

M A G A Z I N E

HEALTH BEATS

POWERED BY HEALTH WEALTH MANAGEMENT PVT LTD



July Edition 2023

WORLD POPULATION DAY

11th July

Empowering People, Strengthening Societies

Each year, on July 11th, World Population Day is observed globally to highlight the significance of population issues and their impact on sustainable development. This special day serves as a reminder that our world's population growth, demographics, and related challenges require attention and proactive measures to build a better future for all.

The theme of World Population Day varies each year, focusing on critical issues that affect populations worldwide. It is an opportunity to raise awareness, engage in meaningful discussions, and promote policies that address the needs and rights of individuals, families, and communities.

At the heart of World Population Day is the recognition that people are at the center of development. The day emphasizes the importance of empowering individuals and ensuring their access to essential services, including healthcare, education, and reproductive rights. By investing in people, we can create a solid foundation for prosperous and sustainable societies.



Population dynamics have a profound impact on various aspects of our lives, such as healthcare, education, employment, and the environment. World Population Day seeks to promote dialogue and understanding about these interconnected issues and encourage collaborative efforts to find innovative solutions.



One crucial aspect of World Population Day is reproductive health and family planning. Access to quality healthcare, comprehensive sexuality education, and reproductive rights are fundamental in empowering individuals to make informed choices about their reproductive health. When people can plan their families, it positively impacts their well-being, reduces maternal and infant mortality rates, and contributes to overall social and economic development.

Another key focus of World Population Day is the empowerment of women and girls. Ensuring gender equality, eliminating gender-based violence, and promoting women's education and economic opportunities are essential components of sustainable development. By empowering women and girls, we can create more inclusive societies, break the cycle of poverty, and foster social progress.

World Population Day reminds us that population-related challenges are not insurmountable but require collective action. Governments, civil society organizations, and individuals can contribute by advocating for policies that prioritize population issues, supporting family planning initiatives, and investing in education and healthcare systems.

As we observe World Population Day, let us reflect on the importance of creating a world where every person has the opportunity to thrive. By embracing the principles of equality, human rights, and sustainable development, we can build societies that are resilient, prosperous, and inclusive for all.

PARENTS DAY

23 JULY

HONORING THE HEALTH CHAMPIONS IN OUR LIVES



Parents Day is a time to celebrate and acknowledge the significant role parents play in shaping our health and well-being. Our parents are not only our caregivers but also our first teachers in matters of health, imparting valuable knowledge and instilling healthy habits that stay with us throughout our lives.

From a young age, parents serve as health advocates, ensuring we receive proper nutrition, vaccinations, and medical care. They teach us the importance of good hygiene, proper sleep routines, and staying active. These foundational lessons lay the groundwork for a healthy lifestyle and set us on a path towards well-being.

Parents also play a vital role in promoting mental and emotional health. They create a nurturing and supportive environment that helps us develop resilience, cope with stress, and build healthy relationships. Their unconditional love and guidance foster a sense of security and emotional stability, which are essential for overall well-being.



On Parents Day, it is crucial to express gratitude to our parents for their dedication to our health. We can reflect on the lessons they taught us about self-care, mindfulness, and maintaining a balanced lifestyle. Their influence goes beyond childhood, as their teachings continue to impact our choices and decisions as adults.



Parents also serve as role models for healthy behaviors. By witnessing their commitment to their own health, whether through regular exercise, nutritious eating habits, or managing stress effectively, we learn valuable lessons about self-care and the importance of prioritizing our well-being.

Moreover, as our parents age, our roles may reverse, and we become their caregivers. Parents Day is an opportunity to ensure that our parents' health needs are met, advocating for their well-being, and providing the care and support they require. It is a time to appreciate the sacrifices they have made for our health and return the favor by being there for them in their time of need.

As we celebrate Parents Day, let us honor the health champions in our lives. Let us express gratitude for the love, care, and guidance they have provided, which have shaped our physical, mental, and emotional well-being. May we continue to learn from their wisdom, pass on their teachings to future generations, and prioritize health as a family value.

On this special day, let us recognize the profound impact parents have on our health and make a commitment to prioritize our well-being, carrying forward the lessons they have imparted. Together, as a family, we can create a healthier future for ourselves and for our loved ones, honoring the legacy of health and love passed down through generations.

