

# STATETIMES

## SUNDAY

Your Companion for a Funday

### What are the 7 chakras in our body?

Chakra balancing is the process of reaching a place of balance between the spirit, body and health. It ensures that there is a harmonious flow of energy throughout the body. From focusing on the overall well being to feeling relaxed and grounded, each of the 7 main chakras is of unique importance. They start from the very end of your spinal cord and go all the way to the pinnacle of your head.

The word chakra literally means "wheel" in Sanskrit and symbolises the flow of energy in our body. The 7 chakras present in your body are actually energy centres and are known to regulate emotions. Their origin can be traced to early Hinduism and Buddhism and both of them talk about the shifting nature of chakras.

According to the meditation practices, if the chakras ever become out of sync, they can negatively impact your physical, mental and spiritual health. Each of the chakras is associated with a particular body part and its proper functioning.

It is important to become aware of the 7 chakras present in your body as it will help in detecting any deeply-rooted issues in the body before they come to the surface.

Locating and analyzing the chakras can help in healing old emotional and physical wounds. Here is a look at the location of the 7 chakras in our body and their functions:

#### 1. The root chakra

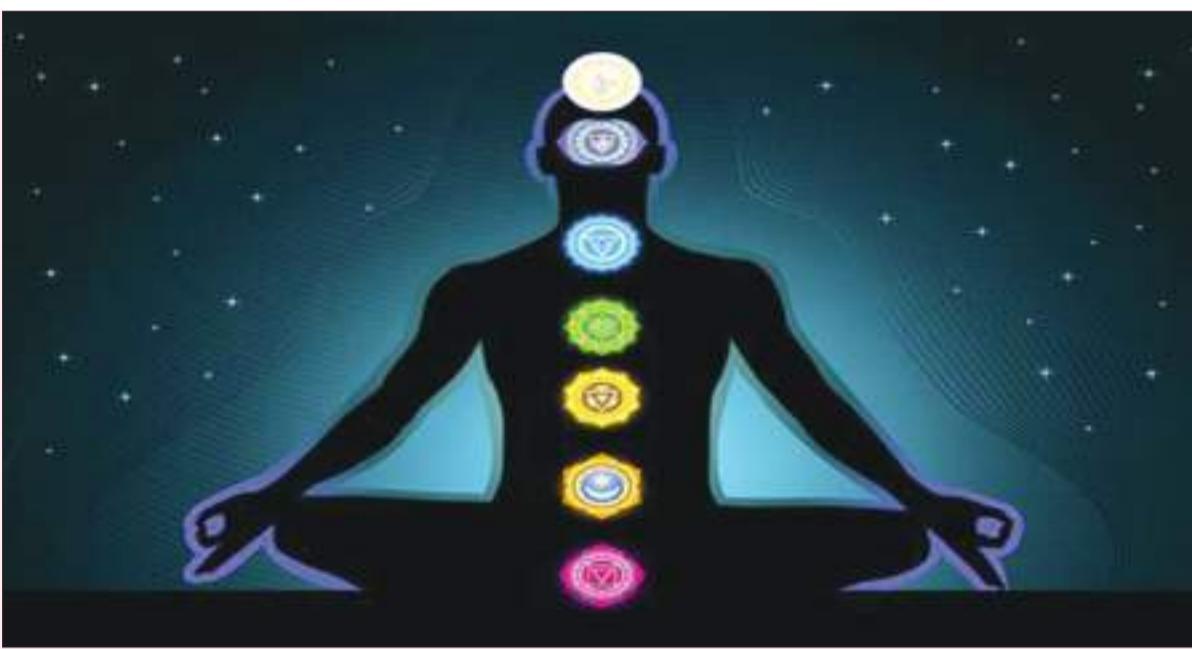
The root chakra is the first chakra of the body and is located in the base of the spine. Its role is to connect your mind, body and soul with the Earth. This chakra is feminine by nature and gives us the feeling of being close to the earth. It is known to keep us grounded and connected with the energy of the earth.

#### Colour of the chakra: Red

#### 2. The sacral chakra

The sacral is located right below the belly button-- three inches below the navel to be precise. This chakra is associated with the lymphatic system and is responsible for expressing emotions. It also helps you to get in touch with your sexual desires.

#### Colour of the chakra: Orange



#### Colour of the chakra: Yellow

#### 3. The solar plexus chakra

#### 4. The heart chakra

The third chakra is located behind the naval region below the rib cage. It is associated with self-confidence, self-discipline and wisdom. This chakra is also responsible for the 'gut feeling'. For the uninitiated, gut feeling is getting a cue about something which isn't right for you.

#### Colour of the chakra: Yellow

#### 5. The throat chakra

The fourth chakra is known as the heart chakra and is associated with love and compassion. It is located in the centre of the chest and not where the actual organ lies. This chakra is responsible for emotional healing and sound mental health.

