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# R HealthBeat

Health Magazine Vol.36, February 2024.

## 2024
### The Year of Holistic Well-being



**The Power of Triad: Pre, Pro & Post-Biotic**

**21 Days Habit Formation: Reality or Fiction?**

**Discover your Fitness with Rhythm**

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# DEAR READERS,

Greetings and welcome to the 36th edition of RHealth Beat.

**"Live the life you want, not the life you settle for"**

In this edition, we explore the concept of unlocking one's full potential to lead a prosperous life. Our theme, '***Time to Thrive***,' centres around the significant impact of habit alterations and provides insights on making tangible changes in 2024 to steer our lives towards accomplishment & contentment.

Have you ever set a resolution for the New Year? If you have, you may have heard the belief that if you stick to your resolution for 21 days, it will become a habit. Is this belief true or just a myth? Let's find out.

Our featured article, 'The Surprising Science Behind Rituals & Routines' explores the scientific aspects of rituals and their notable influence on our daily existence.

In today's contemporary society, many of us strive for personal growth & overall well-being while pursuing our goals. Mindfulness & Micro habits have emerged as prominent ideas in this domain, with a strong interconnection and significant contributions to individual growth and self-improvement.

Our level of productivity is determined by a number of factors, which include Consistency, Energy, Focus, and Time management. Now, let's explore some alternative work habits that we can adopt in 2024.

India is home to a diverse civilization, consisting of historical cities and well-maintained archaeological sites. In our "Travelogue" Leisure section, we have compiled a selection of these places that appear to have remained untouched, encapsulating the essence of a bygone era.

With this edition, our goal is to delve into the essence of life, acknowledge our abilities, and make intentional choices for a more fulfilling life. We hope you enjoy reading this edition as much as we enjoyed writing it.

Exciting things to look forward to! I'd like to wish you all the best of health!



Warm regards,

**RAKESH JAIN**
**C.E.O.**
Reliance General Insurance Company Limited

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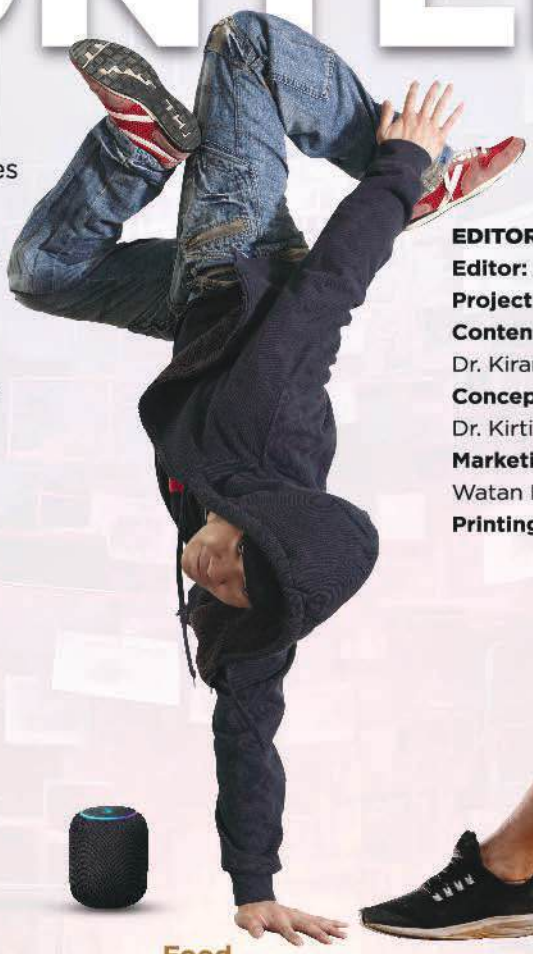
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# TESTIMONIALS



Health is such an important aspect of our lives, and having a magazine dedicated to providing valuable insights and tips is a wonderful resource. It's great to see Reliance General Insurance taking an active interest in the well-being of its policyholders through this magazine.

## MR. AMIT GOEL



Raghnall Insurance
Broking & Risk Management
**Director**

It's a commendable initiative from RGICL to publish R HealthBeat. The topics covered are well-curated and informative. It's important for everyone to focus on their health to stay fit and R HealthBeat is quite helpful in this through interesting articles and advice. Congratulations to RGICL for reaching out to millions through this health digest.

## MR. CHIDAMBAR SIRDESHPANDE



Brigade Group
**Chief Human Resources Officer**

This magazine has grown since the time of its inception. I have seen a few editions and find the content addresses both the technical and the lifestyle aspects of health care needs. I wish R HealthBeat All the very best for future editions!

## DR. H SUDARSHAN BALLAL



Manipal Health
Enterprises Pvt. Ltd.
**Chairman**

# The Surprising Science Behind **Rituals & Routines**

**_Elon Musk_ is known for his meticulous 'Time blocking'. He segments his day into 5-minute blocks which optimizes his time & attention, a ritual that contributes to his success across various ventures. Media mogul, _Oprah Winfrey_ attributes part of her success to a daily gratitude journaling ritual. This practice helps her maintain perspective & appreciation for the journey. Similarly, _Michael Phelps_, the most accomplished Olympian ever, visualizes every aspect of the race before any competition.**

### The Psychology of Rituals

Engaging in rituals has numerous benefits for mental well-being. These repetitive & structured behaviors have a calming effect on both the mind and body, promoting a sense of control and reducing anxiety. Rituals also provide a way for self-care & self-expression, allowing individuals to dedicate time to activities that bring them joy and relaxation. Whether it's indulging in a long bath, practicing yoga, or pursuing creative endeavors, these rituals offer a much-needed escape from the pressures of everyday life, ultimately contributing to overall well-being.

Rituals are made more effective by a process called ***behavioral reinforcement***. When we engage in a ritual & experience a positive outcome, our brains link those actions to positive feelings. This makes us more likely to repeat the ritual later on. For instance, if someone performs a pre-performance ritual before giving a presentation & receive positive feedback from the audience, they are more likely to continue using that ritual in future presentations too.

### The Neuroscience of Rituals

Neuroimaging methods like Functional MRI have revealed that rituals trigger certain areas of the brain (Prefrontal cortex, Striatum, & Amygdala) associated with motivation, reward, & emotional processing. They can also impact how we perceive the world and regulate our emotions by improving our focus & attention. Rituals possess the ability to elicit specific emotions & foster a sense of emotional contentment. For example, engaging in walking meditation or dancing can trigger the release of ***endorphins*** and contribute to a favourable emotional condition.

### Power of Belief & Rituals

One fascinating phenomenon related to rituals & routines is the ***placebo effect***. The placebo effect occurs when a person's belief in a treatment or intervention may lead to a positive effect even if the treatment does not contain any active ingredients. For subjective experiences such as pain perception and mood improvement, this effect may be especially potent. It can lead to improvements in physical and mental well-being by participating in rituals with a belief in their power.



## IMPLEMENTING DAILY RITUALS

Here are some practical tips & strategies to help you implement & maintain daily rituals:

### 01 Start with Clear Intentions

Identify the purpose or intent of each ritual prior to integrating it into your routine. Having a clear intention will give more meaning, whether it's to boost energy, increase your focus, or promote self-care.

### 02 Start Small

It could be something as simple as making your bed in the morning to practising a short mindfulness exercise. Starting small allows you to create a habit without overwhelming yourself.

### 03 Schedule Them

Treat them like appointments by scheduling them in your calendar. Choose the times of the day that work best for you.

### 04 Be Consistent

Try to perform them at the same time each day to establish a routine.

### 05 Make it Enjoyable

Incorporate elements such as joy. It could be listening to calming music, lighting a scented candle or using your favourite product.

### 06 Adjust as Needed

Be open to align them as per your changes, needs & priorities.




### Embrace the Power of Rituals

Daily routines and rituals have the power to improve overall wellbeing and greatly increase productivity. *Intentional practices* help give our lives focus, direction & purpose. They promote motivation, lessen decision fatigue, and foster an optimistic outlook. They also give us a sense of security and comfort by boosting our resilience in the face of adversity. It's crucial to remember that each person's ritual will be specific to their own needs & preferences. Recognizing the power of rituals can have a profound effect on our lives, whether it's waking up with a morning routine, taking breaks during the day, or ending the day with a calming evening ritual. Together, we can develop a purpose that will lead to a more balanced & meaningful life.

# How these 8 habits **can trouble your health?**

**In today's fast paced world, it's common for individuals to overlook self-care amidst their various obligations & duties. Engaging in unhealthy habits like snacking too much or skimping on sleep, it can be hard to change once they become a monotonous routine hardwired in our brains. Let's dwell below on the common unhealthy habits & how we can overcome them.**

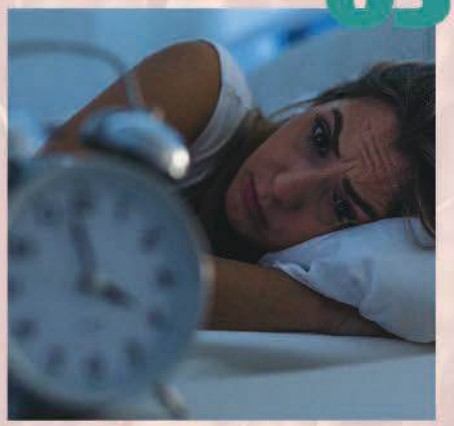


## 01 Cracking Your Knuckles:

While cracking your knuckles may provide temporary relief, excessive cracking can lead to joint instability, swelling, reduced grip strength & weaken the surrounding ligaments over time. Engaging in regular hand exercises, such as squeezing a stress ball or using hand grippers, can help maintain joint flexibility and strengthen the muscles around the joints.

