

Silvassa- A perfect holiday experience

Silvassa, the capital of Dadra and Nager Haveli shares its borders with Gujarat and is merely 185km from Surat. Its location and stay options make it a good escapade option for your kids this summer.

It's that time of the year again! When kids are off their teacher's back and crouching onto yours. They have all the free time in the world and haven't got a clue as to what to do with it. So they bug you for new toys, outings, shopping, gaming, etc, the list goes on. You end up getting bugged and formulate plans to distract them. Summer camps, hobby classes, boot camps, dance classes, swimming or other sports lessons, etc are searched and the kids are engaged for a few hours! Some kids are parcelled off to a relative's place (mostly maternal grandmothers) for a looong trip while some lucky ones are taken on a holiday trip!

The duration and destination of the holiday are crucial. They need to be children friendly, giving them a chance to learn, explore and have fun at the same time. Sounds expensive and difficult? Not necessarily. A careful planning on the destination will ensure there are no speed bumps ahead. For example, the location could be a hill station where kids can observe flora and fauna while enjoying adventurous activities like trekking, nature trail and safaris. There are many hill stations in our beautiful North India.

Silvassa, the capital of Dadra and Nager Haveli, is surrounded by natural beauty and offers a quick access to Maharashtra and Gujarat travellers. Silvassa is easily accessible by Mumbai, Ahmedabad and Surat, a few hours by road. The kids will have a scenic ride to the destination, interspersed with mountains, waterfalls and lush forests. They can have fun at the beautiful gardens, be thrilled on the lion safari and get amazed in the deer park. A little learning can also take place; Silvassa has internationally renowned tribal art and painting.

Summers tend to get pretty hot in Gujarat and a break from the heat would also be a nice break for the kids. A stay in hotels and resorts with indoor amenities and a gigantic pool would definitely get a thumbs-up from your child. This will give them a chance to relax and rejuvenate by spending quality time with family. There are not many Resorts in Gujarat, the handful present are not well maintained. The **Resorts at Silvassa** are very well maintained, huge, have many indoor amenities and most of them have a big swimming pool. These **Resorts** are **near Surat**, since Silvassa is just 125km from there. They can be a good option for an outing as the kids would get the feeling of going to some place for a holiday while you are not spending much on travel.

Staying at resorts is much more beneficial and cost effective than staying at hotels. Resorts have many in house amenities and activities to keep the kids busy throughout the day. At hotels, one needs to look outside the four walls for entertainment and other options. Resorts have indoor as well as outdoor games, fitness centres and gyms, musical shows and other live entertainment programs. The best feature is the swimming pool facility to keep your little ones happy and overjoyed on the trip. A few resorts organise camping and nature trails too, giving the kids an opportunity to do something out of the box in their holidays. The resorts at Silvassa are now being deemed as the **Luxury Resorts in Gujarat!**

(Posted on SEO article sites on behalf of Treat Resort, Silvassa)

PCOS favours the fat women- Be thin, be free

Polycystic Ovarian Syndrome or Disease (PCOS or PCOD) is the modern day nightmare for 1 in 10 women in India. For many unknown causes, apart from heredity, female reproductive system can malfunction at the ovaries and this leads to PCOD. Susan M Simrans, in her article in Dec 2013, correctly summarises the many problems of PCOD- masculine type facial hair, unpredictable menstrual cycle, hormonal imbalances, delayed or troubled pregnancy and childbirth issues.

Obesity and PCOS

If you are a little heavy weight person and suffering from PCOS, you must have observed that your periods are more irregular than your under/ normal weight friend with PCOS. Furthermore, as indicated by Richard Legro in his manuscript dated Oct 2012, obese females are prone to higher male dominating features of PCOD, like facial hair growth and elevated testosterone levels. This is because obesity triggers your hormones involved in this disorder to malfunction more rapidly. The most dangerous effect of being obese in PCOD is that you are more inclined towards getting the Dreadful D- Diabetes (Jeanes YM et al, June 2017)!

Your doctor must have implied the need of weight loss for better hormonal control. If she hasn't, well, better change your doctor along with your diet!

The MIRACLE Diet for PCOS

Sorry. There is no such thing. One single miraculous diet does not exist. Please do not fall prey to these marketing gimmicks. Just like your food likes and dislikes differ from the person next to you, your diet plan will differ too. Having said that, every weight loss diet has a few fundamental rules- the deal breakers. These form the base of your weight loss regime and your diet plans become the continuum. Today, this blog aims at providing a little insight on these fundamental deal breakers which will help you move towards your weight loss goal with ease, thereby becoming thin and becoming free from PCOS signs and symptoms.

- The article submitted by J Hadrevi on Feb 2017 illustrates that fibre from fruits and vegetables are the undeniable first line of attack on your weight. Your main meals should include tons of raw and cooked veggies, both greens and otherwise, whilst the in-between snacks should be packed with fruits in solid, raw form. Cherries, plums, grapefruit, corn, kiwis, apples, coconut water, tender coconut, grapes, etc. are ideal snack partners.
- If you are inclined on munching, then always carry around almonds, walnuts, lotus seeds, sunflower seeds, pumpkin seeds, raisins, black currants, dried fruits, etc. for those munching pangs.
- Not only the quantity but also the quality matters. We are talking about your oil preference. Kindly shift to olive oil/ rice bran oil/ sesame oil/ soya bean oil for better results.
- Regular screening for vitamin and mineral deficiency is very important to attune your diet. Many researchers point to significant Vitamin D deficiency in PCOD patients.

(Posted on an online medical blog site)