



Environment



Hygiene



Health



Wild Life



Quiz



Plans to protect water are infect plans to protect man

With two thirds of the earth's surface covered by water and the human body consisting of 75 percent of it, it is evidently clear that water is one of the prime elements responsible for life on earth. Water circulates through the land just as it does through the human body, transporting, dissolving, and replenishing nutrients and organic matter, while carrying away waste material. Further in the body, it regulates the activities of fluids, tissues, cells, lymph, blood and glandular secretions.

An average adult body contains 42 liters of water and with just a small loss of 2.7 liters he or she can suffer from dehydration, displaying symptoms of irritability, fatigue, nervousness, dizziness, weakness, headaches and consequently reach a state of pathology.

Why save water

Did you know that less than 1% of all the water on Earth can be used by people? The rest is salt water (the kind you find in the ocean) or is permanently frozen and we can't drink it, wash with it, or use it to water plants.

As our population grows, more and more people are using up this limited resource. Therefore, it is important that we use our water wisely and not waste it.

Turn off The Tap! Just by turning off the tap while you brush your teeth in the morning and before bedtime, you can save up to 30 liters of water! That adds up to more than 750 lts a month, enough to fill a huge fish tank that holds 6 small sharks! The same is true when you wash dishes. Turn off the tap! Scrape your dirty dishes into the trash – then put them in the dishwasher.

How save water

Water Saving Tips

Ways to Save Water Indoors

- Check all taps, pipes and toilets for leaks.
- Install water saving showerheads and ultra-low-flush toilets.
- Take shorter showers.
- Never use your toilet as an ashtray or wastebasket.
- Turn off the water while brushing your teeth or shaving.
- Defrost frozen food in the refrigerator.
- Rinse vegetables in a full sink or pan of water.
- Fully load your dishwasher.
- Rinse dishes in a full sink or pan of water.
- Wash full loads of clothes.



Access
Water



Did You Know

Some Really **Amazing Facts?**

- 1) A Hippopotamus can run faster than man.
- 2) Under extreme stress, some Octopuses will eat their own tentacles.
- 3) It is impossible to lick your elbow.
- 4) Hummingbirds are the only bird that can fly backwards.
- 5) Honey is the only food that will not get spoilt.
- 6) If you yell for 8 years ,7 months and 6 days, you would produce enough sound energy to heat up one cup of coffee.
- 7) Currencies are not made of paper, but made of cotton.
- 8) The strongest muscle in the body is the tongue.
- 9) No piece of square dry paper can be folded more than 7 times by half.
- 10) A cockroach can live several weeks with its head cut off.
- 11) You can't kill yourself by holding your breath
- 12) Most dust particles in your house are made from dead skin.



Hippopotamus



Octopuses



Hummingbirds



Honey



holding Breath



Walk to Keep fit



In today's fast paced life, people are leading a very unhealthy lifestyle. The increasing rate of health diseases, stress levels, lack or inadequate sleep are caused due to the fast paced life style. People get so engrossed in coming up in life that they forget their health. There is a popular saying 'If wealth is lost, something is lost, but if health is lost, everything is lost'.

It is the apt time that people start concentrating on their health and well being. Walking is the most safest start towards exercise routine. Particularly for obese, people walking is the most recommended start. To start with always stick to a comfortable speed in which you do not gasp for breath. One should never start to jog immediately take time and seek appropriate medical advice before jogging.

Walking on hills is good. The uphill provides cardiovascular benefits and the downhill is known for reducing the blood sugar levels. Walking on hills may not be possible for all of us due to the location constraints. This can be achieved by using some specifically made Treadmills

which allow to stimulate the required inclination.

Walking helps burn fat, boosts the energy levels and decreases health risks. Many people whose life style is sedentary or who are obese have very low fitness levels due to lack of exercise.

Walking is the ideal exercise start for these kind of people. Walking enables to workout at a steady, which is required to burn fat effectively. To burn fat we need the body to be permanently in fat-burning mode during the whole exercise, walking is a constant and gradual activity so it achieves fat-burning mode very effectively even if the person lacks some fitness.

Walking has many health benefits, It can reduce the risk of many diseases like heart attack, stroke, depression, colon cancer, constipation, osteoporosis, and impotence etc. It helps cure sleeplessness.

Many people practice walking or running backward. In that way, it burns several times more calories than traditional way of jogging exercise. Aside from this advantage, your balance increases, blood flow, vision and hearing powers increase, too. It is because you do not have eyes behind you, so the senses pick up the needs.

It's good for the hips, legs, and trunk. When you go backwards, your stomach will work out like your back and creates a nice reaction for your abdominals. Putting it in reverse for a while is a pretty good deal.



Benefits of Walking

- Helps overcome depression.
- Helps fight against stress and aids in relaxation.
- Helps overcome sleepless nights.
- Helps to increase the body activity and provides flexibility.
- Helps toning the body.
- Helps to burn fat.



Celebrating Earth Day



A message by: Burhani Foundation (India)

On Earth day Burhani Foundation(India) would like to give a sincere message to all its beloved readers to grow a small plant at home if not a tree. Name this plant after you ,take care of it , nurture it and see how it blooms.

Just as we want to see ourselves and our lives blossom with love and happiness your plant will be you and every time you see it, you will see yourself grow each day, each moment of

y o u r l i f e .
Thus on this Earth Day let us all make a small effort by planting at least one plant and save this wonderful earth gifted to us by Allah.

Let us start planting today before there is not a single plant even to grow at home. Let your plant be the most priceless show piece in your house.

BURHANI FOUNDATION (INDIA) IS SPONSORING A PLANT TO ALL NATURE LOVERS IN MUMBAI AS AN EARTHDAYMOMENTO.

On Earth Day Burhani Foundation (India) is pleased to sponsor a plant to all those who are genuinely willing to grow and take care of the plant.

Do take advantage of this opportunity and help us in making our world a heaven on earth.

For details please contact us at :bfi52@yahoo.co.in or call at 022 22678480



Time

1 Walking helps to increase....

- A Weight
- B body activity
- C fat
- D laziness

2 An Ostrich's eye is bigger than it's...

- A head
- B mouth
- C brain
- D beak

3 Elephants are the only animals that can't

- A run
- B walk
- C sit
- D jump

4 Two third of the earth's surface is covered by

- A water
- B soil
- C rocks
- D sand

5 Best time to water your garden is in the

- A evening
- B afternoon
- C morning
- D early morning

6 The human body consists% of water

- A 2
- B 50
- C 10
- D 75

Answer the quiz and mail it to us with all your identity details by 30th May 2009 at bfi52@yahoo.co.in or you could even mail it on the following address and the lucky winner will receive exciting prizes.

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