

HEALTH BEATS

Powered by Health Wealth Management Pvt Ltd



Welcome
Spring

March Edition 2023

For feedback call: +91 8657082472 Mail info@healthwealth.management

EMPLOYEE APPRECIATION DAY

8 MARCH



Keeping employees engaged and motivated in the workplace is both necessary and rewarding. One way to acknowledge and show appreciation for employees' roles, efforts, and achievements, as well as their diverse backgrounds and experiences, is to celebrate them throughout the year.

Employee appreciation day falls on the first Friday of March every year. For 2023, employee appreciation day falls on Friday, March 3, 2023. Employee appreciation day focuses on employees across all industries and is a day to celebrate and recognize all achievements and contributions. This is a special day and an opportunity for company-wide activities.

But employee appreciation can be expressed year-round, as there are several days, weeks, and months you can take advantage of to honor employees for whom they are.



More Ways to Boost Employee Morale



Helping employees have a positive experience at work is a key for improving job satisfaction. You can also take a variety of specific actions in the workplace to show employee appreciation and keep employees motivated, such as, declaring best employee in different categories, distributing gift cards, enjoying happy hour, and giving ice cream.

Keep your employees engaged and motivated from hire to retire.



INTERNATIONAL WOMEN'S DAY

March 8



International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political.

Since those early years, International Women's Day has assumed a new global dimension for women in developed and developing countries alike.

International Women's Day is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women, who have played an extraordinary role in the history of their countries and communities.

Globally, legal restrictions have kept 2.7 billion women from accessing the same choice of jobs as men and less than 25 percent of parliamentarians were women, as of 2019. One in three women experience gender-based violence, still.

The world has made
unprecedented
advances, but no country
has achieved gender
equality.





NATIONAL NO SMOKING DAY

No Smoking Day, held every second Wednesday of March, will be March 8, 2023. The day is designed as a time to reach out to friends or family members who suffer from nicotine addiction. Research shows the number of people around the world who still smoke cigarettes — and are not actively trying to quit — is severely dwindling. The stigma surrounding smoking and the dangers of first-hand and second-hand smoke tend to get more severe as time goes on. But on No Smoking Day, many are encouraged to help others quit.

Medical reports linking smoking to cancer first appeared in the 1920s. During the 1950s and 1960s, extensive research confirmed tobacco could cause a range of serious diseases. Smoking then became less popular due to a rapid increase in knowledge of the health effects of both active and passive smoking.

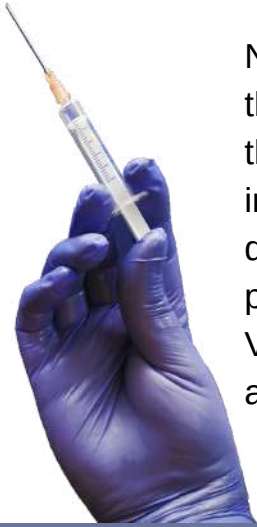
Now, the No Smoking campaign is organized by the British Heart Foundation, whose members come up with a marketing phrase every year. For example, in 2010, the motto was, “Break free!” Television ads that year showed smokers breaking cigarettes instead of smoking them.

Historically, many heavy smokers populated the Republic of Ireland, but in recent years the numbers steadily declined. According to the annual Healthy Ireland Survey, 80,000 people stopped smoking over the preceding three years.

The World Health Organization states tobacco kills up to half of its users, with more than 8 million people dying each year. More than 7 million of those deaths are the result of direct tobacco use, while around 1.2 million deaths are the result of exposure to second-hand smoke. Despite the statistics, government warnings, labels, age and location restrictions helped create a positive effect on the decline of smoking.



NATIONAL VACCINATION DAY



National Vaccination Day is observed every year on March 16. The day conveys the importance of vaccination and its role in public health. On this day in 1995, the first dose of the oral polio vaccine was given in India. Vaccination or immunization is the most effective prevention method of highly infectious diseases. According to the World Health Organisation (WHO), “immunization is a proven tool for controlling and eliminating life-threatening infectious diseases.” Vaccination is crucial to improving public health and life expectancy standards and elevating social and economic impact at the community and national levels.

HISTORY OF NATIONAL VACCINATION DAY

The practice of vaccination dates back hundreds of years. Evidence points to the Chinese employing smallpox inoculation from 1000 A.D. Even the African and Turkish people practiced it before it spread to Europe and the Americas.

