight management and fat loss. Hence, regular consumption of cumin could help us manage factors related to weight gain in the first place. Many reports suggest that jeera helps in accelerating the fat burning process, which in turn helps in easy and quick weight loss. Jeera is extremely low in calories. One teaspoon of cumin, which is roughly 20 to 21 grams, contains about eight calories. Hence, sipping on cumin water will offer umpteen health benefits without adding to any extra calories.

High Sugar Intake in Children Can Affect Brain Development And Impair Memory Later, Reveals Study



A recent study revealed how high sugar intake in children has direct effect on the child’s brain development. Yes, you read that right. Well, according to the study conducted on rodents, high intake of sugar-sweetened beverages during adolescence can affect brain development and cause impairments in learning and memory in adulthood. While previous research linked high-sugar diets with obesity and heart disease and even impaired memory function, less is known about its effects on mental development particularly on the hippocampus — brain region critical for learning and memory. The new findings, published in the journal Translational Psychiatry, showed that higher consumption sugar during early life increased the level of parabacteroides — a type of gut bacteria. The higher the level of parabacteroides, the worse the animals performed in the memory and learning task.

What The Study Revealed
For the study, the team gave juvenile rats their normal chow and an 11 per cent sugar solution, which is comparable to commercially available sugar-sweetened beverages. The rats were then subjected to a hippocampus-dependent memory task designed to measure episodic contextual memory, or remembering the context where they had seen a familiar object before. “We found that rats that consumed sugar in early life had an impaired capacity to discriminate that an object was novel to a specific context, a task the rats that were not given sugar were able to do,” said lead author Emily Noble, Assistant Professor at the University of Georgia in Athens, U.S.A. “Early life sugar consumption seems to selectively impair their hippocampal learning and memory,” Noble said. Additionally, the researchers experimentally increased levels of parabacteroides in the microbiome of rats that had never consumed sugar. Those animals showed impairments in both hippocampal dependent and hippocampal-independent memory tasks. “(The bacteria) induced some cognitive deficits on its own. We found that the bacteria alone was sufficient to impair memory in the same way as sugar, but it also impaired other types of memory functions as well,” Noble said. She noted that future research is needed to better identify how the gut bacteria alters development of the brain.



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Want a Bikini Body Like Disha Patani?

Try This Summer Diet to Achieve it in Just 6 Easy Steps

NEW DELHI: Actor-fitness enthusiast Disha Patani has become a national crush thanks to her incredible physique, acting, and dancing chops. Disha's commitment to fitness is wow-worthy. From eating right to an intensive workout session, the actor has done a lot of hard work to achieve her bikini body. If you don't believe us, then take a look at her Instagram profile and you'll get the hint.

Summer is the season for family vacations to islands, fuelling the desire for a great beach body. Getting a bikini or summer body should not be a short-term goal; rather it should motivate you to maintain the fitness regime throughout the year. With COVID-19 cases rising again, one should avoid all crash dieting like 7-day diet fads and focus on long-term goals that will keep you active all year. Achieving flat abs like Disha can be a difficult task for people with a strenuous lifestyle, by making certain changes to your diet and your workout routine, you can get dreamy abs like Disha.

Rohit Shelatkar, VP at Vitabiotics Ltd, Fitness & Nutrition Expert shares 6 steps to get the perfect bikini body:

Apple Cider Vinegar: Apple cider vinegar primarily contains acetic acid, which is famous for delaying gastric emptying and slowing the release of sugar into the bloodstream. Apart from keeping a check on one's sugar levels, ACV produces fat-burning proteins. To increase metabolism, a person should consume it daily on an empty stomach.

Walnuts: A healthy snack can help keep you satisfied long enough, simultaneously curbing the need for unnecessary munching. Healthy fats such as the polyunsaturated fats present in walnuts tend to activate genes that lower fat storage and enhance insulin metabolism. At about 13 grams per one-ounce serving, walnuts happen to be one of the most beneficial dietary sources.

Salmon: Not only does salmon give you a good dose of protein for appetite satiety, but it also fights inflammation with its omega-3 fatty acids. This should be a must-have if you want to achieve that summer body. Schedule your workouts: Achieving a great summer body is not possible with working out on some core areas. Exercises like planks, squats, crunches are great ways to target those belly areas. However, one should not overdo them. Doing multiple forms will cre-



ate a strength imbalance and cause your body to bend forward while shortening your midsection.

