

**Poonam Sachdeva Associate Editor**

Hello beautiful people.. hope you are doing great. Covid 19, Lockdown, cyclone, locusts, earthquakes and recently the very sad demise of our favourite star Sushant Singh Rajput... Because of all these things we are surrounded with a lot of negativity !! Coronavirus is affecting us in every possible manner. It has not only made our life miserable but also forced us to live inside our homes. The pandemic has caused an economic loss globally. People, confined within the four walls of their house, are facing negativity around them. Although, there are many, who are actually trying to cope up with this, but still feel a negative environment around them. Amidst all this, there are some positive things happening. Here's some of those positive changes taking place near you and will further increase a sense of satisfaction and positivity within you. However, it is imperative for all of us to not be wrapped up with each article of news, or every new facet of the fast-spreading



virus. It is crucial that we do not absorb all of the information about COVID-19 aside from what is suggested we must know to ensure our protection. It is similar to what we say, too much of something is harmful. In this case, it is harmful to our mental health. Here are some powerful ways you can try to stay positive during this time!

1. Understand Your Strength
2. Laughter Is The Best Medicine- keep laughing!
3. Extend A Hand To Those Who Need You
4. Support Your Favorite Local Business
5. Utilize The Time You've Found.. Learn a New Skill during the Lockdown
6. Take a Daily Inventory.. Close your day, every day, with a positive acknowledgment of something you accomplished, learned or are grateful for. It will help dilute some of the negativity you've absorbed and reminds you that not everything that's happening right now is bad or depressing. Stay positive.. stay safe. Sending Lots of love and good vibes on your way!!

# THIS MONSOON GIVE EXTRA CARE TO YOUR KIDS



Monsoons not only bring fun with them, but they even bring along some seasonal infections. In order to take care of your child during the rainy season, you have to make your house & kids 'monsoon proof' or at least 'monsoon ready'. Here Your beloved News paper "FASHION TANTRA" brings an exclusive story for you.

**Dr. Preeti Agarwal**

While the rains are a great relief from the scorching heat, this season demands extra care in an infant's home. Humidity, insects, mosquitoes and bacteria are common during the rainy season which can lead to various diseases, especially in babies. Proper dryness and hygiene can prevent many such diseases in our young ones.

## 1- Keep Your Baby Clean

2- Soft cotton fabrics, preferably with full sleeves, will not only keep them warm but also protect them from insect/mosquito bites.

3- A baby's private parts need to be thoroughly cleaned and dried. If using diapers, ensure frequent changes and cleaning to avoid diaper rash. Applying calamine lotion may help to ease the itching. If the rash doesn't go away and appears to get worse, you should see your doctor immediately. Use tepid water for a bath and keep skin folds dry to prevent fungal infection. Use mild soaps with glycerin.

**गर्भी और उमस में बच्चों की देखभाल: स्वाति भाटिया**

शिशु की स्थिति बहुत ही कोमल और सेन्सिटिव होती है। इसलिए गर्भी और उमस के दिनों में इनकी बहुत अच्छी तरह से देखभाल करनी पड़ती है। यद्यपि गर्भी का मौसम बच्चे हो या बढ़े हर किसी के लिए कुछ ना कुछ परेशानियां तो लाता ही है, गर्भियों में लिंगिलाती धूप, उमस और टेप्रेष्यू बढ़ने के कारण बच्चों को ऐरेज इंटिशन, फोड़-फुजिस्यां और घमारिया हो सकती है। ऐसे में शिशु की देखभाल करना बहुत ही जरूरी है। हम सभी कुछ बातों का ध्यान रखकर बच्चों का बहुत अच्छी तरह से ध्यान रख सकते हैं जैसे-

1. बच्चों को कोई भी वीज केमिकल सुक ना लगाएं, हर्बल प्रोडक्ट या बेबीसॉप्ट चीजों का ही उपयोग करें।
2. बच्चों को गर्भियों में घमारियां, ऐरेज, लाल दाने, यकाते दिखाई देते हैं। इससे शिशु असहज होते हैं। खुजली और जलन से परेशान हो जाते हैं। ऐसे में जरूरी है कि उन्हें घमारियों से भी बचाएं।
3. तपा के लिए माइल्ड सोप या बॉडीवॉश का इस्तेमाल करें।
4. बेबी को सोप्ट कॉटन तथा ढीले-ढाले कपड़े पहनायें।
5. गर्भियों में बच्चों को डायपर से ऐरेज पड़ जाते हैं तो जरूरत पढ़ने पर डायपर पहनाएं।
6. यात वातवरण ही उनके लिए अनुकूल है। शो-शाब्द से दूर रहें।
7. कूलर या एयरकंडीशन में रहे पर एयरकंडीशन का तापमान 25 डिग्री ही रखें।
8. बेबी पाउडर का इस्तेमाल करें, यद्यपि पासीने से बचाने तथा स्थिकन को डायर रखने के लिए पाउडर लगात है, लेकिन पाउडर में भी कुछ केमिकल होते हैं जो कि बच्चों की त्वचा को नुकसान पहुंचाते हैं।
9. हाइड्रेशन का रखावा रखें। बच्चों को भी पानी अधिक याहिए, लेकिन छह महीने से छोटे बच्चों को पानी नहीं पिलाया जाता, इसलिए उन्हें बार-बार ब्रेटरफॉड करायें। थोड़ा बड़ा हो जाये तो गोसरी फल, सब्जी पौष्टिक आहार को तरल पदार्थ के रूप में दें।
10. बच्चे को नहाना पसंद होता है तो ऐसे में दो बार नहाना सकते हैं, इससे उसे ठंडक पहुंचती है।
11. बच्चों के लिए जो भी प्रोडक्ट हुने बहुत ध्यान से चुनें, अन्यथा आप बच्चों के डाक्टर से भी सलाह ले सकती हैं।