## 02

**Biting Your Nails:** Nail-biting, known as ***onychophagia***, is commonly linked with anxiety or stress. Continual nail-biting can lead to health issues, including fungal or bacterial infections, harm to the nail beds, and misalignment of teeth. To overcome this habit, maintain short nail length, seek stress relief methods like deep breathing exercises, mindfulness meditation, or engage in hobbies.



## 03 Cheating on Your Sleep:

Consistently failing to get enough sleep can have a wide range of negative consequences on both physical & mental health. It can hinder ***cognitive abilities***, weaken the immune system, raise the chances of developing chronic ailments, and contribute to psychological problems like depression, anxiety, & mood disorders. It's essential to prioritize a regular sleep routine and adopt healthy sleep habits to ensure overall wellbeing.



## 04 Blasting Your Headphones:

Listening to loud music through headphones at high volume increases the risk of noise-induced hearing loss & tinnitus. To prevent this, it is recommended to follow the 60/60 rule, which suggests limiting the volume to 60% and listening for a maximum of 60 minutes at a time. Additionally, using noise-cancelling headphones and taking regular breaks from headphone use can also help maintain ear health.

## 05

**Surfing Before Bed:** Using electronic devices before going to bed can disturb the body's natural sleep-wake pattern and alter the production of ***melatonin***. This can lead to a decline in mood and cognitive function due to poor sleep quality. It is recommended to establish a routine that does not involve screen usage before bedtime in order to improve sleep hygiene.



## 06



**Sitting for Long Periods:** Prolonged sitting can lead to weakened muscles and bones, poor posture, increased risk of blood clots, and reduced overall physical fitness.
It's recommended to engage in brief movements every hour. Utilizing activity-tracking applications can serve as a helpful tool to motivate individuals to incorporate short walking breaks or engage in uncomplicated exercises, such as squats or lunges, at regular intervals throughout the day.

## 07

**Eating Too Much or Too Little:** ***Overeating*** can lead to weight gain, obesity, and associated conditions like heart disease, diabetes, and cancers. ***Undereating or restrictive eating habits*** can result in malnutrition, weakened immune function, fatigue, and an increased risk of eating disorders. ***Practice mindful eating*** by paying attention to hunger and fullness cues, eating slowly, and savouring each bite.

## 08



**Worrying too much:** Excessive worry triggers a continuous state of heightened stress, leading to increased heart rate, elevated blood pressure, and inflammation in the body. It can be helpful to allocate a specific time, around 15 minutes per day, to address your worries. During this time, assess whether the things you are worrying about are within your control or not. If they are beyond your control, which is usually the case, remind yourself of this fact and redirect your focus to something else.

**It is important to acknowledge that adopting new habits requires significant time and effort. It is advisable to start by concentrating on one habit and gradually introduce others as they are developed. Prioritising self-care is crucial, achieved by embracing healthy habits, seeking assistance if needed, and consciously striving for a balanced lifestyle. By doing so, individuals can enhance their overall well-being, leading to increased happiness and improved health.**

# The 21-Day Habit Formation: **Fact or Myth?**

***"We are what we repeatedly do" - Aristotle***

**Have you ever made a New Year's resolution? If so, you may have come across the notion that if you can maintain your resolution for 21 days, it will eventually become a habit. The number 21 is often mentioned in articles about developing new habits or making changes, but not much is known about where the claim of '21 days' originated.**

### How did the myth of '21 days' take off?

The notion that it requires 21 days to develop a habit was first proposed by *Dr. Maxwell Maltz*, a former plastic surgeon who later became a self-help author. Dr. Maltz observed that his patients typically took around 21 days to adapt to changes in their physical appearance. This concept gained popularity following its mention in his book, *Psycho-Cybernetics*.

However, recent research conducted by the European Journal of Social Psychology indicates that, on average, it actually takes about 66 days for a new behaviour to become automatic. The study revealed a wide range of time frames for habit formation, varying from 18 days to as long as 254 days. Factors such as the complexity of the habit, individual differences, and the level of commitment all play a role in determining the required time. As a result, this challenges the long-standing belief in the 21-day rule.

### Phased-out Approach to Habit Formation

*Tom Bartow*, a renowned business coach, has created a model that accurately depicts the process of habit formation. This model consists of three distinct phases that individuals go through when developing a new habit.






## 01

### The Honeymoon

The initial stage, referred to as the Honeymoon, is described as being highly enjoyable but inevitably short-lived. This parallels the experience of new habit. Upon deciding to alter one's life, there is a surge of enthusiasm and optimism, accompanied by a sense of regret for not starting sooner, as everything appears effortlessly achievable.

## 02

### The Fight Through

It can be challenging to break free from our ingrained behaviours. They persistently try to draw us back into our previous lifestyle whenever possible. This is a crucial stage where our ability to resist temptation and stay committed to our initial plan is tested. To overcome this, it is advised to acknowledge and accept these habits, questioning ourselves to maintain our determination and envision how they fit into our future selves.

## 03

### Second Nature

Once the new behaviour becomes ingrained, it will effortlessly become a part of your routine.



## Factors Influencing Habit Formation

# 01

### Complexity

Habits that are more intricate and demand greater mental and physical exertion typically require a longer duration to become second nature. To illustrate, becoming proficient in playing a musical instrument or achieving fluency in a new language will likely necessitate a greater investment of time and dedicated practice compared to simpler habits such as drinking water in the morning.

# 02

### Consistency

Regularly practising the desired behaviour enhances the probability of it eventually becoming instinctive.

# 03

### Motivation

When people are truly motivated and in sync with their goals, they are more inclined to persist with the behaviour until it becomes second nature.




**The formation of habits is a complex process affected by personal and behavioral factors. The length of time it takes to develop habits varies among individuals and is influenced by the complexity of the behavior. Instead of fixating on a specific time frame, individuals should focus on understanding their habits and adopting sustainable approaches to promote positive behaviors. Regardless of the validity of the 21-day habit theory, key elements for successfully forming habits include patience, determination, and a willingness to adapt.**

# MEAL TIMING AND WEIGHT LOSS: DOES IT MATTER WHEN YOU EAT?

**The timing of our meals holds equal significance as the food choices we make. Just as our meal timings, other natural processes such as waking and sleeping are also influenced by the circadian rhythm.**

**Circadian rhythms refer to a daily pattern that occurs under normal circumstances, lasting approximately 24 hours. These rhythms control various physiological and behavioural processes such as sleep-wake cycles, body temperature, blood pressure, reaction time, alertness levels, hormone secretion patterns, and digestive functions.**


## MS. SHALINI



(M.Sc, RD, CDE)
Chief Dietician
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### Impact of Meal Timing

Several experiments have demonstrated that glucose tolerance, energy expenditure, and appetite are highest in the morning and early afternoon, suggesting that consuming food during these times is optimal. Disruptions to these rhythms can negatively impact metabolism and potentially result in weight gain or weight loss. Consuming food at irregular intervals can also lead to insulin release occurring outside of the typical schedule.

With that being said, various industries, including healthcare, operate continuously and require manpower around the clock. It is crucial to adapt to this demand without compromising one's health. Working night shifts poses potential risks such as weight fluctuations, acidity from limited access to healthy food options, and indulging in junk food out of boredom. Taking care of one's biological clock and aligning it with work schedules is vital to prevent lifestyle-related diseases.

Individuals who work various shifts often struggle to establish consistent patterns for eating, sleeping, and exercising. When they are unable to adapt to irregular schedules, they often resort to unhealthy eating habits, resulting in heartburn, acidity, bloating, excess fat accumulation, weight gain, sleep disorders, depression, and cardiovascular diseases. It is crucial for both the workers' well-being and the productivity of the industry to adhere to basic principles to establish a routine that aligns with the worker's altered body clock.



## HOW TO MANAGE THE DIET IN ALTERED SHIFT TIMINGS?

**01 Consider the meal just before your shift starts as the "Breakfast"**, even if it is dinner time for others! The emphasis is to have a good meal consisting of food items from all the food groups. This gives you the energy to kick start "your day".

**02 Carry healthy snacks to have during the working hours.** Do not starve till the shift ends. A heavy meal during the working hours might make you feel drowsy, sleepy and lethargic. Instead, a light and healthy snack will keep the blood sugar level optimum and not cause drowsiness at the same time.

**03 Prefer a light meal** before you go to sleep.

**04 It is always best to pack and carry your food,** For example, Chapathi rolls/egg rolls/whole fruits/boiled sweet corn/ boiled eggs/vegetable salad/ sandwiches/idli/dosa/sprouts salad/paratha etc.

**05 Avoid fried and fatty foods** which can be a cause for heartburn and acidity.

**06 Chew well** & eat.

**07 Taking excessive sugar-laden food might** just give a sudden burst of energy at the beginning but later you will feel a sharp drop in energy level.

**08 Ensure that you maintain proper hydration** by consuming water, fresh fruit juice with reduced sugar content, tender coconut water, buttermilk, green tea, and similar options. Avoid excessive consumption of caffeine, as it can negatively impact your sleep.

**09** When the timings are changed, the initial impact is on sleep. Individuals who manage to get the **recommended 7 to 9 hours of sleep per day** are in better health, more physically fit, and have a lower risk of obesity and other health problems compared to those who struggle with sleep. It's important to note that if it's not feasible to have a continuous period of rest, one can substitute it with napping at any time of the day.



**10 Have small, frequent meals rather than three big meals.** This helps in regulating weight and also helps in reducing the problem of acidity and heartburn.

