
M A G A Z I N E

HEALTH BEATS

POWERED BY HEALTH WEALTH MANAGEMENT PVT LTD

WORLD
TOURISM DAY
SPECIAL

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DAHI-HANDI

07 Sep 2023



Is Dahi-Handi can be seen as one of sports and what's the health benefits (pro and cons) of such a game ?



Dahi-Handi is a traditional sport that is part of the celebrations during the festival of Janmashtami in India. It involves forming human pyramids to reach and break a pot filled with curd or butter, which is suspended at a height. While Dahi-Handi is often seen as a cultural and festive activity, it does have some elements of a sport. Let's discuss the potential health benefits and drawbacks of this game:



Health Benefits (Pro):

- **Physical Activity:** Dahi-Handi requires participants to engage in physical exertion as they climb on top of each other to form pyramids and reach the pot. This can promote cardiovascular fitness, muscular strength, and endurance.
- **Teamwork and Coordination:** Participants need to work together closely to build stable human pyramids. This promotes teamwork, coordination, and communication skills among the participants.



Flexibility and Balance: Climbing on top of others and maintaining balance on the pyramid requires good flexibility and balance, which can improve over time with regular practice.

Cultural and Social Engagement: Dahi-Handi is deeply rooted in Indian culture and traditions. Participating in such cultural activities can foster a sense of belonging and community engagement.

Celebratory Spirit: Engaging in festive sports like Dahi-Handi can uplift mood and boost happiness, contributing to overall well-being.

Drawbacks (Con):

Risk of Injuries: Forming human pyramids involve physical strain and potential falls, which can lead to injuries such as fractures, sprains, and strains. The higher the pyramid, the greater the risk.

Safety Concerns: Due to the competitive nature of Dahi-Handi, there might be instances where safety measures are overlooked, leading to accidents and injuries.

Pressure on Young Participants: Dahi-Handi often involves young participants who may feel pressured to perform at the risk of their safety. This can have negative physical and psychological impacts.

Lack of Regulation: In some cases, there might be a lack of proper regulation and supervision, increasing the chances of accidents and mishaps.

Crowd Control Issues: Dahi-Handi events can attract large crowds, leading to crowd management challenges, especially in terms of maintaining social distancing and safety.

In conclusion, while Dahi-Handi has some elements of a sport and can offer physical and social benefits. It's important to consider the potential risks and drawbacks associated with the game. Organizers should prioritize safety measures, including proper training, supervision, and adherence to regulations to minimize the risk of injuries. Individuals participating in or attending such events should also be aware of safety concerns and exercise caution.

Balancing tradition and modern safety practices is crucial to preserving the essence of Dahi-Handi while safeguarding participants' health

FIRST AID TIPS

9th Sep 23



“First aid is the first step towards saving a life”

What would you do if you cut your finger while chopping vegetables? How would you handle a stovetop burn, a spider bite, or a child's scrape from a fall? Minor injuries happen every day, and most are easy to treat at home. But to handle them quickly and calmly, you need to know what to do and have the right supplies.

How Do I Make A First Aid Kit?

A well-stocked first aid kit is a must-have for treating minor injuries at home and on the go. Keep your supplies in a sturdy, clear plastic box so you can see what's inside.

A collection of first aid supplies is arranged on a white surface. In the foreground, an orange plastic first aid kit with a white cross is visible. To its left are black-handled scissors. Above the kit is a roll of white bandage. To the right of the kit is a blue ice pack. Above the ice pack are several adhesive bandages.



- **Adhesive tape**
- **Alcohol wipes**
- **Allergy medicine**
- **Aloevera gel**
- **Antibiotic ointment**
- **Bandages in different sizes**
- **Calamine lotion**
- **Cold packs**
- **Elastic bandages**
- **Gauze rolls and pads**
- **Hand sanitizer (for your travel first aid kit)**
- **Latex-free gloves**
- **Pain relievers**
- **Saline wound wash**
- **Scissors and tweezers**

Items can run out if you use them often, and medicines can expire if you rarely need them, so go through everything in your kit, and replace any empty or out-of-date items at least once a year





FEW TIPS TO TREAT A MINOR CUT OR SCRAPE



Wash your hands

First, wash up with soap and water so you don't get bacteria into the cut and cause an infection or use hand sanitizer.