**Dr. Rachna Agarwal**

During this covid19 pandemic we need to be extremely careful of our toddlers diet.

**A few simple tips are**

1. Avoid raw vegetables, salads and chutney eat only cooked foods as heating kills pathogens.
2. Decrease milk intake during the rainy season as advised by our traditional ayurvedic science.
3. Reduce sugar intake in any form as it's food for all harmful bacteria and virus.
4. Encourage children to drink home made karda. Use our magical herbs and spices like tulsi, ginger, haldi, giloi, lemon grass, cardamom and cinnamon.

## How we can handle stress with Yoga and Meditation

The present lockdown has changed the lifestyle and the outlook for life for almost every person. It has also brought many big stalwarts to their knees. Many big companies are witnessing shut down of their premises and many big guns who used to boast of their salaries are finding themselves unemployed. So, the big question is how to make oneself strong? No amount of food supplement is going to make one's psychological stamina strong.

And the answer is only one, deep faith in God and the belief in Lord Krishna's Karma Yoga. We have to differentiate the yoga with which we are commonly aware of and which is called as Hath Yoga - the various asanas which we do Hath yoga is the path by which we can make ourselves strong so that we can adopt the principles of complete Yoga, which then can show us the path to adapt ourselves to the various tragedies of the life. Being as India's first fashion and lifestyle newspaper "FASHION TANTRA" always bring a fresh news for its reader, here we are presenting How yoga can make you strong from your inside in this pandemic.

**Alka Dua (Yoga Instructor)**

With the current pandemic situation, things have turned around us in several ways. To live a healthy lifestyle in such a rapidly transforming environment, "YOGA" could be your best friend. lines from hatha yoga pradipika

चले वाते चलं चित्तं निश्चलं निश्चरं भवेत्

योगी स्थाणुत्मानोन्मिति ततो वायुं निरोधयेत्॥१॥

With the rise in our "Inner Vital energy" (breathing), our minds are put into their best potential use. When we control this energy, we will be able to gain self-control on our cynical thoughts and this will decrease our mental stress levels. Following yoga exercises will help you gaining this control: 1-bhrastika , 2- kapalbhati , 3- bhaya , 4- anulomvilom, 5-bhramiri 6-uddagi, 7-pranav, 8-ujjai, 9-agnisara paranayam.

**Priyamvada (Spiritual Coach)**

The period of lockdown helped us face our shadows, it isolated us so that we can take a pause and understand where we are headed, what brings joy to us and what shifts need to be done in personal and professional life. So now that we move out we must see life from a new perspective, where we are in control of our being and not stuck in fear zone. During lockdown (I call it a period of pause) we were guided to seek within and understand the importance of self love, care, gratitude and health. This is the biggest learning that we should all take ahead as we move out into the world.

**Shilpa Bhatia** Yoga is not merely a set of exercises but a healthy way of life. The yogic person knows how to recover from physical discomfort caused by anxiety and depression.

There is an exponential rise in depression and fear of failure these days due to tough financial and mental imbalance in the society. Yoga helps one relieve from the both and connects body, mind and soul together. Yoga trains your counter-stress response system called the parasympathetic nervous system. With regular yoga practice, your chronic daytime stress hormone levels drop and your heart rate variability increases, which is a measure of your ability to tolerate stress.

**Dr. K. C. Gurnani** we have to realize and understand that we are at risk of getting weak. This is very important. Until and unless one does not realize that one is prone to get weak, he will not make any efforts. Many people live under the illusion that they are strong and they can cope up with any kind of situation. And this is the biggest mistake. Hence, everyone should remember.



The messages of Geeta, especially about the karma and its fruit. We only have the power to do karma. The fruit lies in the hands of almighty, and that it is not we who are providing food to our family, but it's the God's desire that he has made us the vehicle to deliver that food to our destiny. One should do only karma, and leave everything else to God. And God is great and he cares for all.