**11 It is crucial to allocate time for physical activity to sustain a healthy weight and reduce the risk of lifestyle-related illnesses.** Consider incorporating activities like walking, climbing stairs, or stretching into your daily routine, whether it's before or after work or during breaks. Engaging in regular exercise not only aids in burning calories throughout the day but also promotes improved sleep quality.



# Mental Health vs. Behavioural Health: **What's the difference?**

**Are you Happy? This is a common question we ask ourselves. Happiness is associated with pleasure, contentment, or joy. It is closely connected to our mental health. The World Health Organization (W.H.O.) defines mental health as a state of well-being in which individuals have a clear understanding of their capabilities, can effectively manage the challenges of life, are productive, and make positive contributions to society.**

**While the terms "Mental Health" & "Behavioural Health" are sometimes used interchangeably, their definitions vary depending on the context. In general, both phrases refer to aspects of a person's psychological well-being and functioning, although they may focus on different aspects within a broader framework.**

## Mental Health Vs. Behavioural Health

***Mental health*** pertains to a person's psychological and emotional condition, which can be influenced by factors like biology, life events, and familial background. On the other hand, ***Behavioural health*** covers a wider array of concerns, encompassing mental health disorders, addiction & abuse, and other behaviours that impact an individual's overall well-being, including eating habits, physical activity, and sleep routines.

To illustrate the connection between the two, consider this: When a person shows signs of an eating disorder, it typically affects both their behavioural and physical well-being. To address this condition, a treatment plan may include a talk therapy, which falls under the realm of mental health care. This therapy can assist individuals in tackling the thoughts and emotions that contribute to the disorder, and it may also reveal any underlying mental health issues, such as depression or obsessive-compulsive disorder (OCD).

## Prevention & Intervention

It's important to seek help for mental or behavioural health issues for managing symptoms & overall recovery. There are different ways to help improve or maintain our mental health.

**DR. EKTA PURI**



**Chief Clinical Psychologist - Indraprastha Apollo Hospitals, New Delhi**

It is important to note that individuals may respond differently to each practice due to the uniqueness of their brains and life circumstances. However, research provides evidence that the following techniques have proven effective in promoting positive mental health for numerous individuals, alongside other approaches.



### 01 Exercise
Studies have indicated that maintaining a regular physical exercise regimen can have a beneficial effect on our mental well-being. This includes the ability to reduce feelings of anxiety, depression, and negative emotions, improve self-esteem, reduce stress, increase energy levels, & improve endurance, among other potential benefits.

### 02 Healthy Diet
While the link between diet & mental health is still being explored, multiple studies have indicated its existence. Research from 2019 found that modifying one's diet, often in conjunction with lifestyle changes, may have the potential to prevent and treat mental health conditions.

### 03 Mindfulness Meditation
A 2019 study has shown that meditation can help to increase the level of emotion management in individuals, especially when it comes to reducing stress and ruminations. The study suggests that there is a probable correlation between mindfulness and a reduction in symptoms related to depression and anxiety.

### 04 A Strong Support & Network
A strong support network has also been shown to be linked to positive mental health. A direct and significant relationship between perceived social support and mental health has been identified in one study. It can help to build rapport, security and support by having close relationships with family, friends & mentors.

### 05 Psychotherapy
A press release from The American Psychological Association states that: Research shows that psychotherapy is effective in various areas of mental & behavioural health.

### Other common types of Behavioural therapies include:

### 01 Cognitive behavioural therapy (CBT)
addresses various issues by focusing on how thoughts impact emotions and actions, helping individuals develop beneficial thinking patterns.

### 02 Acceptance and commitment therapy (ACT)
utilizes mindfulness techniques to help people adapt and face challenging situations.

### 03 Dialectical behavioural therapy (DBT)
enhances skills like emotional control and communication, benefiting a range of concerns.

### 04 Exposure therapy
treats anxiety and trauma by gradually exposing individuals to feared situations in a safe and supervised manner.

### Conclusion
Considering the complex relationship between behavioural health and mental health may necessitate a holistic and harmonized approach to treatment. This approach may involve a combination of medication, therapy, and behavioural health interventions to address both the emotional and psychological aspects of a person's welfare. By prioritizing the interaction between behavioural health and mental health, healthcare providers can assist individuals in cultivating coping mechanisms and adoping lifestyle modifications that promote enhanced mental health and overall well-being.



**The relationship between physical and mental health is crucial for our overall well-being. To truly take care of ourselves, we must balance both aspects, acknowledging that a healthy body can help maintain a resilient mind, and a flourishing mind can sustain a vibrant body. In the symphony of life, the interdependence of our physical and mental health creates a beautiful composition, where each note contributes to the harmony of holistic well-being.**

# Harnessing the Power of **Mindfulness & Micro Habits** for Enhanced Well-being

**In the modern world, many people are prioritizing personal growth as they strive to improve their overall well-being & achieve their goals. Two key concepts that have gained significant attention in this realm are Mindfulness & Micro-habits. This article will delve into these concepts and their significance in our personal development.**

***Mindfulness*** is commonly linked with meditation, wherein individuals intentionally & impartially observe their thoughts & sensations. On the other hand, ***Micro habits*** are minor actions that we integrate into our everyday routine. Although these small habits may appear unimportant initially, they possess the capability to generate substantial positive transformations over time.

Mindfulness & micro habits are closely intertwined, as they both contribute to personal development and self-improvement. By cultivating mindfulness, we become more attuned to the areas in our lives where micro habits can initiate positive transformations. But by merging them, we establish a practical framework for accomplishing our goals.

## Steps to incorporate Micro-habits for Mindfulness

### 01

Recognize opportunities within our daily habits for cultivating mindfulness.

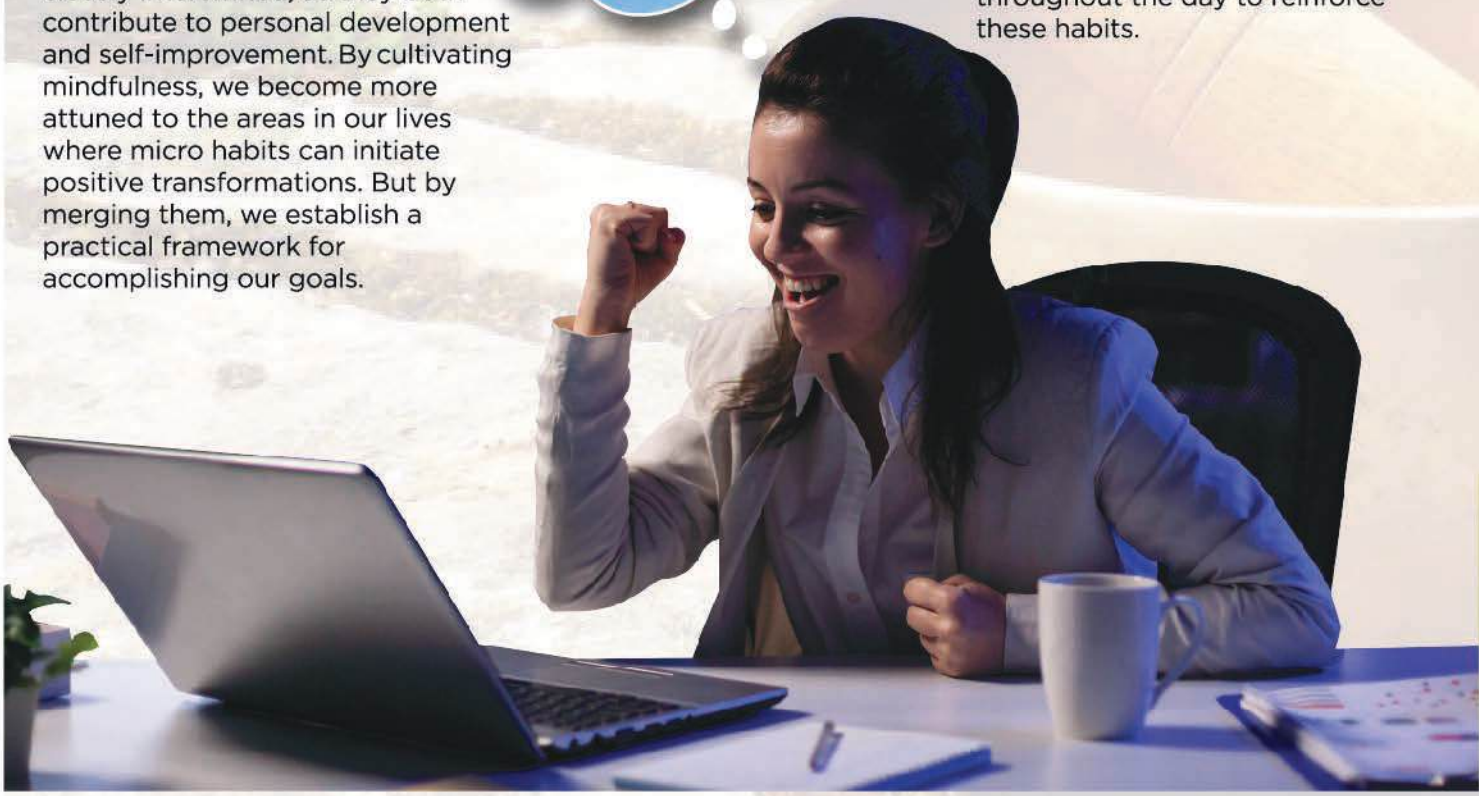


### 02

The key is to select manageable micro habits that align with mindfulness and can be easily incorporated into our daily routine.

### 03

To maintain consistency, it is helpful to use reminders or cues throughout the day to reinforce these habits.



**Explore these 5 daily practices for bringing more mindfulness into our lives**

## 01

### Mindful Breathing Exercises

One of the simplest & the most effective micro habit is to engage in mindful breathing exercises. This may entail taking a couple of deep breaths before starting a task or pausing throughout the day to take deep breaths & focus on each of them.

