

POISE
TO
PAUSE

CORONA





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Dr. Arti Gupta



Dr. Jignesh Shah

Presidential

• M E S S E G E •

Dear IMS & Club 35 Family Members,

It's my immense pleasure to present you first issue of poise of my tenure. Poise is a great tool in spreading knowledge and awareness. Poise play a significant role in bridging the gap of myths of society.

Indian Menopausal society , which was established in 1995, and this year we are celebrating silver jubilee year. IMS is a multi disciplinary unique organization in the sense of having members from different specialities by virtue of which it's very easy to discuss and provide holistic approach to woman's health with the aim of providing them quality of life.

Now with the awareness and scientific program we are successful in spreading awareness message in general public and clinicians, but still there is a gap seen in implementing it in our clinical practice as it is said,

"MANY PEOPLE KNOW WHAT TO DO BUT ONLY FEW DO IT"

And Club 35 activities along with the Poise plays very important role in bridging the gap between Doctors and public. Club 35 committee of IMS is working very efficiently under the able leadership of Dr. Arti, even in this difficult situation.

STAY HEALTHY AND STAY SAFE IS THE MANTRA OF PRESENT SITUATION, & keeping it as Goal, We present you "Poise to Pause Corona ". A Small -Step to provide you some tips related to this dreaded pandemic of COVID-19. We all doctors are helpless to prevent the spread of this disease and even till today we have no definite treatment. This realises us three things

- **God is great.**
- **We should save our earth judiciously.**
- **Lifestyle and immunity is the only answer.**

**घर गुलज़ार, सूना शहर, बस्ती में कैद हर हस्ती हो गई,
आज फिर जिंदगी महंगी और दौलत सस्ती हो गई.....**

& lastly- I wish

"एतादपी घमिशयति" यह दिन भी चले जायेंगे

AND HAPPY DAYS WILL BE HERE AGAIN VERY SOON.



Dr. Anita Shah

Secretary

• DESK •

Dear Friends,

Hope, all is well on your side. You & your family members must be safe.

You all know very well that the main motto of Indian Menopause Society is to offer a good quality of life to a midlife women so that she enjoy healthy, happy, stress free, peaceful life in her Menopausal & Postmenopausal age.

Our main slogan is "Fit at 40, Fancy at 50, Strong at 60, Sassy at 70, Independent at 80, Naughty at 90, Healthy at 100". To fulfill this, we have to reach to the grass root level. Club 35 plus & POISE are the main weapon.

By the medium of "POISE" we are spreading the awareness regarding Menopausal Health Issues & their solutions. We can also spread the awareness regarding various Cancer Screenings which can help for early detection, which in turn can help in proper management & better quality of life to even cancer survivors. Luckily we have Dr. Arti Sharma Gupta as Chairperson of Club 35 plus Committee, a very very active, enthusiastic, young dynamic lady who will not leave a single stone unturned for spreading awareness regarding Menopause amongst our Club 35 plus members by the magazine "POISE" as well as various activities, of course now in this 'Corona Pandemic Era' by virtual meetings & quiz.

Through he dedicated efforts, IMS will achieve more & more heights in fulfilling the motto of this year 'Preventing the Preventable'.

Lastly stay safe, stay happy, stay healthy, by staying at home, wearing a mask & maintaining social distancing in this gloomy, corona pandemic time.....

Dr. Anita Shah
Secretary General IMS



Dr Subhashini Gupta



Dr. Arti



Dr Ila kishore

Editorial

• M E S S E G E •

ABILITY

is what you're capable of doing.

MOTIVATION

determines what you do.

ATTITUDE

determines how well you do it.

Dear friends,

I will start my journey of IMS by offering my full gratitude, respect and love to each member of Society. I am really thankful from my bottom of heart to give me this opportunity to serve the society I will give my best according to my vision and ability.

Dosto this time we are suffering as a whole with an unexpected, unbelievable scenario of **COVID-19**. Do you never ever can imagine this situation of Home and only Home ..it has both sides of a coin...Good as well as bad...Perspective varies person-to-person. We are here with **"POISE to PAUSE CORONA"**. I am So Happy to receive so many valuable articles. A very big thanks to all efforts.

In this forum I will like to have a call to all my societies to activate Club 35+ activities at a greater pace .I will request to come up with foundation of new Club 35+ where they are not existing.

I am thank full to my co editors... Dr Subhasini Gupta & Dr Ila who have given enormous effort in completing this Issue.

यह हमारा पहला कदम है, आशा है कि आप के मन को लुभाएगा।

When women support each other, incredible things happen. The most important three words you can say to yourself **YES, I CAN.**

I may not be perfect but I am always me .

मुद्दत से....

आरजू थी फुरसत की

और फुरसत मिली तो.....

