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a helping hand

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Hold and support a frail hand
Bring a smile on an innocent sad face
Afford dignity to the less fortunate

Nagar Kirtan: What is it?



Above: The Panj Payare lead the way at Fatehgarh Sahib.

Nagar Kirtan is very similar to a parade in which the *sangat* unites as one to celebrate the religion of Sikhism. Nagar Kirtans can be held for various reasons from celebrating the birth of *Khalsa* to the birthdays of ten Sikh Gurus. It is amazing to see so many people come out and take part in this wonderful celebration. The *Sangat* usually walks from one Gurdwara to another. Gurdwaras are decorated with flowers and there are stalls around the Gurdwaras serving tradi-

tional Punjabi foods and drinks such as *pakaras* and *shubeel*. It is just like a *mela* at the Gurdwara with all the food stalls and other booths giving out information about *Gurubani* and *Sikhism*. The Kirtan usually starts out with *ardas* and then a really loud *jakara* to get everybody in the spirit. It is led by the *Panj Payare* with the *sangat* and all the floats following them. As the *Panj Payare* lead the way, a group of *sevadars* clean the way up with brooms for the *Panj Payare* and the *Guru Granth Sahib* in the main float. Some of the floats are decorated really beautifully showing the history of Sikhism while some others have

kids from *Khalsa Schools* dressed up as *Khalsas* or just private parties who are advertising. The *sangat* travels singing and chanting religious songs to the other Gurdwara. Also, priests talk about Sikhism and educate the *sangat* on Sikhism along the way. Most of the times, especially during summer, there are special stalls set up on the way to hand out water or other drinks to the *sangat*. When the *sangat* reaches the final Gurdwara, *ardas* is done again following with *langar*. Nagar Kirtans not only educate people about Sikhism, but also show the rich culture and a uniting power that the Sikhs possess.

By Rajpreet Singh

Type 2 Diabetes

Diabetes is a condition that is becoming prevalent in the Indian community. The most common type of diabetes that people suffer from is type 2 diabetes. More than 200 million people around the globe have some form of diabetes, and this number is expected to double by the year 2030. So what exactly is type 2 diabetes that is affecting so many people and costing close to \$132 billion in the United States per year? *Diabetes mellitus type 2* is a result of the body resisting or reacting abnormally to a hormone called *insulin*, which is important in the "opening" of cells so that *glucose* can enter them. Glucose is a necessary sugar

that the cell needs so that it can carry out its functions. Because the cells cannot function normally, a person may feel fatigue, need to urinate frequently, increased thirst, blurred vision, urinary infection—and the list goes on. To properly be diagnosed, it is crucial that one talk to their physician and not rely on the "word on the street." Treatment options range from something simple as exercise and diet control, to antidiabetic drugs and insulin therapy.

By Gaurav Kumar
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“ Most people are about as happy as they make up their minds to be ”

— Abraham Lincoln

Social Anxiety Disorder

by Dr. Upninderjit Singh



Social anxiety disorder, sometimes called “social phobia,” is a medical illness in which a person gets extremely anxious and upset if they have to perform or interact in a social gathering. Symptoms may appear while speaking to the public, eating in a restaurant, talking on a public telephone, or at any time when one has to face other people. It is in these situations that people with social anxiety disorder feel themselves blushing, stammering or trembling, feeling nervous and sick to their stomach, or being afraid that they will embarrass themselves.

In reality, social anxiety disorder can have a devastating effect on all aspects of a person’s life. Schoolwork can be affected, social relationships may be impaired, and finding a job can be very difficult. It is important to understand that social anxiety disorder is an illness like any other – it can be diagnosed and treated successfully.

How do I know exactly if I have Social Anxiety Disorder?

Social anxiety disorder is usually associated with the following:

- > **Fear** in social or performance situations when other people are watching. The person is usually afraid that they will be embarrassed or humiliated in public.
- > **Anxiety**, which is intense and persistent, and occurs either before, during, or after a social/performance situation
- > **Physical symptoms** before or during social/performances situations
- > **Avoidance** of these feared situations, which interferes with a normal social life or the ability to perform on the job.

What Should I Do?

