

HOROSCOPE



ARIES
(MAR. 21-APRIL 20)

Your nature will allow others to read you. Avoid getting involved in other people's problems. Your lucky day this week will be Sunday.



TAURUS
(APR. 21-MAY 21)

Spend some time pampering yourself. Plan something with your friends. Use your inventiveness to find solutions. Your lucky day this week will be Monday.



GEMINI
(MAY 22-JUNE 21)

Investments may be misrepresented this week. Your emotions may get the better of you. Romance can develop in social events. Your lucky day this week will be Monday.



CANCER
(JUNE 22-JULY 22)

Your abilities will allow you to come to reasonable agreements. Take advantage of moneymaking ventures. Your lucky day this week will be Sunday.



LEO
(JULY 23-AUG 22)

Get involved in self-improvement projects. Take advantage of any opportunity that comes your way. Your lucky day this week will be Wednesday.



VIRGO
(AUG. 23-SEPT. 23)

Avoid being extravagant this week. Make changes in your domestic scene. Join physical activities for better health. Your lucky day this week will be Wednesday.



LIBRA
(SEPT. 24-OCT. 23)

Your words can be taken out of context. Don't divulge secret information. Travel could be most rewarding. Your lucky day this week will be Friday.



SCORPIO
(OCT. 24-NOV. 21)

Minor health problems may flare up. Unexpected visitors may drop by. Try and make valuable connections. Your lucky day this week will be Sunday.



SAGITTARIUS
(NOV. 22-DEC. 21)

You may find something rare this week. Try not to discuss important matters. Money problems are likely. Your lucky day this week will be Tuesday.



CAPRICORN
(DEC. 22-JAN. 20)

Over-indulgence could be your downfall. Go out with close friends. Uncertainty about your relationship is prevalent. Your lucky day this week will be Wednesday.



AQUARIUS
(JAN. 21-FEB. 19)

Your partner will have some trouble. Put in some overtime. Expressing yourself could lead you down new avenues. Your lucky day this week will be Saturday.



PISCES
(FEB. 20-MARCH. 20)

Don't shy away from potential mates. Put a little extra effort at work. Try not to let your mate sway you. Your lucky day this week will be Thursday.

A NOTE ON NUTRITION

CHOWDHURY TASNEEM HASIN

Chief Nutritionist,
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It is common knowledge that fasting has myriad health benefits. Besides increasing immunity, endurance, and the ability to face challenges, fasting contributes to our outward physical appearance by getting rid of excess fat.

It alleviates a number of diseases, including chronic stomachaches, inflammation of the colon, liver diseases, indigestion, and conditions such as obesity, arteriosclerosis, hypertension, asthma, diphtheria and others.

For obvious reasons, it is important to maintain a proper diet in the coming days of Ramadan. As most of us will be fasting all day, a well-balanced intake of food and fluid is important between dusk and dawn.

Sehri should be wholesome and moderate—filling as well as supplying sufficient energy till iftar. It is recommended that the meal should be light and include slow digesting food. At iftar, have plenty of fluids rich in vitamins (sherbet, juices or if you prefer, whole fruits).

Following Prophetic tradition, it is customary to open the fast with dates, which is unique in its nutrient content—a unique blend of glucose and fructose (for short and long term energy); high level of potassium (about 64 percent more than bananas), and a special blend of carbohydrate that ensures hydration above and beyond water alone. It also has beta-D-glucan, which is a soluble fibre that gives the stomach a 'full' feeling.

THE THUMB RULE OF DIET DURING THE ENTIRE MONTH SHOULD BE TO INCLUDE FOODS FROM ALL THE MAJOR FOOD GROUPS:

Fruit and vegetables
Bread, other cereals and potatoes

PARENTING EFFECTIVELY

BY LAILA KHONDKAR
Director-Child Protection,
Save the Children



I have a 3-year-old son. He is very active and does not listen to what I say. Sometimes I end up shouting at him. Recently I also punished him few times and then felt guilty. Is it going to affect him when he grows up? What can I do differently?

- Troubled

Dear Troubled,

You need to understand the development stage of your child. During 3-5 years, children are often distractible, as the brain is highly excitable. They are interested in everything. They want to be independent. At this stage, children are learning and practicing how to think for themselves. They also place importance on things that we might consider unimportant (e.g. colour of dresses, remaining engaged in a drawing while the family is rushing to go

Healthy food habits for Ramadan



Meat, fish and alternatives
Milk and dairy foods
Foods containing fat and sugar

FOOD TO BE AVOIDED

Fried and fatty foods like pakoras, samosas, parathas, oily curries and greasy pastries, etc.

Foods containing too much sugar
Over-eating especially during sehri
Too much tea at sehri. Tea is a diuretic, that is, it increases urine production, which results in the loss of minerals.

FOOD TO BE TAKEN

Complex carbohydrates during sehri so that the food lasts longer in the stomach making us less hungry

Haleem is an excellent source of sugar, fibre, carbohydrates, potassium and magnesium

Almonds are rich in protein and fibre with less fat

Bananas are a good source of potas-

sium, magnesium and carbohydrates.

DRINK

Drink as much water or fruit juices as possible between iftar and bedtime so that the body may adjust the fluid levels in time.

HEALTHY ALTERNATIVES

Whole grains, such as chickpeas, samosas (baked instead of fried)

Chapattis made without oil, baked or grilled meat and chicken

Milk-based sweets and puddings

Cooking methods to be avoided

Deep frying

Frying

Curries with excessive oil

HEALTHY COOKING METHODS

Shallow frying (usually there is little difference in taste)

Grilling or baking is healthier and helps retain the taste and original flavour of the food, especially with chicken and fish.

somewhere, playing when it is time for lunch/dinner, different ways of presenting and eating food, etc).

Please consider all these while interacting with your child, which will be helpful in resolving the conflict in a non-violent way. Shouting or punishing will not work. Moreover, it will hamper his development as well as your relationship with him. He is not trying to irritate you by being 'naughty', rather he is just experimenting with objects, as that is how children learn at this stage.

You can foster your child's confidence in his abilities by answering his questions or helping him to find the answers, and making sure he has time to play.

When parents hit their children in the name of "discipline", children learn to "behave" only to avoid punishment, but they do not internalise why something should be done or avoided. It is very much likely that they will repeat what their parents have been trying to prevent.

Punishment is not effective as a disciplining technique for children of any age

group. Experiencing punishment as a child increases the likelihood of perpetrating and experiencing violence as an adult, which contributes to continuing the cycle of violence in society.

Punishment causes direct physical harm to children and impacts negatively in the short and long-term on their mental and physical health, education, and cognitive development. Corporal punishment also increases antisocial behaviour, damages family relationships, and it is less likely that children learn the lessons adults want to instill in them.

A review including more than 150 studies (conducted in 2013 by Global Initiative to End all Corporal Punishment of Children) showed associations between corporal punishment and a wide range of negative outcomes, which presents a convincing case that punishment is harmful for children, adults and societies.

Note: If you have any questions regarding parenting issues you may contact Laila Khondkar through Star Lifestyle. Mail her at lifestyleds@yahoo.com