

HEALTH BEATS

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**SPECIAL EDITION ON
INTERNATIONAL DANCE DAY**

April Edition 2023

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



Hello
April

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For feedback call 08657082472

Mail:aparna.pandey@healthwealth.management

Prevention of Blindnessweek

Special
April New
Edition

Prevention of Blindness Week is an important event in India, as it aims to raise awareness about the importance of eye health and preventable causes of blindness. Some of the major health-related aspects of the week include.



1 Eye screenings

Many eye hospitals, clinics, and NGOs organize free eye screenings during Prevention of Blindness Week. These screenings are an opportunity for people to have their eyes checked and identify any potential problems early on.



2 Education and awareness

Prevention of Blindness Week is also a time to educate people about the causes of blindness and how it can be prevented. This includes information on proper eye care practices, the importance of regular eye exams, and the need for timely treatment of eye conditions.



3 Treatment and services

·During the week, there may be increased availability of eye care services, such as surgery, treatment for infections and injuries, and the provision of eyeglasses or other assistive devices.



4 Eye donation

·One of the most important aspects of Prevention of Blindness Week is raising awareness about the importance of eye donation. This involves educating people about the benefits of donating their eyes after death and encouraging them to register as eye donors.

Overall, Prevention of Blindness Week in India is an important health initiative that helps to promote eye health and prevent blindness. By providing education and access to eye care services, the week aims to improve the quality of life for many people and reduce the burden of preventable blindness in the country.



2 April

WORLD AUTISM AWARENESS DAY

World Autism Awareness Day is an international event that is observed every year on April 2nd. In India, the day is marked with various awareness-raising activities and events to promote understanding and inclusion of people with autism spectrum disorder (ASD).

ASD is a neurological disorder that affects communication, social interaction, and behavior. It is estimated that around 1 in 54 children in India have ASD, making it an important public health concern in the country.

On World Autism Awareness Day, many organizations and advocacy groups in India organize events and campaigns to increase public awareness about autism and promote acceptance of individuals with the condition. These activities may include educational seminars, workshops, fundraising events, and social media campaigns.



The theme of World Autism Awareness Day in India often centers around inclusion and creating an inclusive society for people with autism. This includes promoting employment opportunities, improving access to healthcare and education, and advocating for the rights of people with autism.

In addition to awareness-raising activities, World Autism Awareness Day in India is also an opportunity to highlight the importance of early diagnosis and intervention for ASD. Early identification and intervention can help improve outcomes for children with autism and enable them to reach their full potential.

Overall, World Autism Awareness Day is an important event in India that helps to promote understanding and acceptance of autism, and advocate for the rights and inclusion of individuals with ASD in society.

WORLD HEALTH DAY

April 7

Mission: "Raise global health awareness, inspire action."

World Health Day is celebrated on April 7th each year to promote global health and raise awareness about important health issues. The theme for World Health Day changes every year, but the overall goal is to encourage people to take action to improve their health and the health of their communities.

One of the most important aspects of good health is prevention. By taking steps to prevent illness and disease, we can improve our quality of life and reduce the burden on healthcare systems. Here are some key ways to prioritize prevention

1 Eat a healthy diet

Eating a balanced diet that includes a variety of fruits, vegetables, whole grains, and lean proteins can help prevent chronic diseases like heart disease, diabetes, and cancer.

2 Get regular exercise

Regular physical activity can help maintain a healthy weight, reduce the risk of chronic diseases, and improve mental health.



Healthy Together Now



3 Practice good hygiene

Washing your hands frequently, covering your mouth and nose when coughing or sneezing, and avoiding close contact with sick people can help prevent the spread of infectious diseases.

4 Stay up to date on vaccinations

Vaccines are an important way to prevent infectious diseases and protect public health.

5 Reduce stress

Chronic stress can negatively impact mental and physical health. Finding healthy ways to manage stress, such as meditation or exercise, can help prevent related health issues.

6 Get enough sleep

Adequate sleep is essential for good health, and chronic sleep deprivation has been linked to a range of health problems. Aim for 7-8 hours of sleep per night.

7 Limit alcohol and tobacco use

Excessive alcohol consumption and tobacco use can increase the risk of chronic diseases like cancer, heart disease, and respiratory disease.



In addition to these preventative measures, it is important to **prioritize regular health check-ups** and screenings to catch potential health issues early. This includes routine physical exams, cancer screenings, and blood pressure and cholesterol checks.

By prioritizing prevention and taking action to improve our health, we can reduce the burden of disease and create healthier communities around the world. On World Health Day, let's commit to taking steps towards better health and wellness for ourselves and those around us.

National Safe Motherhood Day

11 April

National Safe Motherhood Day is observed in India on April 11th every year to raise awareness about the importance of maternal health and reduce maternal mortality. The day is an opportunity to highlight the challenges faced by pregnant women and new mothers in India, and to promote policies and programs that improve maternal health and well-being.

