

HEALTH BEATS

A woman with tattoos on her left arm is posing in a black sports top and bright orange leggings. She is holding a white motorcycle helmet with orange-tinted goggles. She stands on a rocky path next to an orange motorcycle. The background is a sunlit forest.

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HAPPY MOTHER'S DAY TO ALL OUR READERS



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Mission: Health, happiness and world peace through laughter

World Laughter Day was created in 1998 by Dr. Madan Kataria, founder of the worldwide Laughter Yoga movement. The celebration of World Laughter Day is a positive manifestation for world peace and is intended to build up a global consciousness of brotherhood and friendship through laughter. Today, we are surrounded with a sea of negativity – violence, terrorism, natural disasters, global warming, bad economy and other stressors. When people are happy and healthy they contribute to world peace.

How can we bring World Peace through Laughter?

Formula is very simple -When you laugh; you change and when you change the world changes around you. Inner change is the key to see the change in the outer world. The war in the external world the reflection of the inner war going on in the minds of people.

Unconditional laughter has the power to change the inner chemistry and make us feel good inside. When you feel good inside, it changes the perception of outer world.

Universal Language

Laughter is a universal language, we all speak and it helps to connect people from different cultures and countries. Through the network of free social Laughter Clubs, we are creating a worldwide community of caring and sharing people who believe in unconditional love, kindness and compassion.



5 MAY

HAND HYGIENE DAY

Step 1

Squeeze a small amount of sanitiser gel/soap over left palm and dip all fingers of right hand into left palm, and vice versa



Step 2

Palm to palm



Step 3

Right palm over left dorsum and left palm over right dorsum



Step 4

Palm to palm, fingers interlaced



Step 5

Backs of fingers to opposing palms with fingers interlocked



Step 6

Rotational rubbing of right thumb clasped in left palm and vice versa



Step 7

Rotational rubbing of right wrist and vice versa. Rinse and dry thoroughly.



HIV Vaccine Awareness

1 8 M A Y

HIV Vaccine Awareness Day

The day gives rise to an urgent need to develop a vaccine that will prevent the infection of HIV and AIDS. As we know that after so much of research, still there is not a vaccine for AIDS/HIV. This awareness day recognizes several volunteers, community members, health professionals, and scientists who are working and researching to find a safe and effective HIV vaccine for prevention. It also educates people about the disease of AIDS and the HIV vaccine.

Human immunodeficiency virus or HIV infects cells of the immune system in the body which leads to a life-threatening condition or AIDS. According to WHO, 37.9 million [32.7–44.0 million] people were living with HIV at the end of 2018. Therefore, educating people about AIDS precautionary measures and misconceptions is important.



May 29

World Digestive Health Day



This day is celebrated to create awareness among people regarding digestive disease or disorder on May 29. This day was initiated by the World Gastroenterology Organisation (WGO), to raise awareness regarding the treatment, prevention, prevalence and diagnosis of this disease or disorder. It was first observed on May 29, 2005. Since then, WGO is annually celebrating the day by initiating a worldwide, yearlong, public health campaign through its 117 WGO Member Societies and 4 regional association of endoscopy, gastroenterology and hepatology.

Every year the day focuses upon a particular digestive disease or disorder, such as viral hepatitis, irritable bowel syndrome, enteric infections and their relationship to clean water, inflammatory bowel, liver cancer and gut microbes. WGO addresses these issues through their campaigns on World Digestive Health Day. You all can organise a physical / virtual meet up or activity to raise awareness among people.

Your digestive system is working nonstop to fuel every cell in your body and efficiently remove the waste. Neglecting your digestive system can have adverse effects that influence every part of your life. Your diet and other lifestyle choices greatly impact your digestive health and are often areas where small changes can have a big impact.



**GUT
HEALTH**



5 signs of a healthy gut

- How often you poop. There's no hard and fast rule for how often you 'should' poop.
- How long it takes for food to move through your gut (gut transit time)
- Perfect poops.
- Pain-free pooping.
- Not too much bloating and gas.

Here are some ways that lifestyle choices can improve your digestive health.

1. Eat fruits and vegetables
2. Choose whole grains and nuts
3. Limit red and processed meats
4. Limit added sugars
5. Cook healthier
6. Eat foods with probiotics
7. Stay Hydrated
8. Exercise Regularly
9. Maintain a Healthy Weight
10. Don't smoke
11. Get enough sleep
12. Reduce stress

31 May

WORLD NO TOBACCO DAY

Every year, on 31 May, the World Health Organization (WHO) and global partners celebrate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

Tobacco causes 8 million deaths every year. When evidence was released last year that smokers were more likely to develop severe disease with COVID-19 compared to non-smokers, it triggered millions of smokers to want to quit tobacco. Quitting can be challenging, especially with the added social and economic stress that have come as a result of the pandemic, but there are a lot of reasons to quit.