Hydration: This is something most of us forget while focusing on a fitness regime. With the temperatures rising, hydration is an extremely important factor. Water efficiently removes that fiber through the digestive system. One should consume about 3-4 liters of water daily.

Go wise on your diet: Severely restricting your diet by cutting more than 500 calories a day can defeat your weight-loss efforts because when you do that, your body panics, leading to cravings, irritability, and a slower metabolism. So, avoid the mistake of skipping meals. Instead, cut down on sugary and salty snacks and opt for nuts or fruits, which help the body with natural nourishment.

Coronavirus Oral Symptoms: Not Just Loss of Taste, THESE Signs Are Also Crucial

There is still so much to learn about novel coronavirus that has wreaked havoc across the globe. Consistent research is only bringing to light many unknown symptoms and after effects of this deadly COVID-19. Recently, a study by the National Institutes of Health (NIH) found that SARS-CoV-2, the virus that causes COVID-19, may infect oral cells too. Researchers say half of all COVID-19 patients have experienced some oral symptoms, including the loss of taste, dry mouth and lesions among others. As such coronavirus spreads through the mouth, including by coughing, breathing and talking.

Meanwhile NIH scientists said that before the recent study, they weren't clear on whether or not the novel coronavirus could directly infect and replicate in the tissues of an individual's mouth.

What Did The Study Reveal?

According to the study, which was published on March 25 in the medical journal Nature Medicine, researchers analyzed oral tissue samples from COVID-19 patients to determine if those specific samples were infected with the virus.

"In people with mild or asymptomatic COVID-19, cells shed from the mouth into saliva were found to contain SARS-CoV-2, as well as RNA for the entry proteins," according to an NIH news release.

Here's What They Did

Researchers exposed saliva from eight people with asymptomatic COVID-19 to healthy cells grown in a dish. They found that saliva from two of the volunteers infected healthy cells, suggesting that people who do not exhibit coronavirus symptoms could still transmit the disease through saliva.

Scientists then analyzed the relationship between various oral symptoms from coronavirus and how the virus replicates and exists in saliva samples. The experiment revealed that among 27 people with mild COVID-19 symptoms, people whose saliva was infected with the virus were more likely to report loss of taste and smell.

Scientists analyzed the relationship between various oral symptoms



from COVID-19 and how the virus replicates and exists in saliva samples. "Together, these findings suggest that the mouth, via infected oral cells, may play a bigger role in SARS-CoV-2 infection than previously thought," NIH researchers wrote.

NIH researchers said the two findings suggest that when the coronavirus infects the mouth it can transfer to the saliva and eventually infect the lungs when breathed in or swallowed.

"By revealing a potentially underappreciated role for the oral cavity in SARS-CoV-2 infection, our study could open up new investigative avenues leading to a better understanding of the course of infection and disease," FOX9 quoted Dr. Blake Warner of the NIH's National Institute of Dental and Craniofacial Research (NIDCR). "Such information could also inform interventions to combat the virus and alleviate oral symptoms of COVID-19."

Beware of These Skin Condition That Indicates Serious Underlying Health Issues

NEW DELHI: Your skin, the largest organ of the human body, reflects everything that is going on inside your system while also acting as a protective barrier from harmful microorganisms in our environment. Our skin tells us everything we need to know about our physical and mental health, but not everyone knows how to read these signs that could be pointing out to more serious underlying health issues. What we do need to do is watch our skin closely to pick up early indicators of an underlying internal medical issue that needs immediate attention.

Skin eruptions: In some cases, skin eruptions like acne, rashes, itching and swelling, pigmented spots, and patches could be signs of allergies, liver diseases, hormonal imbalances, drug reactions or certain auto-immune conditions. For example, a butterfly rash across the face is often the first sign of Lupus. It could also be either rosacea or contact dermatitis, nevertheless, it must be checked by a medical practitioner. Itchy, violet rash on the wrist is called Lichen planus and is made up of reddish-purple, flat-topped itchy bumps. This usually appears on the wrists or ankles, but could also erupt in the mouth or on the lower back, neck, legs, and genitals. If you find this on your body, you may need to get liver tests done as it is often linked to Hepatitis C.

Discoloration: You might suddenly find discolorations dotting the skin on your legs. Is this a leg rash or



have you just been too clumsy? If you're bruising often and very easily, it could, sometimes be a sign of Leukemia. It is a known fact that a low blood platelet count can make you more susceptible to bruises. Of course, this doesn't have to cause worry, but if the problem persists, you must visit a doctor and get your blood cell count tested.