Maternal mortality is a major public health concern in India, with an estimated 35,000 women dying each year from pregnancy-related causes. Many of these deaths are preventable with access to quality healthcare, including skilled birth attendants, emergency obstetric care, and postpartum care.

On National Safe Motherhood Day, various government agencies, non-governmental organizations, and healthcare providers organize events and campaigns to promote maternal health and well-being. These activities may include health camps, awareness-raising campaigns, and educational programs for women and their families.

One of the main goals of National Safe Motherhood Day is to promote the concept of safe motherhood, which encompasses a range of interventions and strategies to reduce maternal mortality and morbidity. These interventions may include early detection and management of pregnancy-related complications, provision of high-quality antenatal care, and access to emergency obstetric care when needed.

Other important aspects of safe motherhood include promoting family planning and reproductive health, improving the nutritional status of pregnant women and their children, and addressing social and cultural factors that affect maternal health and well-being.

Overall, National Safe Motherhood Day is an important occasion to raise awareness about the importance of maternal health and promote policies and programs that improve the health and well-being of mothers and their children in India. By working together to address the challenges faced by pregnant women and new mothers, we can help ensure that every woman has access to the care and support she needs to have a safe and healthy pregnancy and childbirth.



WORLD LIVER DAY

19 April



World Liver Day is observed annually on April 19th to raise awareness about liver diseases and promote liver health. The liver is one of the largest organs in the human body and plays a crucial role in various bodily functions. It performs over 500 functions, including detoxification, metabolism, and storage of nutrients.

However, liver diseases are on the rise globally, and it is essential to take necessary precautions to maintain liver health. Some of the most common liver diseases include fatty liver disease, hepatitis, cirrhosis, and liver cancer. These diseases can cause significant damage to the liver and can be life-threatening if not diagnosed and treated early.

Here are some tips to maintain good liver health:

- 1. Maintain a healthy diet:** A balanced and nutritious diet is essential for maintaining good liver health. Avoid consuming excessive amounts of processed foods, sugar, and alcohol, which can cause liver damage. Include foods rich in antioxidants, such as fruits, vegetables, and whole grains, which help reduce inflammation and protect liver cells.
- 2. Exercise regularly:** Regular exercise is beneficial for overall health and can also help maintain liver health. Exercise helps reduce inflammation, improves blood flow, and promotes the growth of new liver cells.
- 3. Avoid alcohol:** Excessive alcohol consumption is a significant risk factor for liver diseases, including cirrhosis and liver cancer. Limit your alcohol intake and avoid binge drinking.
- 4. Get vaccinated:** Vaccinations can help prevent some types of hepatitis, a viral infection that can cause liver damage.
- 5. Take medications as prescribed :** Certain medications can cause liver damage. Always take medications as prescribed and inform your doctor if you have any liver disease or if you experience any side effects.



In conclusion, maintaining good liver health is crucial for overall health and well-being. Adopting healthy habits, such as eating a balanced diet, exercising regularly, and avoiding excessive alcohol consumption, can help prevent liver diseases and promote liver health. It is essential to get regular check-ups and consult a doctor if you experience any symptoms of liver disease.

28th April

WORLD DAY FOR SAFETY & HEALTH AT WORK

World Day for Safety and Health at Work is observed annually on April 28th to raise awareness about occupational safety and health (OSH) and to promote safe and healthy working environments. The day emphasizes the need for employers and employees to work together to create a safe and healthy work environment.

Workplace safety and health are critical for both employees and employers. Unsafe working conditions can cause injuries, illnesses, and even fatalities, resulting in loss of productivity, high healthcare costs, and legal liabilities. On the other hand, promoting safety and health at work can improve employee morale, increase productivity, and reduce absenteeism.

Workplace Safety and Health: Key Issues

- Workplace safety and health are critical for the well-being of employees and the success of organizations. Here are some key issues related to workplace safety and health:
- Workplace accidents and injuries: Workplace accidents and injuries are a significant risk for employees, and they can cause physical and emotional harm. Common accidents and injuries include slips, falls, burns, and repetitive strain injuries.
- Mental health: Mental health is an important aspect of workplace safety and health. Stress, anxiety, and depression can have a significant impact on employee well-being and productivity.
- Occupational diseases: Occupational diseases are illnesses caused by exposure to workplace hazards, such as toxic chemicals, noise, and radiation. Common occupational diseases include respiratory diseases, skin diseases, and cancer.
- Work-related fatalities: Work-related fatalities are a tragic consequence of workplace hazards. According to the International Labor Organization (ILO), around 2.78 million people die each year due to work-related accidents and diseases.