The benefits of quitting tobacco are almost immediate.

- After just 20 minutes of quitting smoking, your heart rate drops.
- -Within 12 hours, the carbon monoxide level in your blood drops to normal.
- Within 2-12 weeks, your circulation improves and lung function increases.
- Within 1-9 months, coughing and shortness of breath decrease.
- Within 5-15 years, your stroke risk is reduced to that of a non-smoker.
- Within 10 years, your lung cancer death rate is about half that of a smoker.



SAY NO TO TOBACCO



Tobacco - a killer of lung health

Tobacco is deadly in any form and threatens the lung health of everyone exposed to it. Tobacco kills one person every 4 seconds. Newer tobacco products contain chemicals similar to those in traditional tobacco products and are likewise harmful to health. Respiratory diseases are among the leading causes of death globally, and tobacco is a major risk factor. The millions of deaths caused by tobacco-related respiratory disease are distressing, but even more distressing is the tremendous suffering caused by these illnesses, the debilitating effects of which affect the quality of life of people of all ages, in all regions of the globe.

Even smoking and exposure to second-hand smoke are major risk factors for lung cancer, chronic obstructive pulmonary disease (COPD), tuberculosis (TB) and asthma.

With just a single breath, the hundreds of toxins in tobacco smoke begin damaging the lungs. When tobacco smoke is inhaled, the structures that sweep mucus and dirt out of your airways are paralysed, allowing the poisonous substances in tobacco smoke to make their way into the lungs more easily.

- Tobacco smoking more than doubles the risk of transforming TB from a latent state to the active disease
- Tobacco smoking is the most common cause of lung cancer
- School-aged children of smokers are at risk of developing Asthma and/or their asthma getting worse
- One in five smokers will develop Chronic obstructive pulmonary disease (COPD) in their lifetime, and almost half of COPD deaths are attributable to smoking

Parents and other members of the community should also take measures to promote their own health, and that of their children, by protecting them from the harms caused by tobacco.



Health vs Dieting

EDITOR'S CHOICE

TOPIC OF THE MONTH

BY: DR PUSHPA PANDEY

HWM EDITORIAL HEAD



HEALTH VS DIETING

“You have to believe in yourself when no one else does - That makes you a winner” – Venus Williams.

Human beings are the special gift of God. They are the most precious and loving, but at the same time very intelligent also. Today human beings have not only accepted the nature but also brought drastic changes in it. In his surroundings he has built skyscrapers, roads in inaccessible areas and unbelievable towers i.e. Burj Khalifa. He is not satisfied only by external changes so he tried many internal changes i.e. changing the skin colour, changing looks by plastic surgery and even bringing changes in the gender of the humans.

Now-a-days there is a high competition in becoming thin, looking slim and trim which every woman thinks is an important task. Men also try to get six pack abs by spending hours and hours in the gym. Intake of heavy proteins, calorie counting, weight discrimination and fat phobia are sickness of mind.



Everybody is different. Remaining lean and thin is not the certification of health. WHO has defined health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Judge yourself on your inner self, your uniqueness, your strength.



Today health is mainly focused on two areas i.e. physical and nutritional. But when we think about the concept of overall health, we have to consider all the other aspects also. Some of those are social, intellectual, occupational, emotional, purposefulness, environmental, fiscal and also spiritual.

Social health is inter-personal relationships, friendships and community from where we get identity, love and appreciation. Good intellectual health means lots of life-long learning which includes reading, writing, studying. We should never get tired of learning and growing our knowledge. Occupational health is purpose fullness. Depression and anxiety dominate us when there is no purpose in life. Environmental health is related to quality of life. It may be air quality, food, water, chemicals in our life and also the standard of life. Safety and security of life completely depends on Fiscal health i.e. good savings, mindful spending, checking your budget. When we use our resources wisely, we feel secure and can lead a peaceful life. The most important aspect is spirituality. Watching your inner self is a link between our physical and psychological plane. Spiritual health shows the connection between God and the soul (person). It shows that we are not alone in this journey of life. God is our guide.



Hence, 'No Diet Day' is to be celebrated to give full respect to ourselves. We should be grateful to Almighty that whatever shape or body he has bestowed upon us is a 'Grace'. We shouldn't be too rigid or too lax with ourselves. International 'No Diet Day' was first started by Mary Evans in 1992. Having gone through Anorexia herself, she began Diet breakers, which is her organization. The purpose of this organization was to educate the people about the right way of eating. The best way to celebrate this day is to worry less about your outward appearance and care more about getting better health and being active, live and positive. Forget dieting and be happy, jovial and full of life!

“Set goals, not limits”