Itchy Skin: Cirrhosis, a liver disease, is another cause of itchy skin that is not related to pregnancy. Early damage to the organ often has zero symptoms. Later, however, people have reported experiencing constant itching all over their body accompanied by a yellow cast to their skin often associated with jaundice. Luckily, after diagnosis, you can prevent further damage by eating healthy and exercising.

A Leg Plaque: It can first appear as a dull, reddish colored patch that then becomes shinier with a distinct border. Sometimes, the affected skin may crack and become itchy or painful. Doctors call it necrobiosis lipoidica diabetorum. As the name suggests, it is a distinctive but rare sign of diabetes. According to Dr. Soin, not all skin conditions are cause for concern! "A majority of skin problems do not reflect serious health conditions and can be cured with an effective skincare routine, healthy diet, and exercise. You can take care of your skin by gently cleansing daily, keeping it hydrated, using a broad-spectrum sunscreen and periodic mild exfoliation to get rid of the dead skin build-up. It is, however, advisable to always get tested if a skin issue is troubling you over a period of time. Prevention is better than cure and early detection is key to staying healthy," says Dr. Soin.



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Benefits Of Skipping Daily: Helps To Burn Those Extra Calories, Get Glowing Skin And More

Delhi: Today is World Health Day, and what better day than today to talk about health and fitness. Skipping or jump rope is one of the easiest and quickest ways to shed those extra calories. Not many of you may be aware of, but jumping rope every day really works wonders for your body. In today's time, when each one of us are so health conscious, coming up with quick and easy ways to get rid of that unwanted fat from body and also attaining mental fitness is the need of the hour. And skipping daily helps to achieve that! So, read on to know why jumping rope every day is extremely effective.

Here's Why Skipping Daily Is Extremely Important

Easy way to lose extra fat

Jumping rope every day is one of the easiest ways to lose weight. If you are looking for ways to lose weight or browsing through net to get some quick weight loss tips, then take our word for it and start skipping daily. This easy workout not only helps you in quick fat loss but also helps in getting that toned body. Being consistent with it will surely give you the desired results. But of course don't forget to pair it along with proper diet and good amount of sleep to improve metabolism rate, to get back on your best shape! Any form of vigorous physical activity will make you fit and active. Skipping, especially will help you to get a strong core. While skipping, both your brain and body parts work in equal co-ordination and stay in sync. This helps in improving both balance and coordination. Skipping is one of the best exercises especially for women. If you are someone struggling with weak bones and lethargic lifestyle, then this workout is a go-to fitness mantra for you.

Helps to get glowing skin

You will start noticing that extra glow on your skin. (Source: Pixabay)

Try working out every day and you would soon start noticing a super glowing skin. The increased blood circulation flushes out the toxins and gives your skin a boost. Just sweat it



out and start posting that glowing insta-worthy pics on social media.

Keeps you fit and happy

If you want to feel good and happy throughout the day, then start taking out atleast 15 mins from your daily routine to jump rope every day. After a good workout, the release of happy hormones (endorphins) can further keep you uplifted through the day.

Masks And Ventilation Are Better Measures To Curb The Spread of COVID-19: Study

New Delhi: The pandemic year taught us well that how important it is to mask up and take precautions. Now, research, published in the journal Physics of Fluids, says that masks and a good ventilation system are more important than social distancing for reducing the spread of COVID-19 inside a room. The researchers created a computer model of a classroom with students and a teacher. They then modelled airflow and disease transmission and calculated airborne-driven transmission risk. The classroom model was 709 square feet with 9-foot-tall ceilings, like a smaller-size classroom. The model had masked students — any one of whom could be infected — and a masked teacher at the front of the classroom.

“The research is important as it provides guidance on how we are understanding safety in indoor environments,” said Michael Kinzel, an assistant professor at the University of Central Florida in the US. “The study finds that aerosol transmission routes do not display a need for six feet social distancing when masks are mandated,” Kinzel said.

The study highlights that with masks, transmission probability does not decrease with increased physical distancing, which emphasises how mask mandates may be important to increasing capacity in schools and other places, according to the researchers.

The team examined the classroom using two scenarios — a ventilated classroom and an unventilated one — and using two models, Wells-Riley and Computational Fluid Dynamics. Wells-Riley is commonly used to assess indoor transmission probability and Computational Fluid Dynamics is often used to understand the aerodynamics of cars, aircraft and the underwater movement of submarines.