Stop the bleeding

Put pressure on the cut with a gauze pad or clean cloth. Keep the pressure on for a few minutes.



Clean the wound

Once you've stopped the bleeding, rinse the cut under cool running water or use a saline wound wash. Clean the area around the wound with soap and a wet washcloth. Don't get soap in the cut, because it can irritate the skin.



Remove any dirt or debris

Use a pair of tweezers cleaned with alcohol to gently pick out any dirt, gravel, glass, or other material in the cut.



International Deaf Day

17th Sep 23

Celebrating International Deaf Day: Fostering Inclusion and Empowerment

International Deaf Day is an annual observance that holds global significance in raising awareness about the rights, culture, and achievements of deaf individuals. Celebrated on the last Sunday of September, this day serves as a platform to advocate for equal opportunities, accessibility, and improved quality of life for the deaf and hard-of-hearing community.

"International Deaf Day is a powerful reminder of the importance of inclusivity and understanding," says Emily Clark, a deaf rights advocate. It provides an opportunity to challenge societal stereotypes and misconceptions, promoting a more comprehensive understanding of deafness.

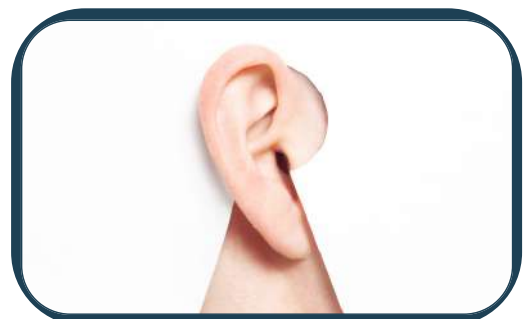
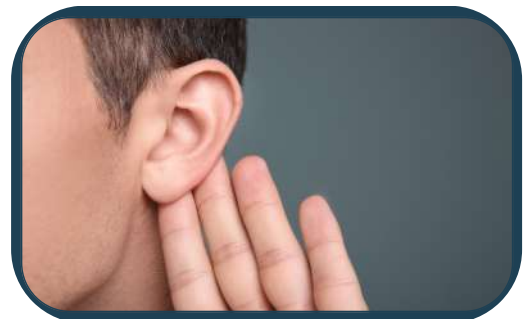
Central to the celebrations are efforts to promote sign languages as essential tools for communication and education among deaf individuals. Sign languages are complete languages with their own grammar and syntax, and recognizing their significance is crucial for enabling effective communication and social integration.

The day also underscores the accomplishments of deaf individuals across various fields, showcasing their talents, skills, and contributions. These achievements debunk misconceptions about deafness and inspire others to pursue their aspirations unhindered by hearing differences.

Through workshops, seminars, and cultural events, International Deaf Day encourages dialogue about the challenges faced by the deaf community and the steps needed to address them. Efforts are made to improve accessibility in public spaces, education, and employment, creating an environment where deaf individuals can thrive and contribute fully to society.

However, despite the progress made, there remain barriers that need to be dismantled. Limited access to education, communication barriers, and unequal opportunities still persist for many deaf individuals. This day serves as a call to action for governments, institutions, and individuals to work collectively toward a more inclusive and equitable world.

In conclusion, International Deaf Day is not only a celebration of deaf culture and achievements but also a reminder of the ongoing journey toward inclusivity and empowerment. By recognizing the rights and contributions of the deaf community, we take a step closer to a world where everyone can fully participate and thrive, regardless of their hearing abilities



WORLD TOURISM DAY 27th Sep 23



World Tourism Day is celebrated each year on September 27 to spread awareness about the importance of tourism and its impact on our society. The tourism industry has become one of the fastest growing economic sectors in the world today. Over the last few years, the tourism industry has seen a tremendous expansion and growth. Tourism industry is estimated to be worth 10% of the global GDP and provides one in ten jobs globally



TOURISM IN INDIA

- In India, the industry is estimated to be worth \$240 billion or 9.2% of India GDP in 2018. The industry provides employment to an estimated 42.6 million people in India.
- In 2017, 10.04 million foreign tourists arrived in India, according to tourism ministry data.
- The fact that travelling has a major social, cultural, political and economic effect on all our lives; the aim of the day is to create awareness about the importance and significance of tourism.
- Tourism boosts the revenue of the economy, creates thousands of jobs, develops the infrastructures of a country, and plants a sense of cultural exchange between foreigners and citizens.