## 02

### Mindful Eating Practices

These involve paying attention to our food & the process of eating, rather than eating mindlessly while being distracted.

## 03

### Mindful Walking or Commuting

For those who frequently commute or walk, integrating mindfulness into these activities can be achieved through micro habits. One example of mindfulness during commuting or walking is to take notice of our surroundings while actively engaging the senses.

## 04

### Mindful Workout

Whatever the physical activity - dancing, swimming or aerobics - the focus is not solely on burning calories, mastering a skill, or improving physical fitness. Rather, it involves moving and breathing in a manner that energises the body and stimulates every cell while also transitioning from a state of busyness and distraction to one of strength and capability.

## 05

### Mindful Pause

Approximately 95% of what we do is driven by our "fast rain", which is responsible for handling the enormous influx of informtion we encounter constantly. On the other hand, our "Slow brain" is the opposite of this automated process. It involves taking purposeful actions & making conscious choices to exercise self-control. Nonetheless, cultivating this slow brain necessitates practice. By participating in deliberate and novel activities, we promote ***neuroplasticity,*** which enhances our slow brain and encourages the generation of fresh neurons.

### Impact of Mindfulness & Micro Habits on Personal growth

Enhancing mental well-being and stress control requires recognizing our thoughts and feelings, and participating in practices such as meditation and mindful breathing to decrease anxiety and foster calmness. Cultivating self-awareness and personal growth can assist in pinpointing areas for improvement and habits like journaling can aid in reflecting on behavior patterns. Engaging in activities like meditation and deep breathing can also enhance concentration and productivity.

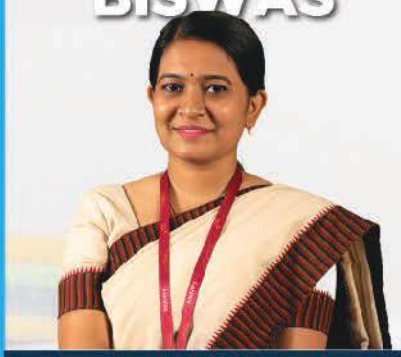


**We have the opportunity to embark on a path towards a mindful life. By integrating simple habits into our daily routine, we will witness the beneficial impacts of mindfulness in our day-to-day existence. Show some kindness and understanding as we advance on this journey. Commence now and embrace the profound influence of small habits in cultivating mindfulness. Your quest for a more mindful life commences today.**

# Prebiotic vs Probiotic vs Postbiotic: **Chart & Gut Facts**

**While browsing through social media, it's common to come across information about maintaining a healthy microbiome. Prebiotics, probiotics, and the recently introduced postbiotics all contribute significantly to our gut's well-being. However, comprehending the distinctions between these terms can be perplexing. What precisely do they mean? What does scientific research definitively establish regarding their advantages for our health? And how can we ensure an adequate intake of these substances through our dietary choices? Allow us to clarify these points for you.**


## MS. SAHELI BISWAS



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### Prebiotics

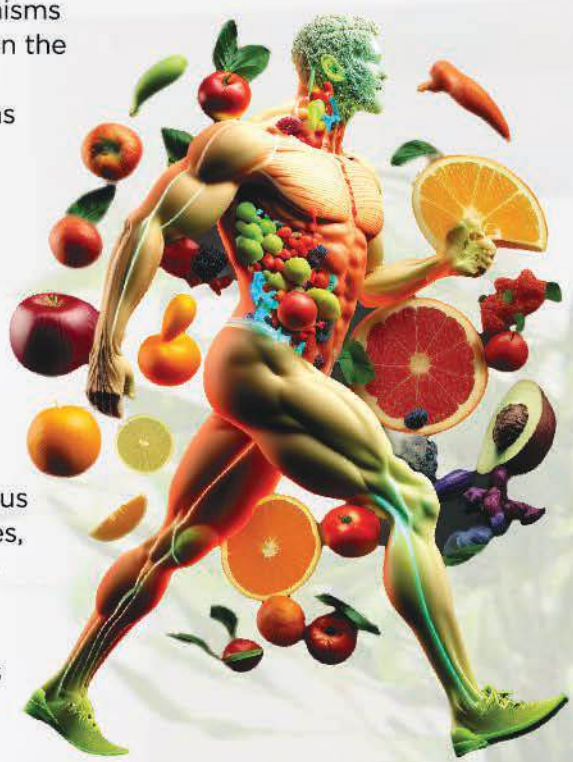
**01** Prebiotics can be found in a variety of foods, including whole grains, bananas, greens, onions, garlic, soybeans, and artichokes.

**02** Prebiotics are a type of food, often high in fibre, that serve as nourishment for the microorganisms present in the human body. They are consumed to enhance the overall balance of these microorganisms.

### Probiotics

**01** Probiotics are traditionally defined as viable microorganisms that have a beneficial effect in the prevention and treatment of specific pathologic conditions when they are ingested.

**02** Currently, the most extensively researched probiotics are lactic acid bacteria, specifically Lactobacillus species and Bifidobacterium species. However, other microorganisms including Escherichia coli, Streptococcus species, Enterococcus species, Bacteroides species, Bacillus species, Propionibacterium species, and various fungi, are also utilised as probiotics for humans.



**03** Probiotics have been extensively studied for their potential to prevent and treat a wide range of gastrointestinal disorders, such as antibiotic-associated diarrhoea, infectious bacterial and viral diarrhoea (including diarrhoea caused by rotavirus, Shigella, Salmonella, enterotoxigenic E. coli, Vibrio cholerae, and human immunodeficiency virus/ acquired immunodeficiency disorder), enteral feeding diarrhoea, Helicobacter pylori gastroenteritis, sucrase maltase deficiency, inflammatory bowel disease, irritable bowel syndrome, small bowel bacterial overgrowth, and lactose intolerance.

**04** Probiotics can also be found in various food products such as curd, buttermilk, idli, dosa, dhokla, khaman, and others.

### Postbiotics

**01** Postbiotics are the substances produced by probiotic bacteria in the gut when they ferment prebiotic fibres. These substances include inanimate bacterial cells (heat-killed bacteria) and bacterial metabolites. In simpler terms, postbiotics are the result of probiotics acting on prebiotics.

**02** They are expected to have benefits in areas such as our immunity, gut microbiome, and maintaining a healthy mucosal lining. There are potential advantages to using postbiotics (heat-killed bacteria) instead of probiotics, especially for individuals with compromised immune systems, as postbiotics are more resilient in harsh environments.



## Why should we pay attention to our Gut Health?

**01** The digestion process in our bodies converts all foods into a basic form that can be absorbed into the bloodstream and distributed as essential nutrients. However, this can only happen if our digestive system is functioning properly.

**02** A well-functioning gut consists of beneficial bacteria and immune cells that protect against harmful agents such as bacteria, viruses, and fungi. Additionally, the gut communicates with the brain through nerves and hormones, contributing to overall health and well-being.

## How can one improve Gut Health?

**01 Lower Your Stress Levels:**
Prolonged and excessive stress poses a significant burden on our entire body, including our digestive system. This occurs as our body responds to stress by releasing specific hormones, which can detrimentally impact our overall well-being and gut health.

**02 Get Enough Sleep:**
Lack of adequate sleep can potentially have significant effects on the health of our digestive system, leading to further sleep-related problems. It is advisable to take a minimum of 7-8 hours of uninterrupted sleep every day.

**03 Eat Slowly:**
Eating your meals at a slower pace and thoroughly chewing the food can potentially decrease the risk of obesity and diabetes, as well as improve our food selection. Additionally, this practice may aid in reducing digestive discomfort and promoting a healthy gut.

**04 Stay Hydrated:**
Drinking plenty of water may be linked to increased diversity of bacteria in the gut, though the source of the water also matters. Staying hydrated benefits our overall health & can help prevent constipation.

**05**
Taking prebiotics and probiotics according to our current health status can also prove to be advantageous.

**Healthy Gut! Healthy You!**

# Work Habits to Improve Your **Productivity & Focus**

**At the end of the workday, you look at your to-do list which is now stained with tea. You feel a sense of frustration as you realize that only a few tasks have been completed. It is puzzling why, despite spending nearly 8 hours at your desk, you were not able to accomplish more.**

**Experiencing a lack of productivity can cause stress and irritation. If you have been finding it difficult to be productive, there are measures you can adopt to enhance your productivity levels. This article looks at the components of productivity, factors that can influence your ability to be productive and strategies for increasing productivity levels.**

### The 4 components of Productivity include:

**01 Focus:** It is important to maintain focus on the current task & steer clear of any potential disturbances.

**02 Energy:** Having the necessary mental & physical energy is essential to successfully finish the task.

**03 Time management:** It is essential to possess the skill of strategically prioritizing tasks and effectively managing one's time.

**04 Consistency:** It is necessary to have the capacity to sustain concentration and vitality in order to maintain a steady work rhythm.

### What causes low productivity?

**01 Distractions** such as social media which can pull you away from the task at hand.

**02 Frequent interruptions** such as calls, email notifications, or meetings, can disrupt your focus & make it hard for you to get something done.

**03** Not getting enough sleep or overworking can leave you ***fatigued*** & low on energy.



**04** While short bursts of stress can help you complete a big project or meet an important deadline, high levels of chronic stress can take a toll on your productivity levels & can even lead to ***burnout.***

**05 Boredom:** If the tasks you're working on are not engaging or stimulating, we might find ourselves feeling bored.

**06 Health conditions:** Research shows that productivity can be significantly affected by health-related issues. A 2021 study notes that while serious conditions like cancer or osteoporosis can make it hard for you to be productive, even minor health problems like a headache or the common cold can lower your productivity.