WORLD HEPATITIS DAY

28 JULY

On July 28th, the world comes together to observe World Hepatitis Day, a global initiative aimed at raising awareness about viral hepatitis and working towards its elimination. This day serves as a powerful reminder that millions of people worldwide are affected by hepatitis, and concerted efforts are needed to prevent new infections, provide access to testing and treatment, and ultimately eradicate this silent killer.

Viral hepatitis, particularly hepatitis B and C, poses a significant public health challenge. These infections can lead to chronic liver disease, liver cancer, and even death if left untreated. Shockingly, more than 325 million people worldwide are living with viral hepatitis, with many unaware of their infection status.



World Hepatitis Day provides an opportunity to educate individuals, communities, and governments about the importance of prevention, testing, and treatment. The day raises awareness about risk factors, transmission modes, and available interventions, empowering people to make informed decisions and take appropriate actions to protect their health.



One of the key goals of World Hepatitis Day is to promote universal access to testing and treatment for hepatitis. Early diagnosis is crucial in preventing disease progression and reducing the risk of transmission. By expanding screening programs and ensuring affordable and accessible treatment options, we can save countless lives and prevent the devastating consequences of viral hepatitis.

The day also emphasizes the significance of vaccination against hepatitis B. Vaccination has proven to be highly effective in preventing new infections, particularly in infants and high-risk populations. By increasing immunization coverage and integrating hepatitis B vaccination into routine immunization programs, we can make substantial progress in reducing the burden of this preventable disease.



Another essential aspect of World Hepatitis Day is advocating for policy changes and resource allocation to support hepatitis prevention and control efforts. It is crucial to prioritize viral hepatitis on national and global health agendas, allocate sufficient funding, and strengthen healthcare systems to ensure comprehensive prevention, testing, and treatment services are available to all who need them.

In addition, World Hepatitis Day serves as a platform to address the stigma and discrimination faced by people living with hepatitis. By promoting understanding, compassion, and support for individuals affected by the disease, we can create a more inclusive society that encourages testing, treatment, and a better quality of life for all.



As we mark World Hepatitis Day, let us unite in our commitment to eliminate viral hepatitis as a public health threat. By raising awareness, advocating for change, and working together, we can prevent new infections, improve access to care, and save lives. Together, we can create a world where hepatitis is no longer a silent killer, and everyone has the opportunity to live a healthy and fulfilling life.

MONSOON HEALTHY FOOD

During the monsoon season, it's important to consume foods that boost your immune system and provide you with essential nutrients while keeping digestive issues at bay. Here are some healthy food options for the monsoon season:

SEASONAL FRUITS

Opt for locally available fruits such as pears, apples, pomegranates, and citrus fruits like oranges and lemons. These fruits are rich in vitamin C, which helps strengthen your immune system.



VEGETABLES

Include a variety of vegetables in your diet, such as leafy greens, bell peppers, broccoli, and cauliflower. These vegetables provide essential vitamins and minerals that support overall health.



SOUPS AND STEWS

Warm soups and stews are comforting during the rainy season. Prepare them with a variety of vegetables, lentils, and spices. These dishes are not only nourishing but also help keep your body warm.



HERBAL TEA

Sip on herbal teas like ginger tea, tulsi (holy basil) tea, or green tea. These teas have antioxidant properties and can boost your immunity. Ginger tea also aids digestion and helps combat nausea.



GARLIC AND TURMERIC

Incorporate garlic and turmeric into your meals. Garlic has antimicrobial properties, while turmeric has anti-inflammatory properties. Both ingredients can help enhance your immune system.



WHOLE GRAINS

Choose whole grain options like brown rice, whole wheat bread, and oats. These foods provide fibre and other essential nutrients, helping to maintain healthy digestion.



PROBIOTICS

Include probiotic-rich foods in your diet, such as yogurt and fermented foods. Probiotics promote a healthy gut and boost your immune system.



HYDRATION

Don't forget to stay hydrated even during the monsoon season. Drink sufficient water and include fluids like coconut water, herbal infusions, and freshly squeezed fruit juices to maintain proper hydration levels.



Remember to practice good hygiene and food safety measures during the monsoon season. Wash fruits and vegetables thoroughly, cook food properly, and avoid eating street food or raw foods that may increase the risk of waterborne illnesses.

