

# — M A G A Z I N E HEALTH BEATS

POWERED BY HEALTH WEALTH MANAGEMENT PVT LTD



YOUTH

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# WORLD BREASTFEEDING WEEK

**World Breastfeeding Week** is an annual observance celebrated from August 1st to August 7th each year to promote the importance of breastfeeding for both mothers and infants. The week aims to raise awareness about the benefits of breastfeeding, provide support to breastfeeding mothers, and advocate for policies that protect and support breastfeeding practices worldwide. Here's a general overview of the health-related aspects observed during World Breastfeeding Week:



## Breastfeeding Benefits:

World Breastfeeding Week highlights the numerous health benefits of breastfeeding for infants. Breast milk is considered the best nutrition for babies, providing essential nutrients, antibodies, and enzymes that boost the baby's immune system and protect against infections and diseases.

## Maternal Health:

Breastfeeding offers several health benefits for mothers as well. It helps in reducing the risk of postpartum bleeding, aids in uterus contraction, and can lower the risk of certain cancers, such as breast and ovarian cancer. Additionally, breastfeeding contributes to better postpartum recovery for mothers.

## Early Initiation

The week emphasizes the significance of early initiation of breastfeeding within the first hour after birth. Early breastfeeding initiation ensures that the baby receives colostrum, the first milk rich in nutrients and antibodies.

## Exclusive Breastfeeding:

World Breastfeeding Week promotes exclusive breastfeeding for the first six months of a baby's life. Exclusive breastfeeding means providing only breast milk to the baby without giving any other foods or liquids, except for vitamins, minerals, and medications as prescribed.

## Continued Breastfeeding

After the first six months, complementary feeding is introduced while continuing breastfeeding up to two years of age or beyond. World Breastfeeding Week encourages the continuation of breastfeeding as it provides continued health benefits for both mother and child.

## Breastfeeding Support:

World Breastfeeding Week promotes exclusive breastfeeding for the first six months of a baby's life. Exclusive breastfeeding means providing only breast milk to the baby without giving any other foods or liquids, except for vitamins, minerals, and medications as prescribed.

## Breastfeeding Challenges:

The observance also addresses the challenges that some mothers may face while breastfeeding and provides information and resources to overcome these challenges.

Overall, World Breastfeeding Week is a significant global health event that aims to improve maternal and child health outcomes by promoting breastfeeding as a fundamental aspect of child-rearing and nurturing. The week brings together all the healthcare organizations and communities to work collectively towards creating a breastfeeding-friendly environment and ensuring the best possible start in life for infants around the world.



# INDEPENDENCE CELEBRATION

15 AUG

BY KEEPING BODY FREE FROM DISEASES



Independence celebrations are a time for people to come together and commemorate their country's freedom and sovereignty. While it may not be directly related to independence celebrations, keeping your body free from diseases is essential for overall health and well-being. Here are some general tips for maintaining good health and reducing the risk of diseases:



## DETERMINING TOURIST DESTINATIONS



Engage in regular physical activity, such as walking, jogging, cycling, or participating in sports. Exercise helps boost your immune system and keeps your body fit and strong.



## BALANCED DIET

Consume a well-balanced diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. Proper nutrition is vital for a strong immune system and overall health.



## STAY HYDRATED

Drink plenty of water throughout the day to keep your body hydrated and support essential bodily functions.



## GET ENOUGH SLEEP

Aim for 7-9 hours of quality sleep each night. Sufficient rest is crucial for the body's ability to repair and strengthen itself.

## PRACTICE GOOD HYGIENE



Wash your hands frequently with soap and water, especially before eating and after using the restroom. This simple act can help prevent the spread of germs and infections.

## VACCINATIONS



Stay up-to-date with vaccinations as recommended by healthcare professionals. Vaccines help prevent various infectious diseases.

## AVOID TOBACCO AND EXCESSIVE ALCOHOL



Smoking and excessive alcohol consumption can weaken your immune system and increase the risk of various diseases.

## MANAGE STRESS



Chronic stress can negatively impact your immune system. Practice relaxation techniques, such as meditation or yoga, to manage stress effectively.

## REGULAR HEALTH CHECK-UPS



Schedule regular visits to your healthcare provider for check-ups and screenings. Early detection of health issues can lead to more successful treatment outcomes.

## LIMIT EXPOSURE TO INFECTIONS



During public gatherings or events like independence celebrations, take precautions to minimize your exposure to potential infections. This may include wearing masks in crowded places and practicing social distancing if necessary.