If you think you are suffering of such problems and may have anxiety disorder you should consult a Psychiatrist or Psychologist. Have no shame in asking for help as it is a disease that can be treated.

Heart Health Guidelines

by Sukhbir Singh

What are the risk factors for heart disease?

South Asians have a very high rate of heart disease. Your risk of developing heart disease is higher if one or more of the following conditions apply to you:

- > Overweight
- > High blood pressure
- > High cholesterol
- > Type 2 Diabetes
- > Being a smoker
- > Family history of heart disease

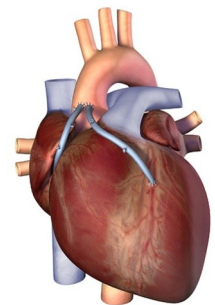


What can I do to reduce my risk of heart disease?

To reduce your risk of heart disease you must prevent or manage any of the risk factors listed on the left. Eating a healthy diet and exercising are two of the best ways to control your weight, high blood pressure, high cholesterol, and type 2 diabetes.

Remember:

1. Exercise and be active
2. Eat a healthy diet
3. Manage your high blood pressure
4. Manage your cholesterol, and diabetes
5. Relax!





Fiber Power by Gagandeep Kumar

What is Fiber?

Fiber is only found in plants and it is not digestible by humans. Fiber properties in the intestinal tract of humans relate directly to health benefits. The two types of fiber are water-insoluble fiber and water-soluble fiber.

Water-Insoluble Fiber— called Cellulose and Hemicellulose.

> **Food Sources**— Vegetables (esp. skins); outer shell of Wheat grain Kernels

> **Intestinal Tract Property**— When this type of fiber comes in contact with the water in the intestinal tract, it holds the water and swells up. This large bulk “pushes” against the intestinal wall. The intestinal wall pushes back. This pushing back and forth speeds the passage of waste through the tract. This results in the waste exiting the body in a soft, bulky stool.

> **Health Benefits** of a High-Fiber Diet includes prevention of:

1. Constipation – Soft bulky stool/waste passes through your body faster and easier, relieving constipation.
2. Hemorrhoids – Hemorrhoids consist of various bulging, swollen, and painful blood vessels near the anus and result from constant constipation. Intake of a high-fiber diet prevents this.
3. Diverticulitis – If the stool is hard instead of soft, it moves through the body slowly and can cause a small pouch to form at the intestinal lining. This pouch may burst and release waste material into the inside, leading to very serious medical complications. (Amitabh Bachchan had to undergo surgery for this condition in 2005!).
4. Increased risk of Cancer – It’s possible that the waste material contains carcinogens (cancer causing agents). Increased exposure to these harmful things may lead to colon cancer various years later. Fiber reduces the risk.

Water-soluble Fiber— called Gums and Pectins

> **Food Sources**— Fruits, Beans (kidney, black, pinto, etc) and Oats

> **Intestinal Tract Property**— When this type of fiber comes in contact with water or other liquids in the stomach, it forms a gel. This gel formation slows the emptying of the stomach contents into the small intestines. Due to this, you feel full longer. In addition, this fiber traps the cholesterol from the food you’ve eaten and prevents it from getting into your blood stream.

> **Health Benefits** of a High-Fiber Diet:

1. Weight maintenance/loss - Due to the gel formation, you feel full longer. This can help you eat less and lose weight.
2. Reduce Cholesterol – This fiber traps the cholesterol from food and prevents it from getting into your blood streaming. This lowers/ maintains cholesterol levels.
3. Reduce risk of Heart Disease – Cholesterol levels affect heart health, low cholesterol decreases the risk of heart disease.