Edward Jenner is considered the founder of vaccinology after he inoculated a 13 year-old-boy with vaccinia virus (cowpox) in 1776 and demonstrated immunity to smallpox. In 1798, the first smallpox vaccine was developed, and during the 18th and 19th centuries, mass smallpox immunization led to the disease’s eradication in 1979. Experiments by Louis Pasteur led to the development of cholera and inactivated anthrax vaccines, and the plague vaccine was also invented in the late 19th century. Between 1890 and 1950, bacterial vaccine development increased, including the BCG vaccination, which we still use today. In 1923, Alexander Glennie researched the perfect method to inactivate tetanus toxin with formaldehyde, and then the same method led to the development of the diphtheria vaccine in 1926. Viral tissue culture methods developed from 1950 to 1985 led to the advent of the Salk and Sabin polio vaccines. Thanks to mass immunization, polio is nearly eradicated in many countries globally.





We have made massive strides in vaccinology in the past two decades and have seen the successful development and manufacturing of recombinant hepatitis B and seasonal influenza vaccines. We will see even more effective vaccines with advancing technology, including therapeutic vaccines for allergies, autoimmune diseases, and addictions.



Large-Scale Vaccine Production:

Scientific knowledge develops to allow large-scale vaccine production and disease control efforts.

The M.M.R. Vaccine-

Measles, mumps, and rubella vaccines are combined to form the M.M.R. vaccine.

The Smallpox Vaccine is Removed -

The smallpox vaccine is discontinued after global elimination.

COVID-19 Vaccines -

Vaccines needed to fight the COVID-19 pandemic are approved.

World Sleep Day

World Sleep Day is celebrated every year on varying dates in March and this year, it falls on March 17. The holiday is organized by the World Sleep Day Committee of the World Sleep Day Society. The day was created to emphasize the importance of sleep and address common sleep-related issues that many people suffer from.

HISTORY OF WORLD SLEEP DAY

Sleep is a natural state of relaxation. It helps the mind and body regenerate and replenish themselves by suppressing muscle movement and other unused body senses. There are several phases of sleep, each with a distinct role. The disruption of any one of these phases can lead to body and/or mental ailments that affect every part of life. The fact that sleep plays such an influential role on the mind and body brings us to the conclusion that sleep is vital.

Although everyone experiences sleep, each person has a different perception of what happens when we sleep. According to some experts, sleep is a state of temporary coma that allows the body to be both conscious and unconscious.

Many people suffer from sleep-related issues that do not allow them to reach this regenerative coma-like state hindering their abilities. The World Sleep Society, which was formed in 2008, introduced World Sleep Day in collaboration with the World Association of Sleep Medicine (W.A.S.M.)

Since its inception, the goal and purpose of the day have been to spread awareness of the need to get sufficient sleep to stay healthy and bring international and local bodies together to work on sleep-related issues.

Every year, the day has been celebrated with a unique theme to support the cause. The day also educates people about different sleep disorders/solutions and encourages them to seek help.



WORLD SLEEP DAY TIMELINE



- 1925 - First Sleep Lab to research sleep is opened by Dr. Nathaniel Kleitman, popularly known as the founder of sleep research.
- 1960 - The First Commercial Sleeping Pill, Librium, the first sleeping pill is commercialized.
- 2008 - Inaugural Celebrations - We celebrated the first ever World Sleep Day on March 14, 2008.
- 2021 - This Year's Theme: "Regular Sleep, Healthy Future"

FEW TIPS FOR BETTER SLEEP

1. Always use best mattresses suitable as per your sleeping style/pattern/requirement. Get your eight hours of sleep without breaking your back.
2. Improve your sleeping habits by concentrating on falling asleep at any time of day with headphones. Music will be helpful for good sleep.
3. With massage, stretch your muscles and relax the tense joints with little effort for better sleep.
4. Workout also helps in good sleep.
5. Increase your productivity by regulating your sleep time with alarm clocks.
6. Learn how to improve your sleeping time with sleeping trackers.
7. Sleep earplugs can help you fall asleep faster by blocking out noise.



WORLD SLEEP DAY FAQs

How much should a person sleep to stay healthy and alert?

The National Sleep Foundation suggests that around seven to nine hours of continuous sleep are necessary to maintain good health and alertness during the day.

What are some of the signs of sleep deprivation?

Red eyes, constant yawning, dozing off, poor concentration, and mood swings are some of the most evident signs of sleep deprivation.