**Remember, while taking these precautions can reduce the risk of diseases, it is essential to consult with a healthcare professional for personalized advice and recommendations based on your specific health needs and medical history.**





# RAINY SPORTS

Engaging in sports and physical activities during rainy weather can have some specific health benefits. However, it's essential to consider safety and take precautions to avoid potential risks associated with wet and slippery conditions. Here are some rainy sports and activities that can promote health:

## Running or Jogging:

Running in the rain can be an exhilarating experience and may even help you stay cooler during warm weather. Just be cautious of slippery surfaces and wear appropriate footwear for better traction.



## Hiking:

Hiking in the rain can be a refreshing and scenic experience. It allows you to connect with nature and enjoy the lush environment. However, be cautious of slippery trails and wear suitable footwear.

## Cycling:

Biking in the rain can add an extra challenge to your ride. It can improve your balance and core strength as you navigate wet roads.



## Outdoor Swimming:

Swimming in the rain can be an invigorating experience. Just be mindful of any thunderstorms or lightning and avoid swimming in such conditions.

## Basketball:

Playing basketball in the rain can be a fun way to enjoy the sport in a different setting. The slippery court may require players to adjust their movements and work on their balance and coordination.



## Volleyball:

Playing beach volleyball in the rain can add an extra layer of excitement. However, ensure that the court is safe to play on and be cautious of slipping.

## Gardening:

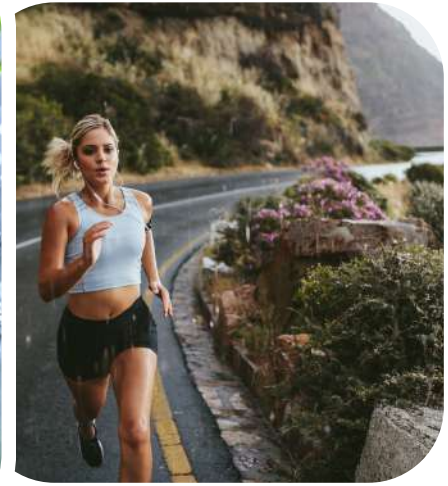
While not a traditional sport, gardening is a physical activity that can be beneficial to health. Rainy weather can make gardening tasks easier, and it's a great way to connect with nature and get some exercise.



## Yoga:

Practicing yoga outdoors in the rain can be a calming and meditative experience. Just be sure to find a sheltered spot to avoid getting too wet.





**It's important to remember that participating in outdoor sports and activities in the rain may not be suitable for everyone, especially those with certain health conditions or compromised immune systems. Always listen to your body, take appropriate precautions, and consult with a healthcare professional if you have any concerns about participating in rainy sports. Additionally, be mindful of the weather conditions and avoid engaging in outdoor activities during severe storms or lightning.**



# YOUTH HEALTH CHALLENGES AND HOW TO OVERCOME



Health  
is wealth

## Mental Health Issues

Mental health problems, such as anxiety, depression, and stress, are prevalent among young people. To overcome these challenges, it's crucial to raise awareness, reduce stigma, and promote open conversations about mental health. Schools and communities can provide access to counselling services and mental health resources. Creating supportive environments and encouraging self-care practices can also be beneficial.



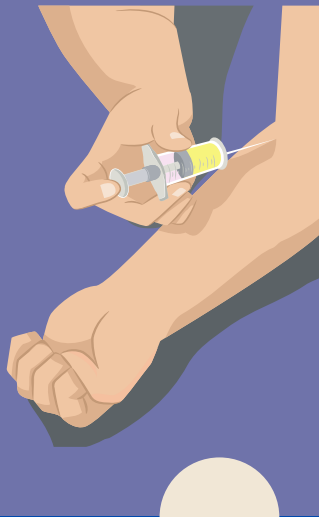
## Physical Inactivity

With the rise of sedentary lifestyles, many youths face challenges related to physical inactivity and obesity. Encourage regular physical activity through sports, recreational activities, and fitness programs. Schools should incorporate physical education classes and promote active commuting options like walking or biking to school.



## Substance Abuse:

Substance abuse, including drugs and alcohol, is a significant health concern for young people. Prevention efforts should focus on education about the risks of substance abuse, peer support programs, and community involvement. Providing access to counselling and treatment for those struggling with addiction is vital.



## Unhealthy Eating Habits:

Poor dietary choices contribute to numerous health issues among youths. Promote nutrition education and healthy eating habits through school programs and community initiatives. Encourage parents to provide nutritious meals and snacks at home and limit access to unhealthy foods.



## Sexual Health and Risky Behaviour

Young people may face challenges related to sexual health, including unintended pregnancies and sexually transmitted infections (STIs). Comprehensive sex education, access to contraceptives, and promoting safe sex practices are essential in addressing these challenges.