#### Colour of the chakra: Green

#### 6. The third eye chakra

This chakra is associated with voicing your expressions and being creative. The throat chakra is located right above the heart and is responsible for expressing the truth and sharing your opinion with others.

#### Colour of the chakra: Blue

#### 7. The crown chakra

The sixth chakra is the third eye chakra, which loosely translates to "beyond wisdom". This chakra is responsible for gathering information about yourself and beyond the materialistic world. It is located in between eyebrows--the third eye.

### Brilliant ways social media use can benefit your kids

Facebook, Instagram, SnapChat, Twitter or TikTok, kids today have a lot more options to connect with people than the previous generation. We often bat an eye when we think of letting kids be on social media. While it's something which has become quite common today, parents are often sceptical about granting children phone access or letting them be on social media. Given the spurt of online trolling and abuse, social media use amongst younger kids should be precautions. However, if used correctly, social media can indeed act as a great tool in shaping your child's personality, hone skills and offer a lot of benefits.

Here are some advantages you must keep in considerations, if you have been deliberating letting your child be online:

#### It helps them form good friendships

Friendships and peer relationships are important during the growing up years. While online abuse and cyberbullying can be associated with social media usage, getting connected online can actually be a good way for your children to form friendships, beyond the physical realm. It can also be a great way to make connections, if your child suffers from social anxiety and has trouble making friends IRL. As long as they continue to use social media for good, these platforms can be a great getaway for them to connect and know about different cultures, people, and build on a broader perspective.

#### Social media gives them access to the real issues

If you are on social media, you would realize that the real issues and news often break out of the digital space and getting online can actually offer children a good level of awareness and knowledge by exposing them to issues that matter and social networks from all across the world. For kids who are growing up in a digitally progressive world, being on social media can make them true citizens of the world. Kids and teenagers today are actually using these platforms to raise positive thoughts, counter bullying and raise awareness on issues which actually matter.

#### Social media can provide them support



One of the greatest wins from being present on social media can be the acceptance and validation it can bring, and offer a sense of belonging. Believe it or not, while social media can be terrifyingly isolating at times and make one susceptible to pressures, it can also be the open space growing kids need and get to understand that what they are going through is alright. From conversations on mental health, queer identities, being a certain way, un-gendered clothing, breaking male-female stereotypes, social media has space for all. By being around people of their age, or surrounded by positive stories, kids get a chance to accept themselves, and strengthen

the communication they have with their families.

It can help them express themselves better

Back in the day, debates, speeches, events were considered the 'only' ways for a child to showcase their inner creativity and talent, even if in a limited realm. With the advancement of social media, kids today have a lot more scope to present and even hone their talent, express themselves in a way they deem fit, and even work around with a wider audience. Podcasts, fandoms, creative communities and many online courses grant kids the freedom to express themselves freely, as they like.

When should you give kids cellular access then?

Even with all the positive benefits, do remember that social media and phone use for the kids can be a tricky road to navigate, for there can be just as many negatives. With the times changing, kids today have access to phones a lot earlier than their seniors. Again, while it's a purely personal decision to make, it's important to assess your child's maturity, cognitive skills, sensitivity and problem-solving skills before giving them access.

Coach them right, explain them the rules and children should also be taught about the ill-effects of excessive screen time to make gadget use safer.

Should you monitor their online presence?

This, again, can be a difficult decision to make. The important thing to keep in mind is trust. Snooping in on your child's phone can also trouble your relationship with them. A wiser stance would be to work out a deal where you allow them the freedom to have a separate online presence, not frequently check or snoop, but also be in the know of the online friends they talk to, the content that they share online. Have a freewheeling chat with them to follow social media protocols, keep some sites off-limits, and be safe on the internet. For your own reassurance, consider using parental locks, or restricting usage where necessary.

### Diseases that are Silent Killers and what you can do to prevent each of them

Following a good diet, maintaining a healthy routine and investing in wholesome lifestyle practices is what determines your overall health. Failure to do so may result in chronic illnesses that remain forever and may lead to sudden complications.

There are many diseases that need extra attention and care. Some of them are also known as "silent killers" for the very reason that they can become severe at any given point of time, sometimes even leading to sudden death. That said, to help you stay vigilant and to be on guard, here are some health conditions that kill you silently. Also, read on to find out how you can prevent or manage it.

#### High blood pressure

High blood pressure or hypertension is one of the most dangerous health conditions that can lead to other chronic illnesses. The World Health Organization (WHO) estimates suggest that 1.28 billion adults aged 30-79 years worldwide have hypertension.

The reason why high BP is considered to be a silent killer is because it arises with no particular symptom. Only after that damage is done is when people realise the gravity of the situation. Not only does it impact the heart and the arteries, it also makes a person more prone to serious cardiovascular diseases like heart attack, heart failure, a stroke and more.