MONSOON HEALTHY SPORT AND OUTDOOR ACTIVITY

Engaging in sports and outdoor activities during the monsoon season can be a refreshing and enjoyable way to stay active and maintain a healthy lifestyle. However, it's important to prioritize safety and consider the weather conditions. Here are some monsoon-friendly sports and outdoor activities:



Indoor Sports

Opt for indoor sports such as badminton, table tennis, squash, or indoor rock climbing. These activities allow you to stay active and enjoy the sport while avoiding the rain and potential hazards associated with outdoor activities.



Swimming

If you have access to a covered or indoor swimming pool, swimming can be a fantastic exercise during the monsoon. It provides a full-body workout, improves cardiovascular health, and is gentle on the joints.



Yoga and Pilates

Practicing yoga or Pilates indoors is an excellent way to maintain flexibility, strength, and mental well-being during the monsoon. Many fitness centers offer indoor yoga and Pilates classes, or you can follow online tutorials at home.



Dance Classes


Enroll in dance classes like Zumba, salsa, or aerobics, which are often conducted indoors. These high-energy workouts help you stay active, burn calories, and have fun while improving your coordination and rhythm.



Indoor Cycling

Indoor cycling classes or using a stationary bike at home can be a great way to stay fit and improve cardiovascular endurance. You can follow virtual cycling classes or create your own workout routine.

Remember to prioritize safety during the monsoon season. If you decide to engage in outdoor activities, check the weather forecast, dress appropriately, and avoid areas prone to flooding or other hazards. Stay hydrated, warm up properly before any physical activity, and listen to your body's limits.





Gym Workouts

If you prefer a traditional gym workout, head to an indoor gym facility and focus on strength training, cardio exercises, or group fitness classes. It allows you to stay active regardless of the weather.



Indoor Sports Facilities

Look for sports facilities that provide indoor options for activities like basketball, volleyball, or indoor soccer. These venues usually have covered areas where you can enjoy sports without being exposed to the rain.



Fitness classes and workshops

Attend fitness classes or workshops organized by fitness centers or community centers. They often offer a variety of indoor activities like kickboxing, HIIT workouts, or circuit training to keep you active and motivated.



LOVE & CARE FOR HAIR & SKIN

Looking good is our wish but being good is our attitude

By Dr Pushpa Pandey
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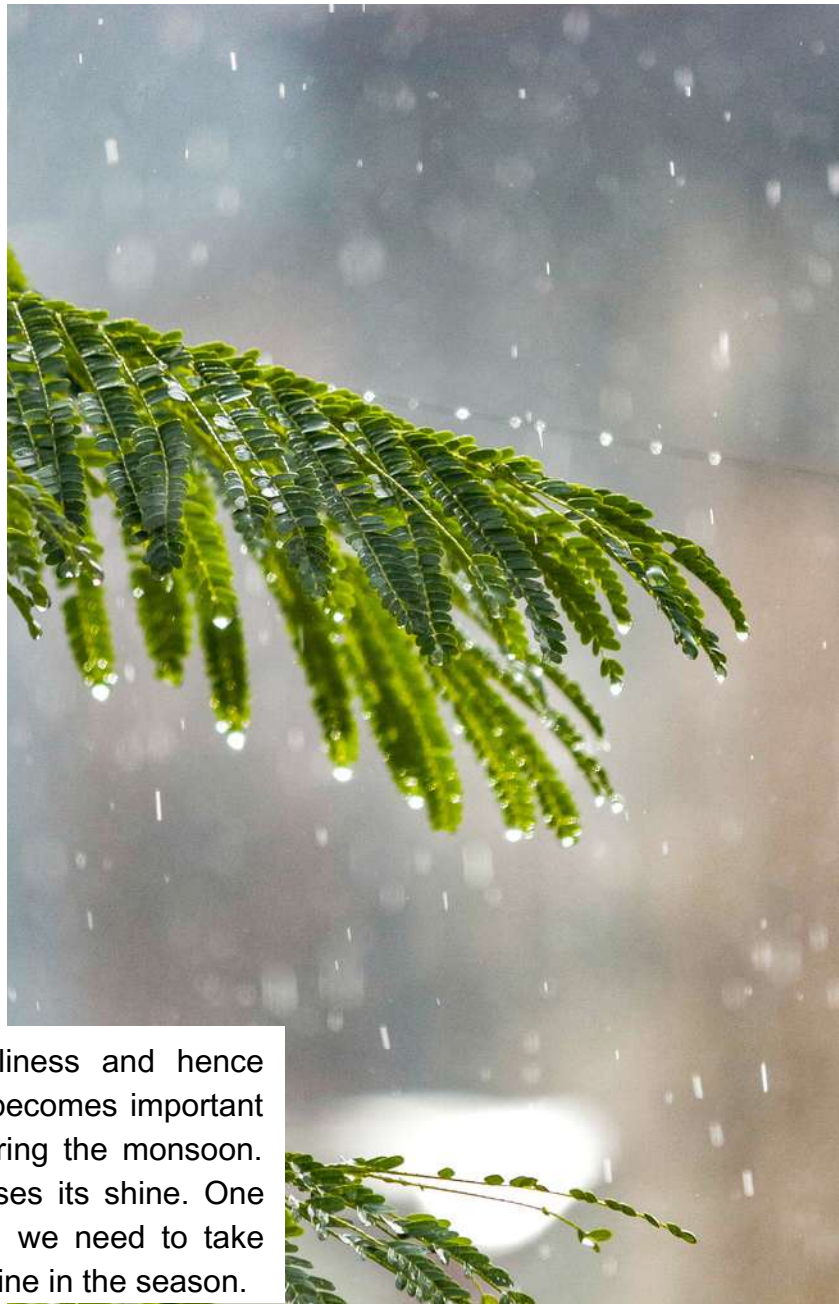
LOVE & CARE FOR HAIR & SKIN