Masks were shown to be beneficial by preventing direct exposure of aerosols, as they provide a weak puff of warm air that causes aerosols to move vertically, thus preventing them from reaching adjacent students, Kinzel said.

The researchers noted that a ventilation system in combination with a good air filter reduced the infection risk by 40 to 50 percent compared to a classroom with no ventilation. This is because the ventilation system creates a steady current of airflow that circulates many of the aerosols into a filter that removes a portion of the aerosols compared to the no-ventilation scenario where the aerosols congregate above the people in the room.

These results corroborate recent guidelines from the US Centers for Disease Control and Prevention (CDC) that recommend reducing social distancing in elementary schools from six to three feet when mask use is universal, Kinzel said.

“If we compare infection probabilities when wearing masks, three feet of social distancing did not indicate an increase in infection probability with respect to six feet, which may provide evidence for schools and other businesses to safely operate through the rest of the pandemic,” Kinzel said. The results suggest exactly what the CDC is doing, that ventilation systems and mask usage are most important for preventing transmission and that social distancing would be the first thing to relax, the researcher added.

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5 SUPERFOODS TO BOOST IMMUNE SYSTEM AND HELP YOU STAY HEALTHY AMID COVID-19



NEW DELHI: Amid the rising cases of Coronavirus in the country, it's time to pull up your socks again and be cautious. Who likes to fall sick anyway? One must ensure that their immune system stays strong. Few good habits including regular physical activity, not smoking, and reducing alcohol can help you stay healthy in the long. Having a properly functioning immune system is essential for a healthy life. Mostly, our immune systems manage to fight the disease-causing microbes but external forces like superfoods can

help boost them. Mohamad Yusuf N Shaikh, Founder Kudrati Ayurved Health Center suggests five superfoods that may boost your immunity and possibly make you guard against diseases. **Ginger:** Ginger is widely known to reduce inflammation and relieve nausea, which is why it is an excellent remedy for cold and sore throat. It also improves digestion and cardiovascular health. According to some research, it can also lower the risk of cancer. It

can be consumed easily by adding it to tea and soups. **Garlic:** Garlic is one of the best-known natural immunity boosters. Besides giving an extra flavour to your food, garlic helps in maintaining blood pressure and cholesterol levels. Moreover, garlic is rife with antioxidants, which work towards strengthening your body's natural defense mechanism. **Goji berries:** Goji berries, also known as wolfberries, are a treasure trove of nutrients. They contain vitamin B and C, essential fatty acids, amino acids along with many minerals and trace elements. Goji berries promote healthy skin, maintain blood sugar levels, prevent liver damage and reduce depression and anxiety. They are also known to prevent the onset of cancer. To make your breakfast healthy, sprinkle some Goji berries over your muesli or add them to a smoothie. **Chia seeds:** Despite their small size, Chia seeds are packed with plenty of essential nutrients. They provide fibre, iron and calcium and are a rich source of antioxidants and Omega-3 fatty acids. Omega-3 fatty acids are required for the production of HDL cholesterol (the good cholesterol), which prevents heart attacks. Chia seeds can be consumed directly or by mixing in salad or yogurt. **Cinnamon:** Besides adding a delectable smell to the food, cinnamon also serves as a great immunity booster. It is known to reduce the multiplication of bacteria inside the body and therefore, serves as a great remedy to a sore throat. Cinnamon also reduces the risk of heart disease and it can improve sensitivity to the hormone insulin and therefore has an anti-diabetic effect. So, next time you go for tea or coffee, try adding a little cinnamon.

HERE'S HOW YOU CAN HELP YOUR KID COPE WITH COVID-RELATED STRESS

NEW DELHI: The pandemic and the nationwide lockdown which took place in 2020 surely generated a lot of anxiety, stress across all age groups including the little ones. The children were limited to their four walls for several months and they usually thrive under predictable conditions, but COVID-19 pandemic disruption impacted them majorly both physically and mentally. Online schooling, isolation, quarantine at home, lack of social interactions, lack of physical sports and parental angst have developed fears, depression, and boredom among children. While most parents, were involved in dealing with the uncertainty of the pandemic and putting all efforts to keep their family safe and sustainable, the emotional needs of children were somehow ignored, points out Jesal Sheth, Senior Consultant-Paediatrician, Fortis Hospital, Mulund.