While it is hard to detect, conducting frequent and regular blood pressure checks, eating foods rich in potassium, fiber, and protein and low in salt and maintaining a healthy weight are all ways to reduce your risk of developing hypertension. People who smoke and drink should steer clear of such unhealthy practices, rather invest more time in physical activities.

#### Coronary artery disease

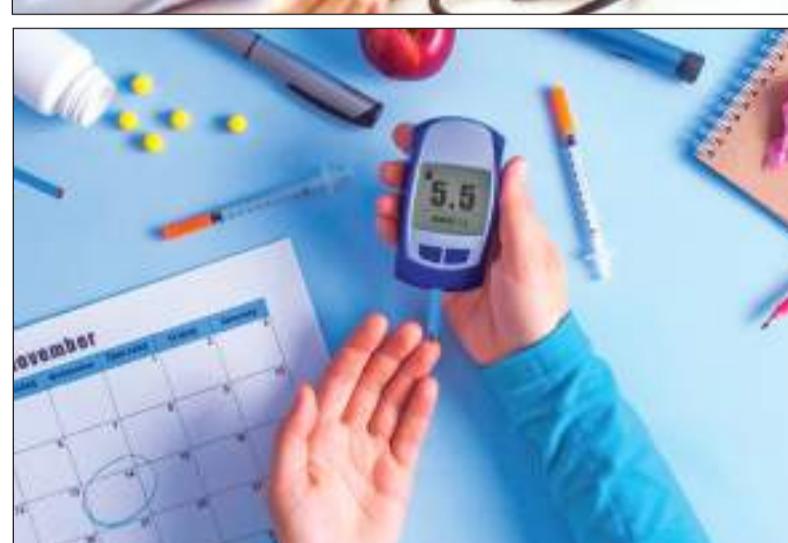
Many of the heart diseases are life-threatening. Coronary artery disease is one of them. It is a condition, wherein the coronary arteries that supply blood and oxygen to the heart narrows down, leading to chest pain (angina) or a heart attack, which are the first signs to appear.

Without proper screening and a heart-healthy lifestyle, preventing coronary artery disease is next to impossible. Even when a person suffering from the condition is given quick treatment, they may be subject to heart failure and arrhythmia.

That said, if you have a high BP and/or high cholesterol, manage it with regular check ups. Make necessary lifestyle changes such as eating healthy, getting more exercise, avoiding smoking, drinking and other unhealthy activities.

#### Diabetes

Diabetes or high blood sugar levels can be of two types, Type 1 and Type 2. In Type 1 diabetes the pancreas produces little or no insulin, whereas Type 2 diabetes



impacts the way your body processes blood sugar; also known as glucose. In the case of the latter, individuals may often have no symptoms initially. Only when the disease progresses, it leads to fatigue, weight loss, frequent urination and thirst.

Advanced diabetes may also go on to affect other organs of the body such as the heart, kidney and your eyesight.

While the exact cause of diabetes is yet to be determined, focusing on proper diet, exercising, maintaining a healthy weight and regular screenings is what can prevent complications.

#### Osteoporosis

Osteoporosis is a bone disease, wherein the affected individual is often unaware of his or her condition, given that it shows no signs or symptoms whatsoever, until of course they undergo a fracture and get the diagnosis. This is why it is also called a silent killer. Besides affecting the density of the bones, it can also impact oral health.

Eating foods that are rich in calcium and vitamin D are essential to preventing any form of bone diseases. One must invest in weight-bearing exercise including, walking, jogging, stair climbing, weight training, etc. However, regular checks are also advised.

#### Sleep apnea

Sleep apnea is a severe sleep disorder where people breathe loudly while sleeping. It can lead to loud snores, extreme tiredness during the day and more. Patients with severe sleep apnea are more prone and vulnerable to sudden deaths and stroke during sleep, which also makes it a silent killer. Obstructive sleep apnea is the most common type, where in your airways repeatedly become completely or partially blocked during sleep. For mild cases of sleep apnea, a certain lifestyle change may just do the trick. Losing weight, eating well, quitting smoking and getting the right treatments for nasal allergies can help you get rid of the condition or even manage it well. However, consult your doctor to know how mild or severe you case of sleep apnea is, so they can prescribe treatments accordingly.

#### Fatty liver disease

The growth of fatty liver disease in the body is gradual and has no significant trace initially, which makes it a silent killer. Two types of fatty liver illnesses exist - alcoholic and non-alcoholic fatty liver disease. As the term itself suggests, the former occurs due to excessive alcohol consumption, the reason for the occurrence of the latter is not yet known. In advanced stages both can lead to cirrhosis, a final stage of scarring (fibrosis) of the liver. As far as fatty liver is concerned, diet plays a very important role. Opt for a healthy plant-based diet and avoid eating anything with unhealthy fats. Maintain a healthy weight and exercise regularly. Go for regular health screenings and listen to what your doctors have to say.