***Looking good is our wish but
being good is our attitude***

Welcome monsoon! Such a lovely feeling. It's mere thought is refreshing. Natural thrill is in the air. Everyone becomes very happy and joyful in the first rain of the monsoon. Although the monsoon is a wonderful season yet welcomes plenty of diseases and special concerns related to skin and hair.



Skin becomes dry and it loses its oiliness and hence becomes dull and sticky. That is why it becomes important to take care of your skin and health during the monsoon. Due to the excess humidity, the skin loses its shine. One gets lots of acne and darkness. Hence, we need to take care of the skin by following a certain routine in the season.



The general habits are using sunscreen having a SPF value of 50 +. Then using face wipes or blotting paper to keep cleansing your face every now and then. General thinking is when there is no sunlight in the monsoon there is no need to use moisturizer or sunscreen.

But it's not so. We need to use them in a very appropriate manner. Apart from that, the skin has to be kept in a very hydrated condition. For this one has to drink water as much as required so that the toxins can be thrown out of the body easily. Drinking water in appropriate quantity keeps your skin glowing. Apart from applying things outwardly one needs to change their food habits too. Everyone should eat lots of watermelon and coconut water which really helps in hydrating the body and maintaining its suppleness. One should use mild lip balm to keep the lips in a perfect condition. Apart from all these, one can use a natural scrub that is made out of gram flour and a little honey. Apply it on your face and body. Scrub them properly and rinse. This is a natural scrub as well as a great UV protector.

Though monsoon brings much awaited relief from the scorching heat and relaxation from the burning skin. But it is this season that also brings a lot of hair problems. If we don't take extra care of our hair in this season then it becomes extremely dry, hard and frizzy. Everyone starts losing hair. The most important step here is shampooing your head twice a week. After that it should be conditioned in a very manner. Keep the conditioner on the hair for 5 to 10 minutes before washing it off. One must be sure to oil the hair before shampooing it because oil gives a magical effect on the scalp and makes it healthy and supple. It also gives a luster look to the hair. We should avoid using stylish products during the monsoon, for example hair gels, setting spray, different kinds of dyes, straighteners etc. As they add to the damage of hair. Always carry a scarf or a cap to cover your head and also to protect your hair from the humidity to some extent.



All the above methods are external methods to protect your skin and hair. But checking one's diet is the most important factor for beautiful skin and hair. Junk food greatly harms them. Some of the important tips to protect your skin and hair are as follows:

Cut down on caffeine as it dehydrates full body resulting to bad skin and dull hair



Avoid cold drinks and other aerated, preserved juices



Apply onion juice or curd on your scalp to avoid alopecia



The most important factor is your diet. Consume fresh leafy vegetables and fruits as much as possible for your good skin and healthy hair.



In vegetables cabbage, broccoli, spinach, tomatoes and coriander leaves are very good



Soya milk, coconut milk, green moong dal and butter milk should be added for good results.



Regular Yoga, Pranayam, barefoot walk on grass, meditation and sound sleep is the secret of good skin and hair.



Add Vitamin C & E in your diet.