इस शर्त पर कि किसी से न मिलें।

Dr. Arti Gupta

QUIZ winners of CLUB 35+

*I Shall participate, I shall contribute,
and in so doing, I will be the gainer.*

Congratulations

Shobhni Gupta
Agra Taj Branch
June 2020



Monika Agarwal
Agra City Branch
June 2020



JULY WINNER'S



Mrs. Usha
Raipur



Taheera Parvez
Agra Taj Branch



Asha Jain
Jaipur



Mrs. Upasana
Chandigarh



Shahbaz zari wala
Vadodra



Asha Agarwal
Agra City Branch



Ritu Ahluwalia
Jabalpur

**Don't let your fear of failure win over the joy of participating.
Participation is more important than fear of failure.**

Come forward.....



Dr. Smita Nagar

Properties of virus

- High infectivity
- Low virulence
- Able to get transmitted even during asymptomatic phase

First case

- 8th December 2019 in Hubei, China

Clinical features

- Respiratory
- From mild flu to ARDS or fulminant
- Pneumonia

SARS COV-2

- Novel enveloped RNA Beta coronavirus 7 species
- 4 species cause only mild flu like illness BUT remaining 3 are
- SARS
- MERS
- COVID 19

COVID 19 patient & ICU admission

- 2 fold for DM & HTN patients
- 3 fold for Cardiac patients

Case Fatality Rate

- Overall ~2.3 %
- DM-7.3
- HTN-6.01
- CVD-10.5

PREVENTIVE MEASURES

Infection prevention control (IPC) is a critical and integral part of clinical management of patients and should be initiated at the point of entry of the patient to hospital (typically the Emergency Department).

Standard precautions include hand hygiene; use of PPE to avoid direct contact with patients' blood, body fluids, secretions (including respiratory secretions) and non-intact skin.

Standard precautions also include prevention of needle- stick or sharps injury; safe waste management; cleaning and disinfection of equipment; and cleaning of the environment.

MANAGEMENT

Diagnosis
Recommended Test Real time or Conventional RT-PCR test is recommended for diagnosis.

SARS-CoV-2 antibody tests are not recommended for diagnosis of current infection with COVID-19.

Respiratory specimen collection methods

Lower respiratory tract

- Bronchoalveolar lavage, tracheal aspirate, sputum
- Collect 2-3 mL into a sterile, leak-proof, screw-cap sputum collection cup or sterile dry container.

B. Upper respiratory tract

Nasopharyngeal swab AND oropharyngeal swab

Management of Mild Cases

Mild cases can be managed at Covid Care Centre, First Referral Units (FRUs), Community Health Centre (CHC), sub-district and district hospitals.

Detailed clinical history is taken including that of co-morbidities. Patient is followed up daily for temperature, vitals and Oxygen saturation (SpO₂).

Patients should be monitored for signs and symptoms of complications that should prompt urgent referral.

Patients with risk factors for severe illness should be monitored closely, given the possible risk of deterioration.

Mild COVID-19 cases may be given:

- Symptomatic treatment such as antipyretic (Paracetamol) for fever and pain, antitussives for cough
- Adequate nutrition and appropriate hydration to ensured.
- Tab Hydroxychloroquine (HCQ) may be considered for any of those having high risk features for severe disease (such as age > 60 years; Hypertension, diabetes, chronic lung/kidney/ liver disease, Cerebrovascular disease and obesity) under strict medical supervision, preferably after shifting to DCHC/DCH.
- Avoid HCQ in patients with underlying cardiac disease, history of unexplained syncope or QT prolongation (> 480 ms).
- Avoid HCQ in patients with underlying cardiac disease, history of unexplained syncope or QT prolongation (> 480 ms).

Management of Moderate Cases

The defining clinical assessment parameters are-

Respiratory Rate of more than or equal to 24 per minute and oxygen saturation (SpO₂) of less than 94% on room air (range 90-94%).

Such patients will be isolated in Dedicated Covid Health Centre (DCHC) or District hospital or Medical College hospitals.

Symptomatic treatment such as antipyretic (Paracetamol) for fever and pain, anti tussives for cough .

- Adequate hydration to be ensured
- Oxygen Support: Target SpO₂: 92-96% (88-92% in patients with COPD)
- Awake proning may be used as a rescue therapy
- All patients should have daily 12-lead ECG
- Anticoagulation
- Corticosteroids
- Anti-virals
- Tab. Hydroxychloroquine (400mg) BD on 1st day followed by 200mg 1 BD for 4 days.(after ECG Assessment)
- May consider investigational therapies such as Remdesivir (under EUA);
- Convalescent Plasma (Off label use)
- Control of co-morbid condition
- Follow up CRP, D-dimer & Ferritin every 48-72 hourly; CBC with differential count, Absolute Lymphocyte count, KFT/LFT daily
- Monitor for: Increased work of breathing (use of accessory muscles)
Hemodynamic instability
Increase in oxygen requirement



Management of Severe Cases

- Early supportive therapy and monitoring
- Convalescent plasma (Off Label) may be considered in patients with moderate disease who are not improving (oxygen requirement is progressively increasing) despite use of steroids.
- Special prerequisites while considering convalescent plasma include:
- ABO compatibility and cross matching of the donor plasma
- Neutralizing titer of donor plasma should be above the specific threshold (if the latter is not available, plasma IgG titer (against S-protein RBD) above 1:640 should be used)
- Recipient should be closely monitored for several hours post transfusion for any transfusion related adverse events
- Use should be avoided in patients with IgA deficiency or immunoglobulin allergy
- Dose: Dose is variable ranging from 4 to 13 ml/kg (usually 200 ml single dose given slowly over not less than 2 hours.

