



Health Beats

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A SMALL NOTE OF LOVE

On January 1, the world observes Global Family Day, also known as World Peace Day, to concretize the idea of global unity and harmony in the minds of people. It is a day that marks the beginning of a new year, with hopes to have more concord in our daily lives to witness, both micro and macro, positive changes in the world.

SIGNIFICANCE

- The Global Family Day is dedicated to promoting world peace among all nations and religions across the world. The world is overloaded with different cultures, and all cultures must find a place to breathe and exist in harmony.
- This is the idea behind Global Family Day. It also shines a light on the fact that despite the differences in borders, ethnicity, and cultures, we are all one big family, and we should treat everyone with love and respect.
- The Global Family Day is celebrated on the first day of the new year so that people can make resolutions to transform the world into a better place in the coming year.



YOUTH

Life Style Modification

On National Youth Day - 12 January -

Adolescents experience rapid physical, cognitive and psychosocial growth. This affects how they feel, think, make decisions, and interact with the world around them.

Despite being thought of as a healthy stage of life, there is significant illness and injury in the adolescent years. Much of this is preventable or treatable. During this phase, adolescents establish patterns of behaviour – for instance, related to diet, physical activity, substance use, and sexual activity – that can protect their health and the health of others around them, or put their health at risk now and in the future.

Eating healthy is an important part of a healthy lifestyle and is something that should be taught at a young age. The following are some general guidelines for helping your teen eat healthy. It's important to discuss your teen's diet with their healthcare provider before making any dietary changes or placing your teen on a diet. Discuss these healthy eating recommendations with your teen so they can follow a healthy eating plan:

- Eat 3 meals a day, with healthy snacks in between.
- Increase fiber in the diet.
- Decrease the use of salt.
- Drink water. Try to avoid drinks that are high in sugar, including soda and sports drinks. Fruit juice can have a lot of calories, so limit your teen's intake. Whole fruit is always a better choice.
- Eat balanced meals.
- When cooking for your teen, try to bake, boil, roast, or grill instead of fry.
- Make sure your teen watches (and decreases, if necessary) their overall sugar intake.
- Choose fruit or vegetables for a snack.



- Decrease the use of butter and heavy gravies.
- Eat more chicken and fish. Limit red meat intake and choose lean cuts when possible.

Other Food Items to focus on:

- Grains. Foods that are made from wheat, rice, oats, cornmeal, barley, or another cereal grain are grain products. Examples include whole wheat bread, brown rice, and oatmeal. Aim for mostly whole grains.
- Vegetables. Choose a variety of vegetables, including dark green, red, and orange vegetables, legumes (peas and beans), and starchy vegetables.
- Fruits. Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut up, or pureed. The American Academy of Pediatrics recommends children ages 7 to 18 limit juice intake to 8 ounces, or 1 cup per day.
- Dairy. Milk products and many foods made from milk are considered part of this food group. Focus on fat-free or low-fat products, as well as those that are high in calcium.
- Protein. Go lean on protein. Choose low-fat or lean meats and poultry. Vary your protein routine—choose more fish, nuts, seeds, peas, and beans.
- Oils are not a food group. But some, such as nut oils, contain essential nutrients and should be included in the diet in small amounts. Others, such as animal fats, are solid and should be avoided.

Nutrition and activity tips

- Involve teens in selecting and preparing foods and teach them to make healthy choices by giving them the chance to select foods based on their nutritional value.
- Controlling portion sizes and limiting highly processed foods helps limit calorie intake and increase nutrients.
- Parents are encouraged to provide recommended serving sizes for teens.
- Parents are encouraged to limit a teen's screen time to less than 2 hours daily. Instead, encourage activities that call for more movement.
- Teens need at least 60 minutes of moderate to vigorous physical activity on most days for good health and fitness and for healthy weight during growth.
- To prevent dehydration, encourage teens to drink fluids regularly during physical activity and drink several glasses of water or other fluid after the physical activity is completed.

Exercise and daily physical activity should also be included in a healthy dietary plan.

Always talk with your teen's healthcare provider regarding healthy diet and exercise requirements.