The number of jobs created by tourism in many different areas is significant. These jobs are not only a part of the tourism sector but may also include the agricultural sector, communication sector, health sector, and the educational sector. Many tourists travel to experience the hosting destination's culture, different traditions, and gastronomy. This is very profitable to local restaurants, shopping centers, and stores.





- Tourism creates a cultural exchange between tourists and local citizens. Exhibitions, conferences, and events usually attract foreigners. Organizing authorities usually gain profits from registration fees, gift sales, exhibition spaces, and sales of media copyright. Furthermore, foreign tourists bring diversity and cultural enrichment to the hosting country.
- Tourism is a great opportunity for foreigners to learn about a new culture, but it also creates many opportunities for local citizens. It allows young entrepreneurs to establish new products and services that would not be sustainable on the local population of residents alone. Moreover, residents experience the benefits that come with tourism occurring in their own country.



INTERNATIONAL DAY OF SIGN LANGUAGES

23 September



“Human eyes are the sign language of the brain. If you watch them carefully, you can see the truth played out, raw and unguarded”
-Tarryn Fisher

WHAT ARE SIGN LANGUAGES?

Every year, September 23 is celebrated as the International Day of Sign Languages. The day supports and protects the linguistic identity of people who are deaf along with other users of sign languages.

This year’s theme, declared by the World Federation of the Deaf (WFD) - ‘We Sign For Human Rights’ - projects “how each of us – deaf and hearing people around the world – can work together hand in hand to promote the recognition of our right to use sign languages in all areas of life.”

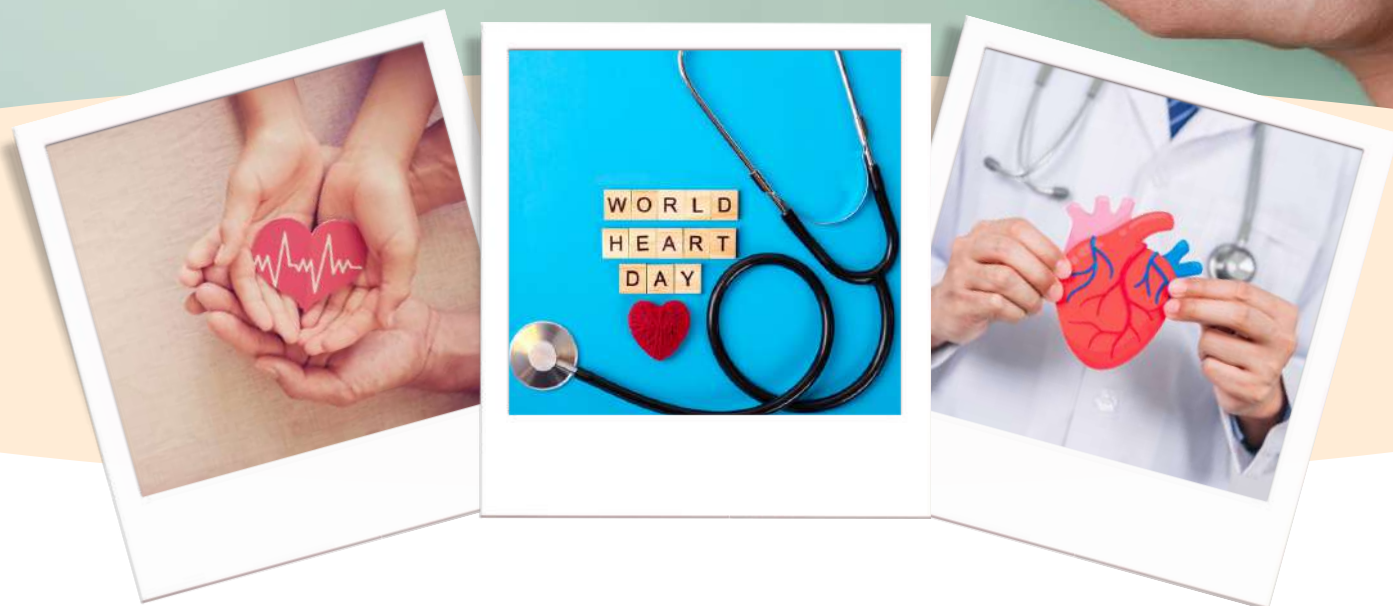
- Sign languages are the ones that use visual-manual modality to convey the meaning.
- The United Nations (UN) describes sign languages as full-fledged natural languages, structurally distinct from spoken languages.
- The convention on the rights of persons with disabilities recognizes and promotes the use of sign languages. The convention clarifies that they are equal in status to spoken languages. It also obligates states to facilitate the learning of sign languages and promote the linguistic identity of deaf people.

