

Health Beats

Powered by Health Wealth Management Pvt Ltd

75

AUG 2022 EDITION

Independence Day special



www.healthwealth.management

For Feedback Call : +91-8657082472 Or Mail : info@healthwealth.management

The background is a light grey surface decorated with several small Indian national flags (saffron, white, and green horizontal stripes with the Ashoka Chakra in the center) and colorful circular confetti in saffron, green, and white. A white rectangular card is centered on the page, containing the text.

“

**Wishing you all a very
happy Independence
Day!**

**Today we breathe the
air of freedom because
of the efforts of our
great freedom fighters.
We wish a healthy India**

**Happy 75th
Independence Day!
15th Aug**



Topic Of The Month

Editor's Choice

Nectar of life

By : Dr Pushpa Pandey
HWM Editorial Head



Nectar of life

Topic Of The Month - Breast Feeding Week Special 1Aug- 6 Aug

Bottles fill the stomach, whereas breastfeeding fills the soul - Diane Weissinger



Human life is very precious. It is said that human life is a gift of God. As per Bhagavat Gita a soul gets it with the grace of God after passing through a very painful journey of 84 lakh types of bodies. Souls are lucky those who survive in this human form. Once the child comes in this world he needs utmost care and a wonderful nutrition to complete his very delicate and sensitive stage of life.

In this stage the baby needs maximum care. First 21 days child doesn't recognize anyone else except her mother. Baby recognizes the mother by her smell, voice and the touch. Child does not understand her as mother but a care taker. After some days baby starts recognizing father and relatives.

Since mother is the only person whom the baby recognizes, she is only one the source of nutrition. Mother's breast milk is the only natural source on which the child survives. This arrangement is done by the nature before the child's arrival in this world.

In olden days mothers used to completely dedicate their time for fondling and caring of the child. Every moment was dedicated in upbringing the child. Each and every moment is very precious in her life. Becoming a mother is to be a proud moment. They used to feel themselves blessed as they have become mother. They used to feel that God has showered a special Grace upon them and this wonderful moment has come in their life. Now time has changed. Thoughts also have changed.

Today in this fast pacing world and so called modern world the women first of all doesn't want to marry. Even if they get married they don't go for a baby years together. If willing they for the child, they are unable to give quality time to the newborn babies as they are working mothers. They are highly qualified and they are busy with their other important assignments just to achieve high position in their life. In this situation child is completely neglected and the feeding of the child is always missed. They are kept under the supervision of so call maids. Mother's touch and love is completely missed.



The most important thing in the child's life is mother's milk but highly ambitious mothers neglect feeding their babies during this delicate period. In such a situation the child undergoes a very difficult phase and there is imbalance growth. The negligence at this brings up an irritated and agitating child or very adamant and demanding child. In later stage these mothers don't look upon themselves rather they go on blaming the child itself for wrong behavior. Thereafter they fall in the clutches of psychologist and counselors for the rectification of the behavior. Indirectly they spend the same amount of time which child was supposed to get at the time of his sensitive stage.

Every year breast feeding week is celebrated from first August to 7th August i.e. the first week of August. This drive is taken out to make modern and Elite mothers those who unable to give quality time to the children in their beginning stages.

Some important benefits of breastfeeding are it helps and protects the child against some short and long term illnesses and diseases. Breast fed babies have a very low risk of obesity, asthma and type one diabetes. It protects the sudden infection syndrome which is called SISR also less likely to have the infection and stomach pain. This balances the babies belly and gives a lot of satisfaction. Mother's milk is easily digestible. It helps mothers also and gives a kind of mental peace and relaxation. It makes the immune system of the baby very strong. Apart from this, it also lowers the risk of breast cancer, ovarian cancer, rheumatoid arthritis, diabetes and hypertension and certain heart diseases for mothers. Breastfeeding produces the natural soothing hormones. Oxytocin and prolactin that promotes stress reduction and positive feeling in the mother. It increases the confidence and self esteem in mom. It gives a comes and we can say overall lessons the mental stress of the mother. It increases the physical and emotional bonding between mother and child. Affectionate bonding during the first few years of life makes the child socially, emotionally and psychologically strong





Breast milk provides lots of nutritional components, antioxidants enzymes and immune properties.

It also gives and provides antibodies from mother's milk. The immune system makes anti- bodies to the germs to which she and her baby have exposed. These antibodies enter her milk to protect the child from different type of illness. We say that breast milk is nectar for the babies. They become healthier and more competent in later stages.

Breastfeeding should be done at least for 6 month as per WHO but it is also appropriate to feed the baby up to the age of 2 years along with the complimentary food. If not, at least for 1 year Mother should breastfeed the baby. It's mother who can instill emotions, sensitivity and unconditional love to a child by breastfeeding. Mothers should follow hygienic methods of breast feeding for healthy growth of child.