Healthy eating during adolescence

Healthy eating during adolescence is important as body changes during this time affect an individual's nutritional and dietary needs. Teens are becoming more independent and making many food decisions on their own. Many teens have a growth spurt and an increase in appetite and need healthy foods to meet their needs. Teens tend to eat more meals away from home than younger children. They are also heavily influenced by their peers. Meal convenience is important to many teens and they may be eating too much of the wrong types of food, like soft drinks, fast-food, or processed foods.

Also, a common concern of many teens is dieting. Girls may feel pressure from peers to be thin and to limit what they eat. Both boys and girls may diet to “make weight” for a particular sporting or social event.

These are some helpful considerations as you prepare meals for your teen:

- Arrange for teens to find out about nutrition for themselves by providing teen-oriented magazines or books with food articles and by encouraging them and supporting their interest in health, cooking, or nutrition.
- Take their suggestions, when possible, regarding foods to prepare at home.
- Experiment with foods outside your own culture.
- Have several nutritious snack foods readily available. Often, teens will eat whatever is convenient.
- If there are foods that you do not want your teens to eat, don't bring them home.



Festive Spirit With Healthy Food Facts



Celebrating the Festival of Harvest – January 14

India is a land of rich culture and diversity, where people celebrate every festival with equal enthusiasm. January 14th is one such special day, which marks the celebration of the festival of harvest. People in different states of India celebrate this day with pomp and vigor. Celebrating the same day with the same aim but a different name can only be seen in India, denoting the diverse, but still unified, culture of India.

Pongal

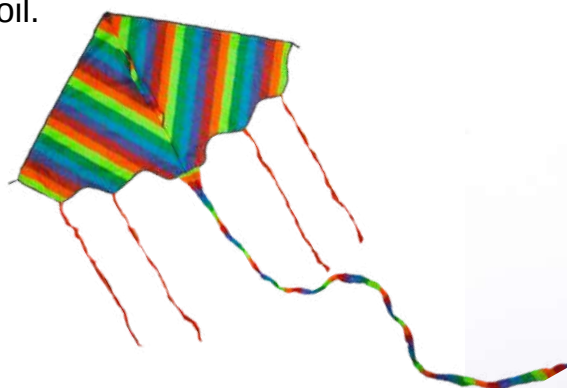
This festival of harvest is celebrated in the Southern state of India – Tamil Nadu. This day here marks the beginning of reaping season and the withdrawal of monsoon season. The celebration involves cooking of a sweet dish made of rice called Pongal, from where the festival derives its name. On this day, people also pay respect to their cattle by adorning them with flower garlands, applying turmeric, and vermilion and sandal paste on their forehead.

- **Food Facts:** Pongal is healthy as it is made with equal amounts of rice and lentils. It is protein-packed and uses a moderate amount of ghee which is a healthy fat. To make this further healthy, use brown rice or millets.

Uttarayan

Uttarayan is celebrated in the western state of India – Gujarat. This day marks the arrival of harvest season. People show their respect to the Sun on this day. The celebration includes flying kites (Uttarayan) since the sunrise, cooking Undhiyu & Jalebi and worshipping the Sun God.

- **Food Facts:** Undhiyu is healthy and rich in fibre, proteins and phytonutrients due to the colourful vegetables that provide not only energy (root ones) but several antioxidants due to the unique variety present in one dish. Use healthier cooking methods of steaming vegetables, using less oil.



Lohri

Lohri is celebrated in the northern state of India – Punjab. The Punjabis mark the occasion of the onset of harvesting season on a day before January 14th. The celebration includes flying kites, lighting bonfires, offering prayers to God, bathing in holy rivers, dancing to the tunes of bhangra & gidda and cooking sweet dish Kheer. The main items, which are a must during Lohri as prasad to be offered to the gods are til or sesame and items made with it, gajak or sweets made of peanuts and jaggery.