**Let's explore various work habits that we can incorporate in 2024.**

**01** It's helpful to ***create a morning and evening routine*** so that we become more productive. Start the day by taking time to read emails, update to-do lists, and prioritize work for the day. It's a process to end the day, which includes doing the last review of emails, looking at and preparing for the next day. These processes provide us with a system of planning, doing, reviewing, and repeating in order to organize ourselves better, and be more deliberate about our time.

**02 Prioritizing Activity**

Rather than focusing solely on how busy we are, prioritize meaningful actions that align with our goals and values. Utilize the Eisenhower Matrix, a time management tool that categorizes tasks based on their urgency and importance. It categorizes them into four quadrants:

- Important and urgent
- Important but not urgent
- Urgent but not important
- Neither urgent nor important

By focusing on important tasks and eliminating non-essential ones, individuals can allocate their time and resources more effectively.

**03 Energy Management**

Productivity isn't solely about time management; it also depends on effectively managing our energy levels. It is important to take regular breaks and maintain a well-balanced diet to ensure mental alertness throughout the day. Short bursts of exercise can also enhance cognitive performance and improve focus.



**04 Change your work environment**

Creating a conducive work environment can significantly impact productivity & focus. Designating a specific workspace free from distractions, setting boundaries with colleagues regarding interruptions, and utilizing noise-cancellation tools or headphones can help maintain concentration. Moreover, cultivating a favorable work culture that supports transparent communication, teamwork, and a healthy work-life equilibrium can enhance job contentment and efficiency.

**05 Work on effective time management**

Contrary to what one might expect, including more tasks in our agenda can actually enhance our productivity. The ***Zeigarnik effect*** indicates that incomplete tasks tend to occupy our thoughts, causing a decline in concentration. However, by breaking down bigger projects into smaller, achievable tasks, we can minimize mental distractions and sustain a feeling of advancement, ultimately boosting productivity.

**06 Daily Goal List**

Creating a daily list of goals aid individuals in maintaining concentration and drive. By establishing attainable objectives that align with long-term aspirations, individuals can prioritize their actions and utilize their energy efficiently. By concentrating on particular goals, we can prevent feeling overwhelmed and redirect our energy towards significant achievements.

**07 Healthy habits**

Productivity is influenced not only by effective time management but also by one's dietary choices. Making small adjustments to one's habits can have a significant effect on energy levels, focus, and overall mood, making it easier to adopt healthier practices.

**Improving productivity and concentration is a personal endeavor that necessitates trial and customization. By incorporating these work routines, individuals can create an atmosphere that enhances their efficiency and overall wellness. By identifying the most effective strategies and tailoring them to one's specific situation, it is possible to achieve maximum productivity and sustained focus throughout the day.**

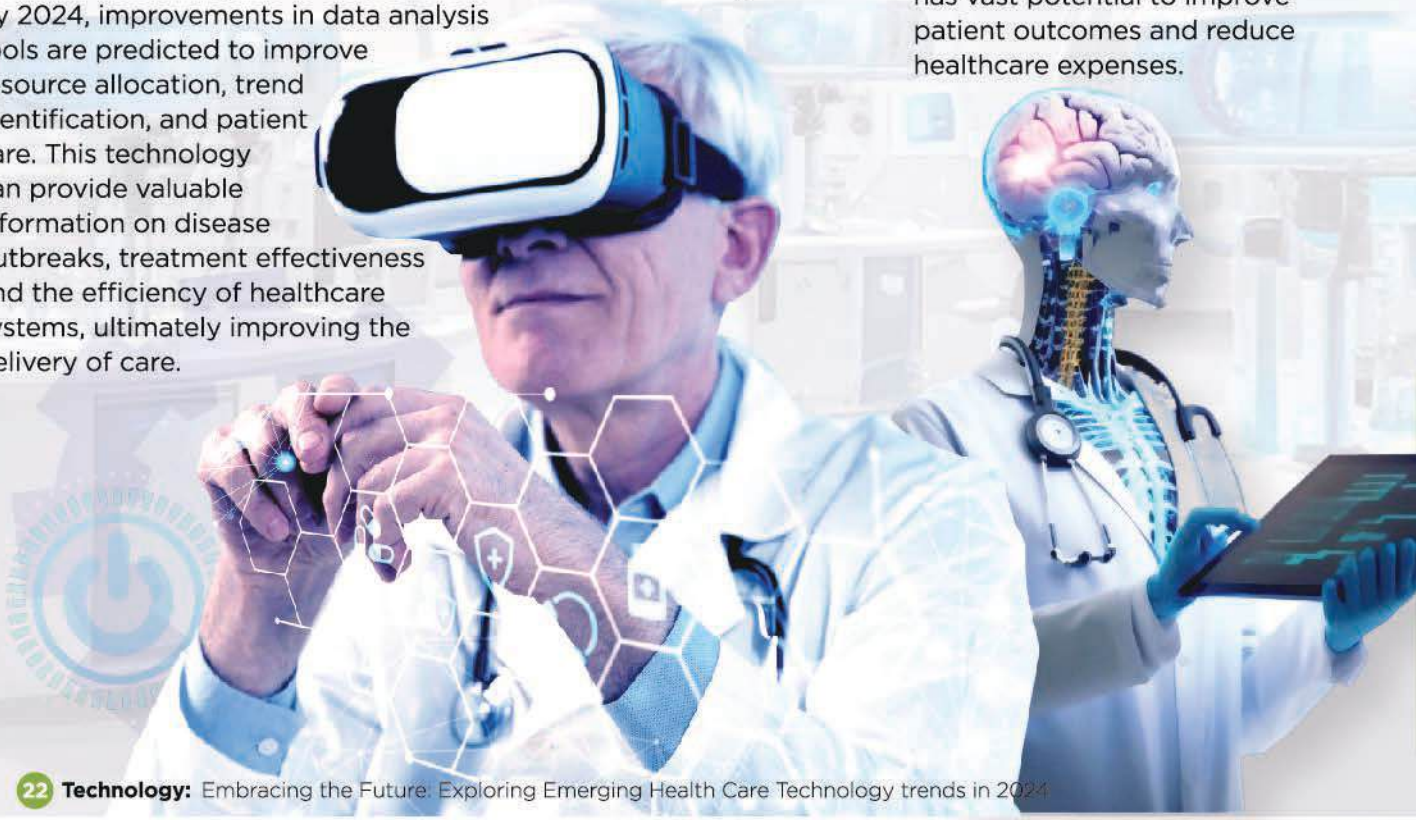
# Exploring Emerging HealthCare **Technology Trends in 2024**

**Technology plays a key role in shaping the future of healthcare, which is constantly evolving. The year 2024 is expected to bring about significant changes in the medical field, with revolutionary advancements and emerging patterns that will transform patient care, diagnostics, and healthcare systems. Innovations such as AI, wearable devices, and genomics will usher in a new era of healthcare. This article will delve into the healthcare technology trends of 2024 and their potential effects on the medical industry.**

**Generative AI in Healthcare** Artificial intelligence (AI) will play a crucial role in many of the upcoming trends here, but generative AI, in particular, will prove to be more impactful. AI will contribute to democratizing the availability of other groundbreaking AI applications, simplifying their implementation, interpretation, & providing personalized suggestions. Moreover, it will generate synthetic data for training medical AI algorithms, ensuring patient privacy & addressing the scarcity of pertinent real-world data.

**Health Informatics & Big Data Analytics**
The volume of healthcare data is growing rapidly, making health informatics and Big Data Analytics vital for decision-making. By 2024, improvements in data analysis tools are predicted to improve resource allocation, trend identification, and patient care. This technology can provide valuable information on disease outbreaks, treatment effectiveness and the efficiency of healthcare systems, ultimately improving the delivery of care.

**3D Printing - From Implements to Organs**
The use of 3D printing in healthcare is expanding rapidly, and 2024 will witness its continued growth. Experts in research and healthcare are harnessing this technology to create personalized Dental implants, prosthetics, and even organs. This innovation has vast potential to improve patient outcomes and reduce healthcare expenses.



### Convergence of Mental & Physical Healthcare Delivery

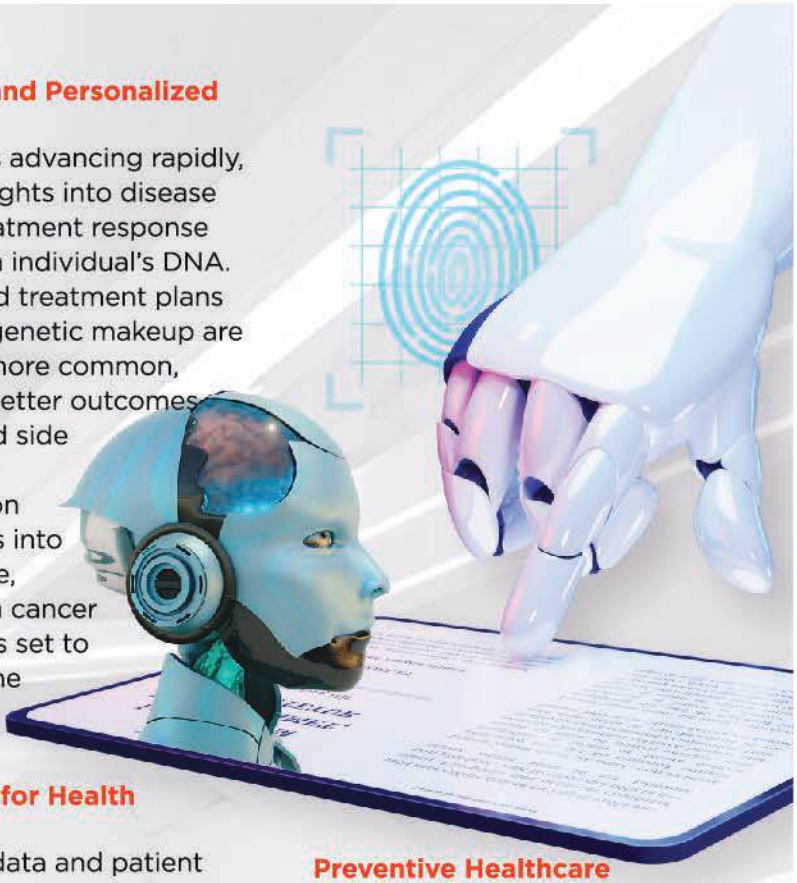
In the past, Mental & physical health were viewed separately in medicine, but the COVID-19 pandemic has led to a shift in thinking. We can expect frontline healthcare providers to actively screen for the potential impact of mental health issues on the treatment and recuperation process of physical illnesses.