Working women are always scared of becoming disfigured after feeding a baby. They feel the beauty will diminish by feeding the baby for a long time but it is not so. Just keep it in mind that things will become easier. You will get your body shape back to normal figure by following specific diet, performing yoga and exercises. Never bother. When you see a very charming and handsome child later you will be proud of yourself. There would be a great satisfaction that you look after your baby so well. The child would be a wonderful person in future.



Happy Friendship Day

The Charms of **Friendships : Enrich your life and improve your health**

Friendship Day Special - 7 Aug

Discover the connection between health and friendship, and how to promote and maintain healthy friendships.

Friendships can have a major impact on your health and well-being, but it's not always easy to develop or maintain friendships. Understand the importance of social connection in your life and what you can do to develop and nurture lasting friendships.

What are the benefits of friendships?

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent isolation and loneliness and give you a chance to offer needed companionship, too. Friends can also:

- Increase your sense of belonging and purpose
- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth
- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one
- Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise

Why is it sometimes hard to make friends or maintain friendships?

Many adults find it hard to develop new friendships or keep up existing friendships. Friendships may take a back seat to other priorities, such as work or caring for children or aging parents. You and your friends may have grown apart due to changes in your lives or interests. Or maybe you've moved to a new community and haven't yet found a way to meet people. Developing and maintaining good friendships takes effort. The enjoyment and comfort friendship can provide, however, makes the investment worthwhile.





FRIENDSHIP HACKS

What's a healthy number of friends?

Quality counts more than quantity. While it may be good to cultivate a diverse network of friends and acquaintances, you may feel a greater sense of belonging and well-being by nurturing close, meaningful relationships that will support you through thick and thin.

What are some ways to meet new friends?

It's possible to develop friendships with people who are already in your social network. Think through people you've interacted with — even very casually — who made a positive impression. You may make new friends and nurture existing relationships by:

- Staying in touch with people with whom you've worked or taken classes
- Reconnecting with old friends
- Reaching out to people you've enjoyed chatting with at social gatherings
- Introducing yourself to neighbors
- Making time to connect with family members

Persistence also matters. Take the initiative rather than waiting for invitations to come your way and keep trying. You may need to suggest plans a few times before you can tell if your interest in a new friend is mutual.

For example, try several of these ideas:

- Attend community events.
- Volunteer. Offer your time or talents at a hospital, place of worship, museum, community center, charitable group or other organization.
- Extend and accept invitations. Invite a friend to join you for coffee or lunch. When you're invited to a social gathering, say yes.
- Take up a new interest. Take a college or community education course to meet people who have similar interests.
- Join a faith community. Take advantage of special activities and get-to-know-you events for new members.
- Take a walk. Grab your kids or pet and head outside.

Remember, it's never too late to develop new friendships or reconnect with old friends. Investing time in making friends and strengthening your friendships can pay off in better health and a brighter outlook for years to come.

World Mosquito Day

AUGUST 20

World Mosquito Day is observed every year on August 20 to celebrate Sir Ronald Ross's discovery in 1897 that *Anopheles* mosquitoes transmit the malaria parasite to humans.

Though very small in size, mosquitoes are perhaps the only predator that has thrived through the centuries, causing death through vector-borne diseases. In fact, it is counted among the world's deadliest, killing more than seven lakh people each year.

Importance Of World Mosquito Day

i) World Mosquito Day is observed every year to highlight the efforts of healthcare officials, NGOs, and others in fighting diseases caused by malaria. ii) Also awareness is created around many diseases caused by mosquitoes.

Know About The Diseases

Let's know which mosquito is responsible for what disease in humans. There are several different mosquitoes that act as vectors for different diseases-

i) *Anopheles* cause malaria, lymphatic filariasis (in Africa).

Female *Anopheles* is the main vector of malaria. It breeds in rainwater pools and puddles, borrow pits, river bed pools, irrigation channels, seepages, rice fields, wells, pond margins, sluggish streams with sandy margins.

This mosquito mostly bites between dusk and dawn.

ii) *Aedes* mosquitoes cause chikungunya, dengue fever, lymphatic filariasis, rift valley fever, yellow fever, and zika.

Female *Aedes aegypti* transmits dengue, chikungunya, zika, and yellow fever.

It bites frequently during the day. The peak biting periods are early morning and right before dusk.

It breeds in any type of manmade containers or storage containers having even a small quantity of water. Its eggs can live without water for more than one year.

This mosquito usually flies an average of 400 metres, but it can be transported accidentally by humans from one place to another.

Only female mosquitoes depend on blood for survival. Male mosquitoes feed on the nectar of flowers or other suitable sugar sources.

Prevention Of Diseases

i) If detected, steps must be taken to eliminate mosquito breeding by covering all water containers, emptying and drying water tanks, containers, coolers, bird-baths, pets' water bowls, drip trays at least once each week.

ii) Discarded items that collect rainwater from open spaces must be removed. Clogged gutters and flat roofs that may have poor drainage must be regularly checked and cleaned.

iii) Introducing larvivorous fishes in ornamental water tanks/gardens or nearby ponds can help prevent diseases.

iv) Long-sleeved clothes and insect repellents can also help.

v) Nets are another way of protection from a mosquito bite.