- **Food Facts:** Sesame seeds are loaded with essential minerals such as manganese, copper, iron, phosphorus, and calcium. The zinc in sesame seeds promotes bone health and prevents osteoporosis later in life. Peanuts contain a good amount of folate. One-fourth cup of peanuts can supply the body with 35% of the DV of manganese, a mineral which plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation. Jaggery is a great remedy for anemia, asthma, joint pains and menstrual pains. It also aids in digestion, purifies blood and keeps the skin away from problems such as acnes and pimples. It is a great energy booster as it provides us lots of energy.





Bihu

It is the chief festival celebrated in the north-eastern state of India – Assam. The celebration of Bihu in the month of January is known as Magh Bihu. This marks the beginning of the change of seasons. The celebration mainly includes cooking variety of dishes and dancing to the tunes of folk songs. Til pitha is a must-have on Magh Bihu. Narikolor Laru is an Assamese version of coconut balls or nariyal laddoo.

- **Food Facts:** In most of these preparations we can see rice, jaggery or coconut. All in their raw & healthy form. We will get all the health benefits of these ingredients. All these food items help the body to keep warm in winter.

Other regions in India also celebrate the festival of harvest for example in West Bengal, people celebrate this day as Poush Parbon and as Sakraat in the states of Bihar and Jharkhand. Crops are the most precious investment made by the farmers and their primary source of income. These festivals remind us of the importance of being a farm based country.



COVID UPDATES



Covid-19: Bharat Bio's nasal vaccine iNCOVACC set to cost Rs 325 at the government hospitals, Rs 800 otherwise

Bharat Biotech on Tuesday (Dec 27, 2022) announced the price of its nasal vaccine iNCOVACC (BBV154). The vaccine will cost Rs 800 with addition of 5% GST.

The vaccine, iNCOVACC (BBV154), is available on CoWin, and priced at Rs 800 (plus GST) for private markets and Rs 325 (plus GST) for supplies to the Centre and state governments, the company stated. This means the consumers will be able to receive it for Rs 325 per dose at government hospitals, and for Rs 800 in private setups.

Bharat Biotech received approval from the Central Drugs Standard Control Organization (CDSCO) for the use of heterologous booster doses of iNCOVACC.

This vaccine candidate was evaluated in phases I, II and III clinical trials with successful results, the company said.

As a needle-less vaccination, Bharat Biotech's iNCOVACC will be India's first such booster dose.

India will now have more options when it comes to third doses or precautionary doses.

iNCOVACC was developed in partnership with Washington University, St. Louis, which had designed and developed the recombinant adenoviral vectored construct and evaluated in preclinical studies for efficacy.

Product development related to preclinical safety evaluation, large-scale manufacturing scale-up, formulation and delivery device development, including human clinical trials were conducted by Bharat Biotech.

Product development and clinical trials were funded in part by the Government of India, through the Department of Biotechnology's, Covid Suraksha Program.



YEAR START MOTIVATION

TOPIC OF THE MONTH - EDITORIAL CHOICE

By - Dr. Pushpa Pandey
HWM Editorial Head



Health Matters - Vol. 2

"A healthy outside starts from the inside" ----- Robert Urich

First and foremost be grateful that we could enter into another year of the century. Life is nothing but the bundle of feelings. It may be good, bad or painful feeling. It's attaching positivity, pleasure, and grace to life. This adds colors and creates a masterpiece i.e. a great human.

The real beauty of a person reflects from their strong character, loyalty, sincerity, honesty and sense of responsibility. Whenever person loses these values, no matter how beautiful they look physically, they become unattractive and ugly. The real test of integrity happens when we go through a tough phase of life.

Integration of personality has to be checked on the basis of different characteristics in life that is physical, mental, social, emotional and also on the basis of the overall behavior pattern of a person. Physical fitness is the most important part of a person's life. It's truly said that a sound mind resides in a sound body.

Whatever you might have taken the resolutions for the new year now it's a time to stick to it and follow vigorously at least for next 3 to 6 months. This much period is more than enough to bring a drastic change in your personality and in your health conditions. We need not to be very strict nor violent or cruel towards our physical conditions.

5 KOSHAS



Health can be improved or we can be healthy just by maintaining certain disciplinary ways in our life.

Some of these points we will be taking in detail as promised in the previous article. There are five sheaths in our body we call them "Kosha".