You need 25-35 grams of fiber a day

Whole Grain:

Roti/Chapati:	~3gm / one
White Rice:	0.4gm/cup
Brown Rice:	2gm/cup
White Bread:	0.4gm/slice
Wheat Bread:	1.4gm/slice
Rye Bread:	2gm/slice
Oatmeal:	3gm/packet

Vegetables:

Tomato:	1.5gm/one
Mushroom:	1.8gm/cup
Carrots:	2gm/one
Cauliflower:	2.2gm/cup
Corn:	5.8gm/cup
Peas:	6.4gm/cup
Potato:	2.8gm/one
Spinach:	4.2gm/cup
Squash:	2.8gm/cup
Turnips:	2.8gm/one

Nuts and Beans:

Almonds:	1.1gm/10
Peanuts:	1.4gm/10
Lentils (daal):	14.6gm/cup
Kidney Bean:	14.6gm/cup

Fruits:

Apple:	3.5gm/one
Banana:	4gm/one
Blueberries:	4gm/cup
Melon:	4gm/one
Cherries:	1.2gm/10
Orange:	2.6gm/one
Peach:	1.9gm/one
Pear:	6.2gm/one
Pineapple:	2.2gm/cup
Strawberry:	3gm/cup

Eating For Your Health by Juggy Jaspal



People of South Asian descent (Indians, Pakistanis, Bangladeshis, etc) are at high risk for heart disease and type 2 diabetes. When people emigrate from their home countries to the United States they experience huge changes in lifestyle. Whereas in their home country, they may have had more access to fresh vegetables and time to cook nutritious meals, here parents must balance long workdays with picking up children from school, grocery shopping, cooking meals, getting school lunches ready, helping with homework, and many other activities.

Sometimes it seems a lot easier to pick up a fast food meal or microwave a frozen meal after a long day at work.

Eating a healthy diet can help reduce your risk of heart disease, stroke, breast and prostate cancer, high cholesterol, type 2 diabetes, and being overweight. Start by trying one or two of the tips below to begin making healthier changes to your diet. Once they become a habit, pick one more!

- > **Eat 2-3 fruits a day**, such as mango, pears, apples, bananas (pack in lunches, have as an after school snack, or as dessert after dinner)
- > **Eat 2-3 servings of vegetables daily** such as spinach, green beans, carrots, eggplant (make sabji, cut up a salad and share with the whole family while making dinner)
- > **Make roti with whole wheat atta** (all Indian grocery stores carry whole wheat atta)
- > **Eat whole wheat bread and cereal** (Bran cereal) instead of white bread and cereal

Sahaita's Activites

Sept 21st to Oct 7th: A team of Sahaita members from USA and Canada went on 17 days tour of Punjab and Himachal Pradesh in India. There were 7 medical camps held in these two states with association of the Indian branch of Sahaita. More than 10,000 patients were examined and treated for various illnesses. Well above 200 eye surgeries were performed and over 8000 copies of Sehatnama were distributed at these camps.

November 5th: During the Nagar Kirtan in Yuba City, CA, members of Sahaita educated people and made them aware of this organization.

November 12th: We will be conducting a medical camp at the Hayward Gurdwara. Alameda county health department will be present and flu shots will be administered.

UNHEALTHY (Eat occasionally)	HEALTHY (Okay to eat daily)
Ghee or butter in turrka	Canola oil or olive oil in turrka
Roti or parontha with ghee	Roti and parontha with no ghee. Dab a little olive oil on outside of parontha, none inside.
Vitamin D milk for tea, dahi, drink	2 or 1% milk for tea and dahi (fat free is better)
Paneer	Soybean buria or low fat tofu
Fried foods: matri samosas, pakoras, poori, salt semia	Baked matri or corn tortilla chips, 1/3 cup nuts, un-buttered popcorn
Fatty meat with skin and legs, red meat (lamb, beef).	Skinless lean meat. Fish and white breast meat (chicken/turkey).
Kheer, semia, ice cream	Fruit
Soda and juice	Water



What is Sahaita?

The word Sahaita is used in both Hindi and Punjabi language and it means "to help" or "to support."

Sahaita Inc. is a non-profit organization whose main goal is to provide health education and support for our community, as well as to needy children in India. We accomplish our goals by:

- > Holding free medical camps in India, Canada, and the U.S.
- > Supporting the Bal Bhawan complex in India— a complex that houses orphans and handicapped children
- > Providing preventative health education by means of radio talks and materials such as our very own Sehatnama and brochures
- > Supporting other organizations who share the same passion as us

“ We make a living by what we get, but we make a life by what we give ”

— Winston Churchill

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