### Virtual & Augmented Reality in Healthcare

The healthcare industry is increasingly using virtual reality (VR) to enhance patient care, especially in managing chronic pain. VR offers a safer alternative to traditional medications and helps improve patients' quality of life while reducing hospital stays. Surgeons are also adopting augmented reality (AR) to access digital information during medical procedures, streamlining their workflow and improving wound assessments without invasive measures.

### Genomics and Personalized Medicine

Genomics is advancing rapidly, offering insights into disease risk and treatment response based on an individual's DNA. Personalized treatment plans tailored to genetic makeup are becoming more common, leading to better outcomes and reduced side effects. The incorporation of genomics into medical care, especially in cancer treatment, is set to transform the healthcare industry.



### Blockchain for Health Records

Protecting data and patient confidentiality is crucial in healthcare, and blockchain technology can address these concerns efficiently. Utilizing blockchain provides a safe and transparent way to store and share health information. The use of blockchain in managing electronic health records is expected to increase by 2024, giving patients more control over their data and allowing healthcare providers to access it securely when needed, ensuring data confidentiality and integrity.

### Preventive Healthcare

This covers many topics such as exercise, wellness, & immunizations, but it all boils down to the old adage that prevention is better than cure. Studies have shown that this approach can yield lasting advantages for patients and help lower expenses related to preventable ailments. Technological advances, including AI & wearable technology, will also play a major role here, enabling early warning and rapid intervention.

**To sum up, the year 2024 holds great potential for advancements in healthcare technology that will bring significant changes to the medical field. Utilizing these technologies, the healthcare industry can offer more individualized, streamlined, and readily available care to patients globally. The future of healthcare appears promising, as the integration of technology and medicine continues to transform. As these trends progress, we can anticipate a healthier world with increasingly advanced medical practices.**

# How to Exercise **Like a Dancer?**

**Dancing is not only a beautiful art form but also a fantastic way to exercise and improve your overall health. While the concept of a "dancer body" is often associated with long and lean physiques, it is important to understand that you don't need a specific "dancer body" to reap these advantages. It can be embraced by anyone, regardless of their shape and size. By adopting the mindset of a dancer and incorporating dance-inspired exercises into your fitness routine, you can enjoy the physical and mental advantages of this graceful art form, regardless of your body type.**

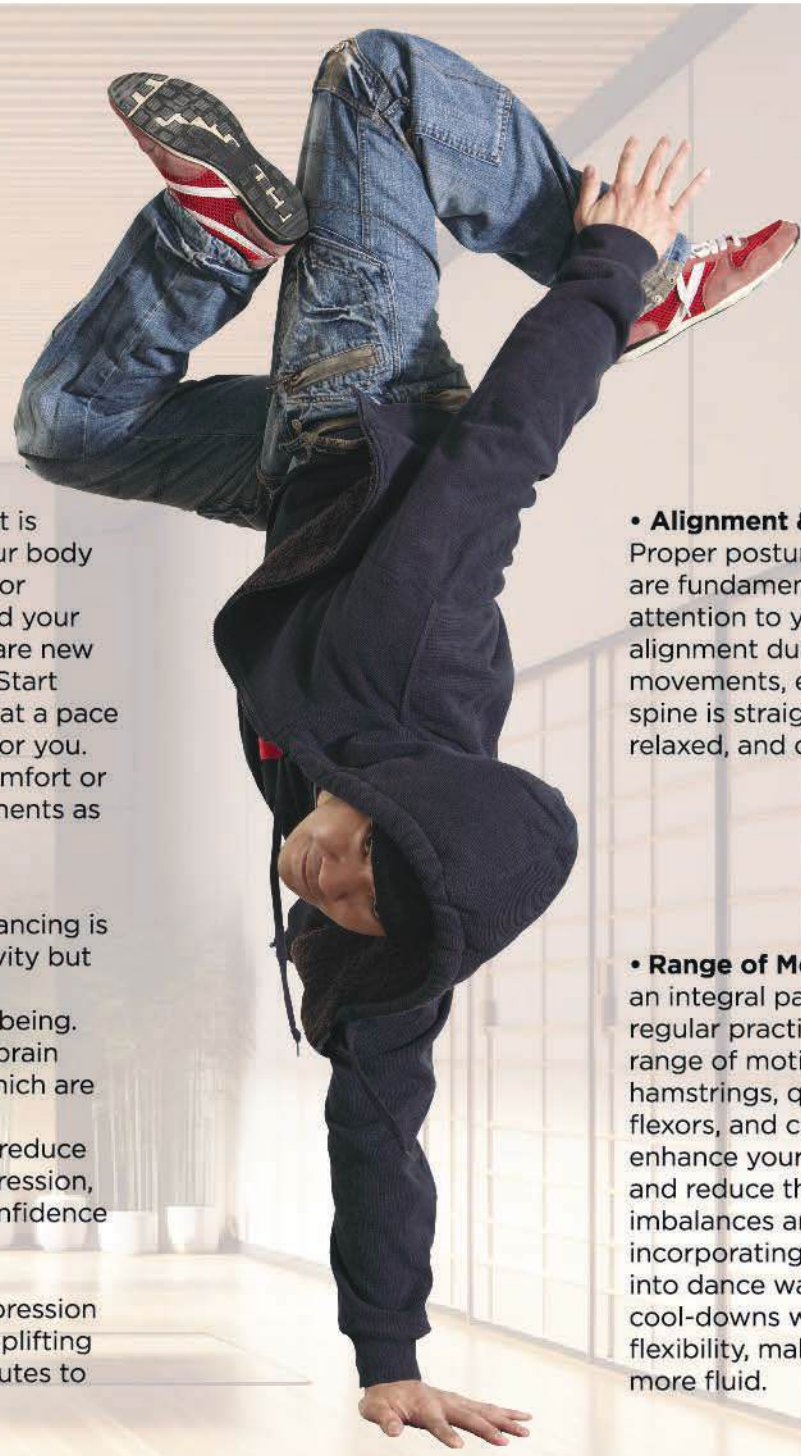
• **Embrace Cardiovascular Endurance:** Aim for at least 30 minutes of regular dance sessions. Continuous movement, such as fast-paced dancing enhance a person's stamina, allowing them to engage in physical activities for longer periods without feeling fatigued.

• **Strength and Muscle Tone:** Dancing engages multiple muscle groups, helping to strengthen and tone your body. Different dance styles involve movements that target specific muscle groups, such as the core, legs, arms, and back. For example, ballet focuses on leg strength and posture, while hip-hop incorporates more upper body movements. Over time, regular dance practice can lead to improved muscle tone, increased strength, and enhanced overall body composition.

• **Different Dance Styles:** Experiment with different genres to challenge oneself and keep things interesting. Each dance style offers unique movements and challenges that can enhance different aspects of your fitness, such as strength, flexibility, or coordination.

• **Coordination & Balance:** Dancing requires precise movements and as you practice dance routines, you challenge your brain and body to work together in harmony. Dance movements engage various muscle groups simultaneously, improving coordination and enhancing neuromuscular connections that can be beneficial in various aspects of daily life.





• **Listen to Your Body:** It is essential to listen to your body and avoid overexertion or pushing yourself beyond your limits, especially if you are new to dancing or exercise. Start gradually and progress at a pace that feels comfortable for you. Be mindful of any discomfort or pain and modify movements as needed.

• **Mental Well-being:** Dancing is not only a physical activity but also a powerful tool for promoting mental well-being. When you dance, your brain releases ***endorphins***, which are natural mood boosters. Engaging in dance can reduce stress, anxiety, and depression, while improving self-confidence and body image. The combination of music, movement, and self-expression creates a positive and uplifting experience that contributes to overall mental health.

• **Alignment & Posture:** Proper posture and alignment are fundamental in dance. Pay attention to your body's alignment during dance movements, ensuring that your spine is straight, shoulders are relaxed, and core is engaged.

• **Range of Motion:** Flexibility is an integral part of dancing, and regular practice can improve range of motion. Stretching your hamstrings, quadriceps, hip flexors, and calves regularly will enhance your range of motion and reduce the risk of muscle imbalances and injuries. Also incorporating these exercises into dance warm-ups and cool-downs will help to increase flexibility, making movements more fluid.