- Annamaya - kosha (food sheath, Earth element)
- Pranamaya - kosha (vital sheath, Water element)
- Manomaya - kosha (mental sheath, Fire element)
- Vijnanamaya - kosha (intellect/intuitive sheath, Air element)
- Anandamaya - kosha (bliss sheath, ether/space element)

Human being is the composition of body, mind and soul. Everyone is given a bundle of "Vital Force" in mother's womb only. Life span completely depends on this force. Now it is on us how fast/slow we utilize this. These forces are there in hidden form in our Koshas.

Our day to day life helps bring all the koshas — body, breath, mind, wisdom, and spirit — into harmony, promoting overall health and taking us closer to self-realization and an absolute feeling of being. To be healthy is actually very easy whereas becoming sick or unhealthy is a costly affair as mentioned before. Hence start, eating good and healthy food which consists of lots of green vegetables, leafy vegetables, and seasonal fruits and also less amount of cooked food.

To remain physically fit we should start our day with green vegetable juices. Then take a bowl of fruits, a good amount of salads 15 to 30 minutes before taking lunch. In the evening snacks we can take variety of soups, homemade snacks / food or different natural drinks instead of taking packed snacks.

At night for dinner we should take 80% of vegetables, pulses and only 10 to 20% grains.

Cooked food should be taken once in a day. For children twice meal is recommended whereas for the Grown Ups after the age of 25-30 only one time cooked food. Raw vegetables / fruits, fresh juices, sprouts should be taken regularly.

It is recommended that after having cooked food one should take rest of rest for 10 to 15 minutes. This will keep a person permanently healthy and very light. When your body is light you can work better.

Next important kosha is of Pranamaya kosha which is completely depending on the breathing pattern of a person. If your breathing pattern is disturbed you cannot do the mental work properly. It shows that pranamaya kosha is not healthy and in that case one has to practice and get the pattern rectified. This regulates the function of all the internal organs and protects us from many diseases. Hence, we need to take care of our breath which really keeps us strong to fight with many kind of viral and infectious diseases.

The third sheath is called Manomay kosha which reflects the mental ability & status of a person. The health of the brain depends on the quality of sleep. The way a person sleeps or takes rest. The meditation is another important way to keep person's mind healthy. If a person doesn't get sound sleep his mental growth is hampered, mind doesn't work properly and fire element is completely disturbed, which is the main factor for the intellect of a person. So in day to day life person should make sure that he is getting deep sleep for 3 to 4 hours (total sleep hours 6 to 7) and also doing meditation for 20 minutes both morning and in the evening.

Next we talk about the Vigyanmaya kosha. It balances the person's behavior and maintains good relation with others. If this element is disturbed a person is unable to get connected with the others. One is unable to talk or interact properly in family or in social gathering. In order to maintain relations in a very good manner this is an important factor in one's life. If this is completely disturbed then a person finds himself in a lonely state and becomes very restless. Later on he goes in such a state from where it's difficult to come out and control a person's mind. Man is a social animal. To be in society man has to make a place for him. Along with living a very healthy life by just taking care of the whole body makes the person physically, socially and emotionally balanced



Last but not the least the purpose of human life is getting the self-realization. This self realization doesn't keep a person away from society rather it elates the soul of a person to very high levels of consciousness. One becomes quite balanced. In spite of doing everything in a particular manner one can look after his family and other affairs smoothly. Behavior in social gathering becomes very effective. The purpose of life as per Anandmay kosha is leading a blissful life.

If someone wishes to be very healthy, all the five koshas should work in a very good manner. Few tips to follow:

- Go far a walk
- Take morning sunlight on body for 10-15 minutes
- Do deep breathing / Nadi shodhan pranayam
- Take fruits / Salads in breakfast.
- Keep your meals light as much possible.
- Very important to keep a check of your bowel movements.
- Do meditation twice a day
- Show gratitude towards everything in nature before going to bed.
- Be thankful to God for your precious life.

Wish everyone a wonderful and prosperous happy, healthy and a great life ahead.

"Health is the base of all Happiness"



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