The Impact of Pandemic on Children

The pandemic has changed the way children typically grow, learn, play, behave, interact, and manage emotions. Children have been observed to have conduct problems, peer problems, externalising problems, and general psychological distress. When compared with children who did not exercise, children with psychical activity had lower hyperactivity-inattention and less pro-social behaviour problems. Moreover, from a more emotional perspective, they have a lot going around in their head, and the biggest worry for them is whether or not they will see their friends in school or will they get sick. The joint effect between lifestyle changes and psychosocial stress caused by home confinement perhaps aggravated behavioural problems in children. In the long run, this can lead to an emotional breakdown among children, and the same may lead to these children resisting to return to school post-lockdown. This can happen primarily because children have lost their pre-lockdown routines and the loss of touch with their peers and mentors. In addition to this, the lockdown-related constraints can have a long-term negative effect on their overall psychological well-being. Here's how you can help children cope with Covid-related stress:

Addressing fears: Anxiety and emotional depression can be tackled by parents to some extent by addressing the fears of children, talking about problems and possible solutions from the child's perspective. **Spending time with grandparents:** Children who have grandparents can decide to spend some quality time with them. **Create a routine:** Parents can maintain some routines even if confined at home. It is always good if parents and children can plan some activities together. **Parents should also plan their children's tasks one at a time, involve them in various home activities, educate them about following hygiene habits and social distancing.** **Play Games:** Engage in indoor play and creative activities. In addition to these activities, children can be advised to be involved in household chores and understand their social responsibilities. **Virtual play dates:** To keep them in touch with friends and classmates plan a virtual party and playdates.

Bad behaviours can be redirected and discussed — Parents should pay more attention to the emotional well-being of the child. Keep emphasising Covid-19 measures like wearing a mask, social distancing, and frequent hand washing, as the pandemic is not over yet. Also, children should be encouraged to socialise with their friends and classmates through digital forums under the parent's supervision.

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TIGER SHROFF’S MINI GYM AT HOME

TRAINER REVEALS HIS FITNESS SECRET, READ ON!

There is nothing unversed about the love for fitness that Tiger Shroff carries. The actor has given out major fitness inspiration to the audience, time and again. His love for fitness has translated into him giving out great action stunts in his movies. His gym trainer, Rajendra Dhole who has been with the actor for a long time, spills some beans about the actor’s love for a chiseled body. He revealed that the actor has a mini gym at his place, due to the onset of the lockdown. He also added the fact that during the lockdown, when gyms were closed, Tiger had managed to buy a limited set of equipment at his own place to keep in constant touch, which helps him to manage his cardio routine with a strict diet. There’s no one else who can perform the stunts and dance sequences that Tiger can so effortlessly, and he makes sure to put out his A-Game in whatever he forays into. Tiger is the only actor in Bollywood to ace the space of dancing, fitness, and singing, effortlessly. With high-octane action films under his belt, Tiger is all set to knock out the audience with his stunts. All his upcoming films require the actor to heavy stunts which are high on physical activity. He is presently working on high drama action films like Heropanti 2, Baaghi 4, and Ganapath.



Neha Dhupia Slays Summer Fashion In Rs 40,000 Chic Gold-Yellow Ensemble

Neha Dhupia is one of the Bollywood divas who knows her fashion game well. The fashionista that she is, Neha recently gave her fans the summer fashion goals. Known for her impeccable sartorial choices, the mother of a one-year-old never ceases to impress her fans and social media followers. Don’t believe us? Take a look at her Instagram account and you will see her sporting every shade in a much classy and trendy way. The 40-year-old actor recently took to her Instagram account to share stunning images of her in bright yellow ensemble. The ankle-length attire featured a single strap across her neck along with a cinched in top and waist. The front large bow and overlapping gathered details at the torso, added a lot of character to the gown. Neha perfectly accessorized the look with a pair of beige heels and a stunning black clutch. To add more style element to the ensemble, she opted for a large cocktail ring along with a pair of statement-making earrings. Isn’t she acing the look? Meanwhile she opted for a less-makeup-minimalistic-look and left her slightly wavy hair down to complete the entire look. Neha shared the images on her Instagram account with the caption, “OOTD (sic).”

How Much Does It Cost?

Well, if you too want to ace your evening party in this bright-yellow gown this summer, then you are in luck for sure. You can add this



attire to your wardrobe as this gown is from the shelves of the home-grown brand Tisharth by Shivani Jain and will cost you Rs. 40,000. Meanwhile on the work front, Neha Dhupia last appeared in the hit-short film Devi.



The film also featured other prominent actors like Kajol and Shruti Haasan in the lead roles. The film recently won a Filmfare award. Besides, Neha is currently shooting for her upcoming project A Thursday.



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