**The most important aspect of exercising like a dancer is to embrace the joy of movement and focus on your personal journey rather than comparing yourself to others. Dance is a form of self-expression and a celebration of your unique body and abilities. Enjoy the process, stay committed, and savour the physical and mental benefits that dancing brings to your life. So put on your favourite music, move your body, and experience the joy of exercising like a dancer.**

# Healthy Tiffin Recipes for All Seasons

**Do you remember the days when we used to have recess in school and bring our tiffin? Those memories may vary for each of us, but our food preferences have changed over time. Now, we prioritise healthier options when deciding what to pack for lunch. It's important to consider how our food choices during lunch can impact our energy levels and overall health. Eating unhealthy food without enough fibre can increase the risk of chronic diseases. In South Asian English, the word "Tiffin" refers to a light breakfast or snack, as well as a mid-day meal.**

Creating a weekly meal plan can save time and offer a variety of nutritious options for busy work days. Including vegetables, salads, yogurt, and lentils in your lunch can make it both enjoyable and healthy. Skipping balanced meals may lead to irritability and fatigue, prompting cravings for unhealthy snacks. Opt for whole grain foods, lean proteins, healthy fats, and nuts and seeds to increase fiber and nutrients. If lactose intolerant, choose low-fat dairy products or alternatives. Stay hydrated with water and opt for healthier drink choices like lime water or coconut water instead of sugary beverages.

### One-Pot Meals Defined

One-pot meals provide a convenient and comforting option by combining starch, protein, and vegetables in a single pot. The flavours harmonise well, resulting in a distinctive and enjoyable dish. Preparing separate meals consumes time, making one-pot dishes a practical choice.


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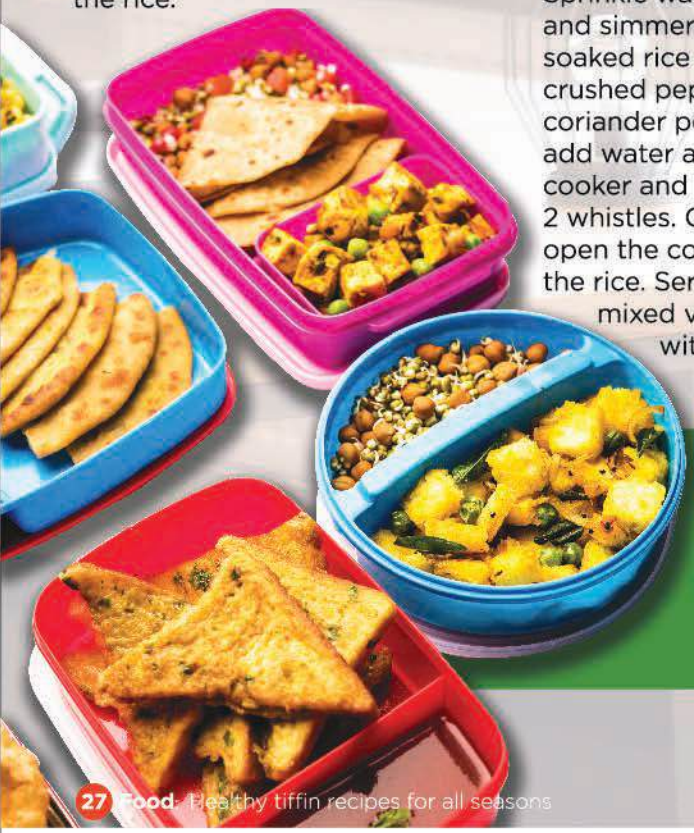



## ONE-POT MEALS FOR OUR INDIAN DABBA!

### 01 Beetroot Pulao

Beetroot is considered a highly nutritious food due to its abundance of vitamins, minerals, and antioxidants. Additionally, it contains a significant amount of iron, effectively combating anaemia in children. Its high fibre content also aids in preventing constipation.

**Method of preparation:**
Heat ghee in a cooker and add garam masala. Once it sizzles, sauté onions and chilli until onions turn golden brown. Then, add ginger-garlic paste and sauté until the raw smell disappears. Next, add tomatoes and sauté until they become soft. Sprinkle coriander and turmeric powder and sauté for a minute. Add potatoes, beetroot, peas, coriander, and mint leaves. After a minute, pour in water, salt, and soaked rice, and cook under pressure for 2 whistles. Once the pressure settles, open the lid and gently fluff up the rice.



Enjoy beetroot pulao with tomato cucumber raita and a medium-sized apple for a post-lunch snack.

### 02 Mixed vegetable and Palak khichdi

Spinach stands out among green leafy vegetables due to its exceptional nutritional content. Its rich iron content effectively combats anaemia. Moreover, it serves as an excellent source of Vitamin A, promoting healthy eyes, Vitamin K, vital for blood clotting and bone development, and Vitamin C, which enhances immunity and aids in the optimal absorption of iron.

**Method of preparation:**
Heat ghee in a cooker and add cumin seeds. When they sizzle, sauté onion and chilli until onion is clear. Then, add ginger and sauté briefly. Next, add chopped vegetables, tomato, spinach, and mint, and sauté for a minute. Sprinkle water, cover the cooker, and simmer for a minute. Add soaked rice and dhal, along with crushed pepper, turmeric, and coriander powder. Mix well and add water and salt. Close the cooker and pressure cook for 2 whistles. Once pressure settles, open the cooker and fluff up the rice. Serve the spinach-mixed vegetable khichdi with curd and roasted phool makhana, along with grapes as a post-meal snack.

### 03 Rajma Chawal

It is a delicious and nutritious meal that is made with kidney beans (rajma) and rice (chawal). Rajma is a good source of protein, fibre, and several essential vitamins and minerals. While rice is a good source of carbohydrates. This combination of protein, fibre, carbohydrates, and other essential nutrients makes Rajma Chawal a healthy and wholesome meal that can be enjoyed anytime.

**Method of preparation:**
Rajma Chawal is a simple dish made with kidney beans, rice, onions, tomatoes, ginger, garlic, and a few spices. Soak the kidney beans overnight to save cooking time. Cook them with onions, tomatoes, ginger, garlic, and spices in a pressure cooker. Cook the rice separately and serve it with the Rajma gravy on top. Add coriander leaves for garnish and serve hot.

Furthermore, the adoption of ***Mindful eating techniques*** can be highly beneficial in the realm of controlling eating behaviors. To practice mindful eating, savor food by using all senses, chew slowly, and avoid skipping meals. Opt for smaller portions and prioritize a plant-based diet for improved well-being.

**The Food you eat is the Safest & most Powerful form of Medicine. Choose only Trusted Sources for Credible Food & Nutrition Advice.**

# **Incredible places on Earth** that are frozen in time

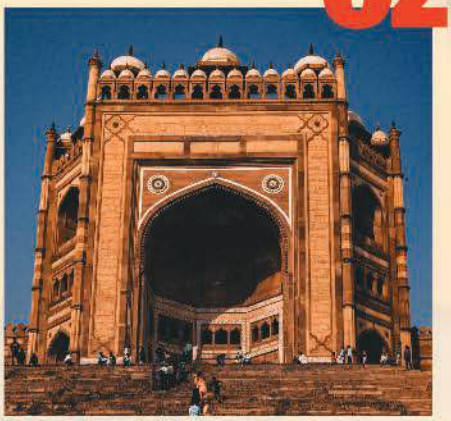
**Over the course of history, various civilizations have experienced both growth and decline, resulting in the remnants of their presence being left behind. Despite the passing of time, there are exceptional locations in India that have successfully preserved the very essence of past eras. From buried cities to meticulously conserved archaeological sites, let us delve into these fascinating places that have seemingly stood still in time.**

## 01

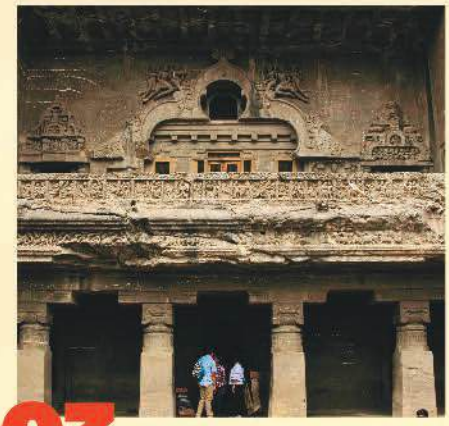


**Hampi,** a UNESCO World Heritage Site is a fascinating open-air museum. It was once the capital of the Vijayanagara Empire, one of the most powerful empires in South India from the 14th to 16th centuries. Located in the Tungabhadra basin in Central Karnataka, the site covers an extensive area and is characterized by its stunning natural surroundings. Over 1600 well-preserved remnants including forts, temples, and water structures showcase the sophisticated urban, royal, and sacred systems of the empire.

## 02



**Fatehpur Sikri** in Uttar Pradesh served as a temporary capital for the Mughal Empire during the late 16th century. Constructed by Emperor Akbar, the city was ultimately abandoned after a mere 14 years due to a lack of water resources. The site encompasses a variety of structures such as palaces, mosques, and buildings, all exemplifying a fusion of Mughal, Persian, and Hindu architectural influences, notably including the Buland Darwaza and the Jama Masjid.

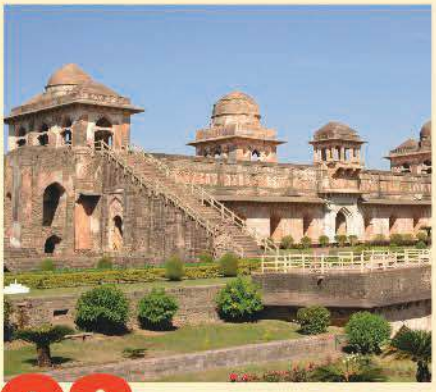


## 03

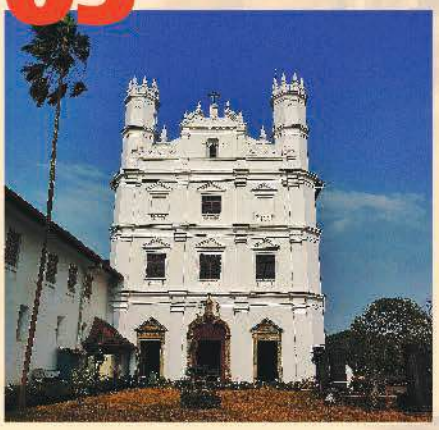
**The Ajanta and Ellora Caves,** situated in Maharashtra's Aurangabad district, are impressive cave complexes carved out of rock that display the diverse artistic and religious heritage of ancient India. The Ajanta Caves, created between the 2nd century BCE & the 6th century CE, are famous for their beautiful Buddhist paintings and sculptures. On the other hand, the Ellora Caves consist of cave temples that encompass elements of Buddhism, Hinduism, and Jainism, constructed between the 6th and 10th century CE.