WORLD DAY OF
**SAFETY
& HEALTH
AT WORK**

WORLD DAY FOR SAFETY AND HEALTH AT WORK

Here are some tips to promote safety and health at work:

1. **Conduct regular risk assessments:** Employers should identify potential hazards in the workplace and take measures to reduce or eliminate them. Regular risk assessments can help identify and Promote ergonomics to address potential safety and health hazards.
2. **Provide adequate training:** Employers should provide adequate training and education to employees about workplace safety and health. This includes training on the proper use of equipment, handling hazardous materials, and emergency procedures.
3. **Ergonomics** is the science of designing workspaces and equipment to fit the needs of workers. Employers should ensure that workstations, chairs, and other equipment are ergonomically designed to reduce the risk of musculoskeletal disorders and injuries.
4. **Encourage healthy habits:** Employers can encourage healthy habits by promoting regular exercise, healthy eating, and stress reduction. This can help reduce the risk of chronic diseases and improve overall employee well-being.
5. **Provide personal protective equipment (PPE):** Employers should provide appropriate personal protective equipment (PPE) to employees, such as gloves, helmets, and safety glasses. PPE can help protect employees from workplace hazards and reduce the risk of injuries.
6. **Foster a culture of safety:** Employers should foster a culture of safety in the workplace by encouraging employees to report safety hazards and promoting open communication about safety issues. This can help create a safe and healthy working environment for everyone.

World Day
FOR SAFETY AND HEALTH AT WORK
April 28



In conclusion, promoting safety and health at work is essential for creating a safe and healthy working environment for employees. Employers and employees should work together to identify potential hazards and take appropriate measures to reduce or eliminate them. By following these tips, employers can promote a culture of safety and health in the workplace, resulting in improved employee well-being, productivity, and job satisfaction.



Dance Day: A Thrill

EDITOR'S CHOICE

TOPIC OF THE MONTH

BY: DR PUSHPA PANDEY
HWM EDITORIAL HEAD

On International Dance Day

29 April

Life is a combination of joy and sorrow. There are shadows of clouds. The happiness always gets enveloped. We need specific atmosphere, mood and a wonderful place to be happy. We have experienced that how much ever you may be sad but once you visit natural places like river side, seashores or hilly areas our mood starts changing immediately. We feel very fresh and energetic. We become positive. The same effect is seen when we listen to beautiful music played around us, however you may be sad or tired, the child in you starts dancing.

The person who doesn't tap the feet doesn't swing on music or doesn't even move his fingers, that person is really a very tough, dull, and a difficult nut to crack, self-centered. Those who can't swing, can't sing and dance such people may be either introverted or may be depressed. The life of such people can be dull and monotonous. They don't understand why they are so sad. They just blame people, situations and others for their dull condition.

Dance has a wide range of physical and mental benefits. Dance is a way of keeping people fit physically and mentally. It is fit for people of all ages and shapes. It improves the muscle tone and strength. It manages weight and body structure. It makes our bones strong and reduces the risk of osteoporosis. It improves the condition of the heart and lungs. Increases our motor fitness, strength and endurance on a large scale. Among all the dances, Arabic dance is actually called fitness dance. In this dance the whole body is completely involved. It increases our stamina. The one who keeps dancing has a better heart, has a lower risk of cancer, lower risk of stroke, and they have sharp mind in most of the cases.





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Dance lifts the mood and takes away all our tension and anxiety. A person becomes more versatile. It changes the negative mode into positive and it also increases self - esteem and the cognitive functions. Physical exercises elevate the dopamine and endorphins, which are two neurotransmitters responsible for feelings of joy, pleasure and happiness.

Dance helps a person to focus on his aim. It develops creativity which is very important in everyone's life. Dance also improves sensitivity and consideration for others. It also improves human relation and brings romance in one's life. It helps to meet new people, make new friends and feel connected to one another. The social purpose of the dance is to bring different people together and infuses feeling for each other.

When we go in history we find that the people have danced for different purposes i.e. social purpose, cultural purpose or sometimes on theatrical reasons.

DMT is type of dance movement to help individuals achieve emotional, cognitive, physical and social integration. DMT means Dance Movement Therapy. it actually falls under psychotherapy and is used by the psychotherapist to treat the different types of movement disorders, especially like Parkinson. It lessens the loneliness and helps a person to come out of depression.



Indian dances are full of emotions. There are nine emotions which are expressed through different dances. These are Shringaar(love), Haaseya (laughter), Karuna (compassion), Roudra (anger), Veera (courage), Bhayank (fear), Vibhatsya (disgusting), Wonder (surprise) and Shanta (tranquility).

Popular types of dances are Ballet, Ballroom, Hip Hop, Jazz, Tap, Folk, Irish and contemporary. All these dances also express different kinds of emotions and feelings.

The purpose of different dances is the same that forget your difference of caste, creed, region, religion. Break all the barriers and come together and soak yourself in one color, one mood and swing being a happy humane. Open your heart for all and just delve yourself in music. Let your inner self be awakened and fill it with the nectar of Universal love.

"From boosting mood to improving physical fitness, discover the amazing health benefits of dance on International Dance Day."