## Social Media and Digital Technology

Excessive use of social media and digital devices can impact mental health, sleep patterns, and interpersonal relationships. Encourage healthy digital habits, limit screen time, and promote face-to-face social interactions.





## Bullying and Cyber bullying

Bullying can have severe consequences for a young person's mental health and well-being. Schools and communities must implement anti-bullying programs, create safe spaces, and teach empathy and respectful behaviour



## Sleep Deprivation

Many young people do not get enough sleep, which can negatively affect their physical and mental health. Encourage a consistent sleep schedule, limit late-night screen time, and prioritize the importance of rest and recovery.



## Access to Healthcare:

Ensuring access to quality healthcare services is crucial for addressing various health challenges. Advocate for affordable and accessible healthcare options, including mental health services, reproductive health, and preventive care.



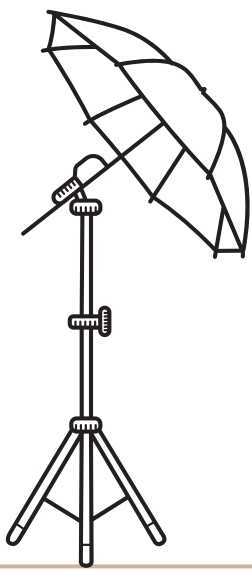
## Peer Pressure

Young people may face pressure from peers to engage in risky behaviours. Educate youths about making informed decisions, building self-esteem, and developing strong support systems.



Overall, addressing youth health challenges requires a holistic approach that involves individuals, families, schools, healthcare providers, and communities working together to create a supportive and nurturing environment for young people to thrive. Early intervention, education, and preventive measures are key to overcoming these challenges and promoting a healthier future for youth.





# GOLDEN HOUR

Frames of Life, Capturing the World: Celebrating World Photography Day!

**By Dr Pushpa Pandey**  
**HWM- Editorial Head**





# GOLDEN HOUR



What do you mean by Golden Hour? The golden hour is the period of time the colour of the sky goes from red and orange or, as its name suggests, golden tone shaving a warm colour temperature. Golden hour is the time of the day coveted by all professional photographers. What better day to talk about it than World photography day. Before we delve into the world of photography and its plethora of applications we should know about its humble beginnings.

Before photography, we used painting to capture moments in time. Painting helped us in inheriting information about the past. With paintings, we could see the changes evidently and used to hold a lot of value. It took decades of research and turmoil before the first photograph came to fruition. And finally, the first photograph was clicked in 1826. Since then, photography has transcended itself in the last couple of centuries.



Photography was a rarity and its presence was exclusively for special occasions. But now that has changed. What once was a luxury for the wealthiest of the wealthiest is now accessible to both the rich and poor alike. And in the last couple of decades, photography has undergone a complete makeover. Not to mention how it played a crucial role in scientific research to study the physics of many complicated events that were difficult to infer. It also got applied to maintain track records of criminals in a country's database and investigate a crime site.

To emphasize the significant growth of how far photography has come we can take the example of the first image of a black hole M87\* in our galaxy being taken on the 10th of April 2019. It also became an extensive form of art where a photographer conveys a story or a message in a particular form. Fine art, Landscape, Architectural, Abstract, Wildlife, and Portrait are a few types of photography that we come across in our current day-to-day in the form of wallpapers on our electronic devices, newspaper columns, magazines, school textbooks, art exhibitions, etc.

Photography is however the best way to preserve memories. It lets a parent revisit their kid's childhood and lets the kid visit their parent's youth. It is a beautiful way to see the change that every human passes through and keeps us connected through the incidents that led up to the moment of taking the photograph. Each and every kid gets puzzled and asks their parents on looking at their wedding album as to where they were when it was happening. Questioning the reason for not being invited. This describes the whole innocence and natural way of having access to the past in a seamless manner. Carrying a camera to school picnics and farewell was a thing of novelty for all kids before the wave of smartphones kicked in.

What used to be the niche of professional photographers has grown to include billions of amateur photographers with the advent of smartphones. And now amateur photography has taken center stage with the rise of social media giants like Facebook, Instagram and so on. With the transformation of cameras from a rare commodity to a ubiquitous one, people have lost their appreciation for Photography, which is unfortunate.

This is why this day is celebrated. The origin of **World Photography Day** can be traced back to the 19th century. This day is celebrated every year to remind ourselves how far we have come in this field and how much it has influenced our lives. So as an ending note I would like to say don't just lose yourself behind the camera. Lose yourself in the moment of the golden hour!