## 04

**The Taj Mahal, Agra** built as a memorial for Emperor Shah Jahan's wife Mumtaz Mahal, can be found on the right bank of the Yamuna River in Agra District, Uttar Pradesh. Constructed between 1632 & 1648 AD, this magnificent structure includes a mosque, guest house, and southern gateway. Skilled artisans from the Mughal Empire, Central Asia, and Iran, under the guidance of chief architect Ustad-Ahmad Lahori, contributed to its creation. The Taj Mahal's timeline has been deciphered through Arabic inscriptions. Additional components, such as the outer courtyard and cloisters, were added by 1653 AD.



## 05



**Churches and Convents of Goa** located in the former capital of Portuguese Indies, had a significant impact on art and architecture in Asia during the 16th to 18th centuries. These seven monuments showcased Manueline, Mannerist, and Baroque styles, adapting them to the local conditions. They exemplified the work of missionaries in Asia and the Indo-Portuguese style that emerged during the 450 years of Portuguese control. This fusion of Western and Eastern traditions spread to missions outside of Goa, leaving a lasting influence on the region.



## 06

**The temples of Khajuraho** represent the finest temple art and architecture of the Chandella dynasty in northern India during the 10th and 11th centuries CE. These temples, spread over 6 square km, are a rare example of Nagara-style temple architecture. Each temple is built in sandstone and features an ornate platform, or ***jagati***, supporting the body, or ***jangha***, and a unique tower, or ***shikhara***, with miniature spires symbolizing Mount Kailasa. These temples are the pinnacle of temple architectural development in northern India.

## 07

**Sanchi Stupa, Madhya Pradesh** in central India is home to ancient Buddhist monuments that showcase the history of Buddhism from the 3rd century BCE to the 12th century CE. These monuments, including stupas, temples, viharas, and stambha, are considered sacred and have been revered for centuries. The Mauryan emperor Aśoka played a crucial role in establishing Sanchi as an important Buddhist site. Over the years, various dynasties contributed to the expansion of Sanchi. These monuments display early Indian artistic techniques and Buddhist art, portraying Buddha through symbols and showcasing the evolution of sculpting techniques.

## 08

**Mandu** a historic town located in Madhya Pradesh, India, is well-known for its extravagant architecture. The town is home to India's largest fort and a majestic palace, constructed in 1508 and named after Baz Bahadur, who reigned over Mandu from 1555 to 1562. According to legend, Bahadur fell in love with a singer named Roopmati and married her. Unfortunately, Mandu was captured by a Mogul army, leading to Roopmati being taken as a captive. In order to avoid the advances of the Mogul general, she reportedly took her own life by poisoning herself. Presently, Mandu showcases a wide array of temples, tombs, and palaces that were built over the centuries. Among these, the Jahaz Mahal, also known as the Ship Palace, is particularly famous as it creates the illusion of floating between two artificial lakes.

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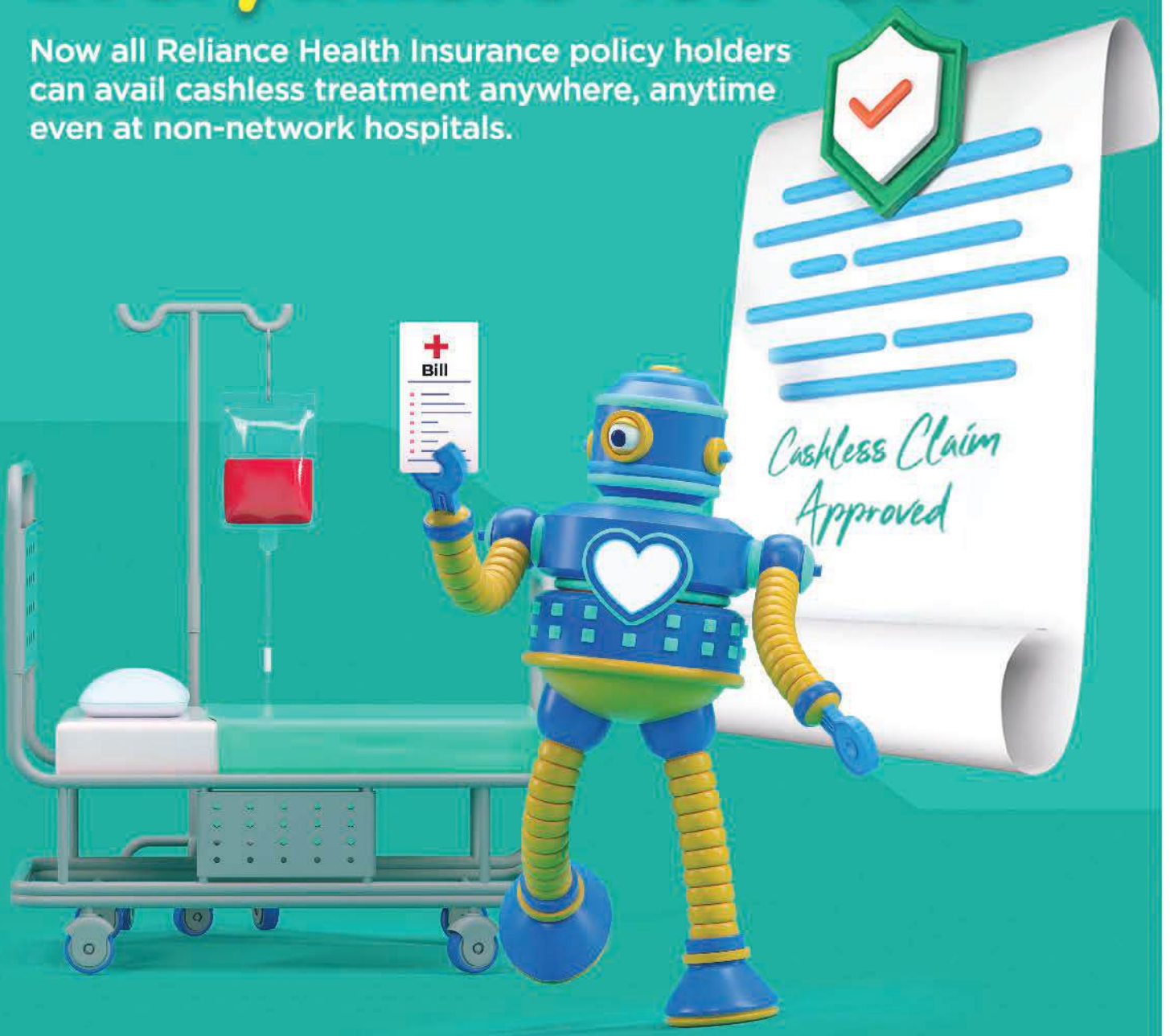
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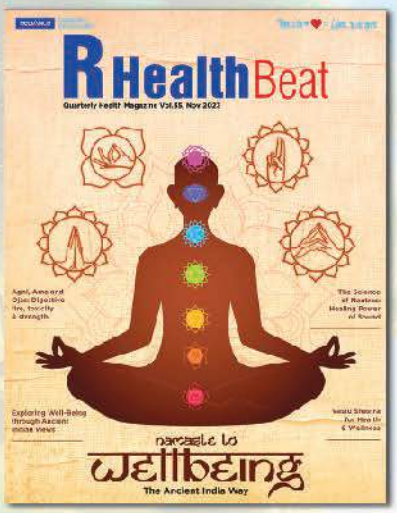


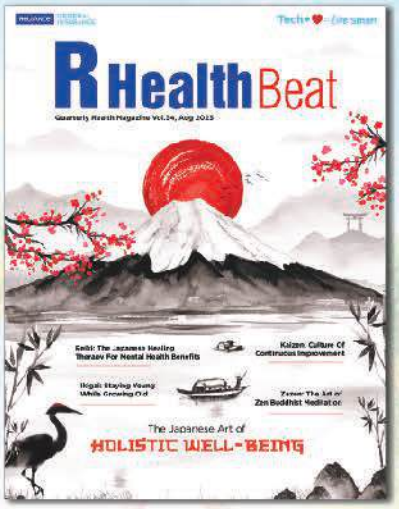

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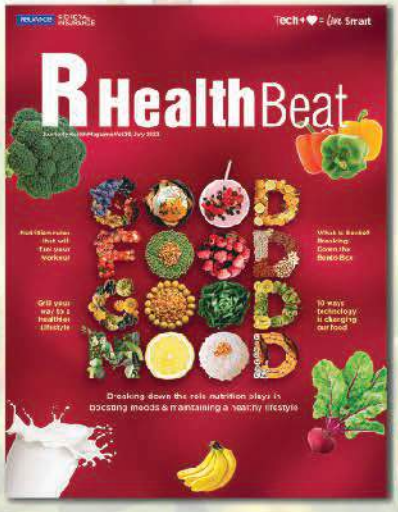












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