National Sports Day



Playing your favorite sports and shedding kilos, isn't it like killing two birds with one stone!

Playing your favorite sports and shedding kilos, isn't it like killing two birds with one stone!

The National Sports Day in India is celebrated on **August 29**, the birth anniversary of hockey legend Major Dhyan Chand. The day was designated as India's National Sports Day in 2012. The president gives away sport-related awards such as the Rajiv Gandhi Khel Ratna, Arjuna Award and Dronacharya Award on this day.

It is also a timely reminder for the need for sporting activities in life. States like Haryana, Punjab and Karnataka, among others, organise various sporting events and seminars aimed at spreading awareness about the importance of physical activities and sports in life.

Over the years, the government has also used this day as a platform to launch various sports schemes, including the Khelo India movement, which was announced by Prime Minister Narendra Modi in 2018.

Importance of Sports in health :



- It keeps us fit and increase our physical strength.
- Due to the physical activity blood pressure also remains healthy, and blood vessels remain clean. Sugar level also reduces and cholesterol comes down by daily activity.
- By playing sports lung function also improves and becomes healthy because more oxygen is supplied.
- Sports also improves bone strength even in old age.

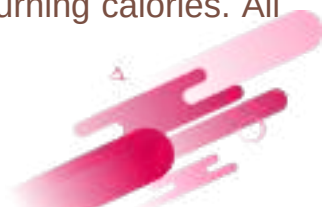
Benefits In Children :Just like a diet of healthy nutrients is needed for nourishing the body, playing sports holds a great significance in enhancing our lives, especially for growing children:

-Playing sports helps them cope with the exam pressure and prepare them for further challenges by providing them with physical and mental strength.

-Children who are indulged in physical activities sustain good values of mutual respect and cooperation.

-Playing sports teaches them skills such as accountability, leadership, and learning to work with a sense of responsibility and confidence.

- It reduces stress and tension in an individual at every stage of life.
- Most of the world's population is obese, and as a result, many other health issues also arise. Hence, playing sports is one of the most recreational and helpful ways of burning calories. All you have to do is follow a healthy diet and play your favorite sport.
- Getting indulged in regular sports activities can help build your immunity.



Common Diseases During Monsoon

Here's a list of some of the most common diseases caused during monsoon rainy season:



Dengue

A deadly disease that affects a lot of people in monsoon, dengue is caused by *Aedes aegypti* mosquito. Some of the common symptoms of dengue include high fever, rashes, headache, hypersensitivity, and low platelet count.

Make sure you remove any stagnant water from your home and keep the surroundings clean to avoid dengue.



Typhoid

Contaminated food and water are the main reasons for typhoid. The infection is caused by *Salmonella typhi* bacteria, which breed in dirty water and unhygienic conditions.

It is recommended to stay away from outside food, especially during monsoon. Make sure you to remove different types of contaminants from water.



Hepatitis A

Hepatitis A is caused by consumption of contaminated food and water. Hepatitis A affects the liver, which is why it can turn out to be life-threatening.

Make sure the fruits and vegetables that you eat are properly washed to avoid Hepatitis A.



Viral Fever

Viral fever is quite common, especially when there is a sudden climate change. Characterized by chills, fever and body ache, viral fever is contagious and spreads through physical contact or droplets in the air. The infection lasts for 3-7 days.

Precautions to be taken During Monsoon Rainy Season

1) Drink Clean Water

Drinking contaminated water is one of the main reasons of diseases in monsoon. Make sure you drink clean water to stay safe.

2) Avoid Outside Food

Eating out is a big no-no during monsoon. The unhygienic conditions and contaminated water used in making the food makes you vulnerable to a number of diseases such as stomach infections, Hepatitis A.

3) Keep your Home Clean

Make sure your home is well-ventilated and clean. If there are any leaks or damp areas in your home, repair them to avoid triggering asthma attacks and respiratory problems.

Monsoon is the time when you love enjoying fried and spicy snacks and enjoy the weather. However, make sure you avoid eating outside food to stay safe from rainy season diseases. Pay special attention to the water that you drink as it is the main source of diseases during monsoon.



NEW!

**BEST
OFFER**

**ONLY FOR CORPORATE OR
BULK GROUP**



FREE HEALTH PORTAL



One Login 12 + Facilities

- Can book discounted health check-up packages
- Free HRA
- Free live webinar event as and when it schedule
- Free recorded sessions
- Discounted pharmacy
- Healthy Food recipes
- Discounted ambulance services
- Health Tips
- Monthly Health Magazines
- Discount on SCAN centres across nation
- One free doctor consultation and post that on discounts
- Free online game and challenges and cash back offer

Registration Fees
INR 100/- per
person per
annum

To Know More Call : +91-8657082472 OR +91-7276199491