SIGNIFICANCE

The International Day of Sign Languages aims to raise awareness about the importance of sign languages. The resolution which established the day recognizes the importance of preserving sign languages as a part of linguistic and cultural diversity.

“SIGN LANGUAGE IS THE EQUAL OF SPEECH, LENDING ITSELF EQUALLY TO THE RIGOROUS AND THE POETIC, TO PHILOSOPHICAL ANALYSIS OR TO MAKING LOVE”: OLIVER SACKS

BE SENSITIVE



Take care of your heart, because a healthy heart means a happier life. Happy World Heart Day

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



WORLD HEART DAY

29 SEPTEMBER, 2023



Nowadays we hardly find people really caring for their heart. The factors which affect the heart mainly are wrong food habits, lifestyle, laziness, lack of exercise and also least concern about their personal and emotional life. Other factors apart from physical health are emotional and psychological, thoughts and lastly the fight of our inner self-seeking to understand our inner being; 'Who is who'? Important cause of weak physical condition is that it runs into the family whereas the other cause is unhealthy food habits. This followed by no concern about the exercises and lastly getting busy running the rat race for progress and materialistic goals.

To begin to fix the situation and start being aware of your heart you need to think about your purpose in life as an individual. Why we add 'purpose in life'? Why do we have to live here in this world? It is to hunt the reason for your WHY to keep going everyday to achieve new milestones more in a philosophical context. If we don't think about this, we are not laying a solid foundation for a healthy heart and life.

“USE HEART, FOR EVERY HEART”

The whole world is connected and bonded with emotions. Emotions are the most important part of life. One who doesn't have an emotion is considered to be a stony-hearted person. This happens in the case of a person who doesn't have sensitivity for others. All these emotions happen to be driven from the mind to the amygdala and from there it is felt in the heart. Everything that matters in this world narrows down to the heart and of course the feelings which are developed in it.

It is the most important reason for a person to be able to live in this world. Hence, we say the heart is a center of the body. Heart is our whole and soul for survival is the only unseen thread which binds people with each other. Having concern for each other showing love and affection for one another matters more than anything else in the world. Hence, it requires to be taken utmost care of in-case you want to live a happy, healthy and sound life.



Post this thinking and keeping our society in mind it is paramount to take care of our food habits. Food we consume nowadays is full of cholesterol due to love for heavy protein viz., red meats or consists of processed and saturated fats which are consumed and this is turning into heart problems throughout the world. Food which is free from high spices and with less or no oil can save help making food which is more alkaline and less acidic. Another major food consumption is of bread; white or brown bread which is processed in bulk in factories for large scale supply.

Cooked food should be consumed only once a day for adults above age 30/35 years. In the other meals you should take large portions of uncooked foods in form of salads, smoothies, overnight soaked dry fruits or fruit juices, etc. Eating food that contains fiber, vitamins and minerals are important. Eating fruits and juices is also essential in your diet. Followed by incorporation of Yoga, Pranayam and walk as bare minimum. These carefully made changes help reduce cholesterol.

**“THE DEADLIEST
DISEASE TRULY IS
THE FAILURE OF THE
HEART.”**

— OSCAR ARIAS

In this way we shall join the motto of World Heart Day which is celebrated on 29th September with the intention to increase public awareness of cardiovascular diseases, including their prevention and their global impact. Let's be the change that we want to see!



**WORLD
HEART
DAY**

SEPTEMBER 29TH