How can I sleep better at night?

The best practice is to reduce light at night, especially two hours before going to sleep. Few doctors recommend drinking chamomile tea which even helps people with mild insomnia. Do not consume caffeine at night, and put your laptops and mobile phones away for at least an hour before going to sleep.

HOW TO OBSERVE WORLD SLEEP DAY



Get proper sleep tonight

Use this day as an excuse to sleep properly and have a sufficient amount of sleep. Your body will thank you.

Spread awareness in your social circle

If you know of a person who suffers from sleep disorders, ask him to go to a doctor and seek help. Talk about such disorders with others to spread awareness.

Remind others to sleep properly and put their phones away

Since you will be sleeping properly tonight, encourage others to put their phones away at night early so that they get sufficient sleep too. Discuss the freshness in the morning after.



The body can live without food for eight to 21 days however, it can only survive for seven to 11 days without sleep.



SELF INJURY AWARENESS DAY

**BELIEVE IN YOURSELF AND YOUR
ABILITY TO HEAL AND GROW**

TOPIC OF THE MONTH - EDITORIAL CHOICE

By - Dr. Pushpa Pandey
HWM Editorial Head



"The person you care for the most is the person you'll let hurt you the most "

Human life is the most important life in this universe. All the creatures in this universe are of course equally important but the life of a human being is the special grace of this universe. Human being is a combination of body, mind and soul. Everyone survives only with love and respect. If these two factors miss in life, life becomes troublesome. One feels miserable. No significance or importance of life remains. May it be Prime Minister, President, a CEO of a company or a simple person who we think having no value for us that is servants working in our houses, self-respect is the first and foremost.

Throughout the world, people live life for love and respect only. But in society, in spite of having all luxuries, having great knowledge, big personalities preaching others the essence in life; we find love and respect for the men and women missing in society. Then the relationship becomes bitter. They start suppressing their physical, mental and emotional feelings.

It has many forms. Some just cry silently, some scream loudly, some hit them blindly. Some poison themselves. They misuse alcohol or drugs. Some starve for long time (anorexia) or some binge eating (bulimia). Some exercise too much etc.

People who self- hurt they don't want to die. They actually don't want to kill themselves. They wish to live with the pain. It's a way of coping with or expressing overwhelmed distress. By doing so they wish to punish themselves or relieve the unbearable tension. Some of the signs of self hurting are:



Such people keep themselves fully covered, they pull their hair, speaking about not willing to live on, remaining cutoff from all known people, and they also lack motivation or lose interest in doing anything.

Self-hurt brings immediate relief but its only temporary. It causes permanent scarring and damage to the body if someone injures deeply.

If we find such people around us we should not neglect. This should be taken seriously before such problems escalate. This is a mental health issue. We should not panic. First they should be given some medical concern and their physical conditions should be treated. They should be given private space and security that their identity won't be tarnished. They should be comforted so that they could discuss their problems, thoughts and feelings honestly. Sometimes such people are unable to express their feelings and problems freely. Make them cry if needed. Crying is healthy and normal way to express frustration and pain. They should have trust in someone so that they could discuss their personal problems.

There are some ways by which they can be comforted. The change in place works wonders. Such people should be taken to some new places like hill station or in resorts, a day out on the riverside or sea beach. Company of nature helps to relieve stress. The person feels light and stress is relieved to some extent. Apart from this they should talk to friends or some family members. They should engage themselves in some responsible task. Doing regular exercises also supports to get relief. If the emotions are out of control they can sing songs on top of voice or listen to loud music etc.

There are times when we must be hurt to grow; we must lose in order to gain, because some lessons in life are best learned through pain. But all these are positive hurting.

To live in this society one needs to protect self-respect. If that shakes there is no meaning of life. Hence, one should never compromise on the cost of self-respect.

Give and Take due respect in all spheres of life.



Happy International Women's Day



“Women are the true
builders of society.”
.....



CBC , Iron Serum &
Calcium , RBS, Urine

650/-

Only Vitamin Profile
Vit D & Vit B12

850/-

Complete Thyroid
Profile TSH, T3,T4

250/-

Total 1650/-

40%
DISCOUNT

**Combo
Discount
INR 1200/-**

Free Home Collection

For Booking Call : 9987464076 / 7045830782 / 9324289528

Mail : hwmlabs@healthwealth.management

On Combo Pack Booking get Free Doc Consultation & Diet