Vaccine

Still digging.....



Perishable Grocery (milk, cheese, meats etc)

- Packed grocery items in a box can be washed with soap water, contents emptied and packing box disposed in a way that it does not come in contact with human beings. Do all this wearing a mask. Preferably to be kept at room temperature if it does not require refrigeration. Refrigerate after opening the contents.

Cooked Food from Outside

- Virus is deactivated by cooking so cooked food eating (even from outside) is not a problem. The concern is the packing box and the person delivering. (Zomato etc.) Make sure that the person is wearing gloves and a mask and sanitize the box with alcohol or sodium hypochloride spray.
- Just microwave and reheat the food you get from outside.
- Dry or / and sanitize the boxes, empty the food and discard the box (wear mask & gloves).

Paper Items (cash, stationary, newspaper and books)

- As paper items are porous the droplets will dry soon and virus cannot survive long. (2-3 hrs).
- It is preferable to keep all paper items outside or under a fan to dry for 2-3 hrs before use.
- Plastic items such as pencils, pens, pencil boxes etc. can be sanitized by spraying or mopping (Sodium Hypochloride, Sanitizer, Enviroguard, LOC, Stericlean etc.)
- News papers do not spread the virus and are relatively safe.

Shoes worn outside should be removed and left outside the home. Also clothes worn outside should be removed on returning home and dipped in bleach solution (Sodium Hypo-chloride). Newly purchased clothes and shoes should be left out for 48 hrs and should be washed before use. All posts, couriers, letters should be left in sunlight or under fan to dry for at least 3-4 hrs. Plastic & metal boxes should be sanitized and disinfected by spraying and leaving sanitizing material for 10mins before mopping dry. It's better to be over careful than getting infected. Please be safe, take precautions, maintain hand hygiene, wear mask respect physical distancing. Follow SMS (Sanitize – Mask – Social Distancing).

The virus is here to stay with mankind for a very long time, may be forever, so we just need to be careful and follow S.M.S. (Sanitize : Mask : Social Distancing). Do not get paranoid or panic, just be careful and teach others to be careful.

“YES WE CAN BEAT CORONA! JUST SANITIZE!”

stay YOUNG



Dr. Pushpa Sethi

GURGAON

Anti Aging Tips

Do you ever think about how your life will be in 10,20 or even at 40 years from now??

Will you be physically fit & healthy, running on the beach, swimming, or riding bikes with your grand children ? NO - Then consider these few Anti Aging Tips.

DIET

- Drink lots of water at least two litres in a day.
- Have nuts and whole grains.
- Have fruits and vegetables.
- Have fish and lean poultry if you are non vegetarian.
- Avoid sugar.
- Avoid crash dieting.

EXERCISE

- According to WHO atleast 30minutes of moderate exercise(equivalent to walking briskly) for all ages, plus for children, an additional 20minutes of vigorous exercise (equivalent to running)three times a week.
- Some high-risk patients should undergo formal cardio vascular evaluation before initiating an exercise program.
- Exercise can be just walking, dancing, yoga, gym, playing any sport or regular brisk house hold chores.



Smoking

- Is to be totally avoided.

Drinking

- “define as the consumption of a two one drink a day for women and up to two drinks a day for men”.
- Level of drinking that poses a low risk of alcohol-related problems drinking is moderation.

Protect your skin

- Limit sun exposure or use a good sunscreen when going out in the sun.
- Stay hydrated.
- Take health precautions.
- Use gentle skin care.
- Pay attention to odd freckles moles and growths on your skin and consult your doctor if you notice any changes.



Maintain A Healthy Weight

- Reaching and maintaining a healthy weight is important for overall health and fitness.
- Maintaining a healthy weight can help you prevent and control many diseases including heart disease, high blood pressure, type 2 diabetes, gall stones, breathing problems and certain cancers.



Beat The Stress

- Evaluate and identify the things in your life that may cause you stress.
- Make a plan for the change and practice Yoga meditation and relaxation.
- Stay happy and think positive.
- Many of today's women are obsessed with eternal youth dyed hair, facelifts, Collegen lips, Botox, Tummy tucks etc. They want to look 20 for ever. Cellular ageing is inevitable but if we follow anti ageing tips we can have healthy ageing.

Journey through LIFE.....



Dr. Gayatri Gupta

Agra

Many women are painfully aware that menopause involves a big physiological shift. Hot flashes, weight gain, hormonal imbalances, mood swings depression, anxiety and many other symptoms present themselves during what is culturally known as The Change. Many women have full time pace of life without noticing that their bodies are subtly changing, there is also a significant spiritual shift and many women recognise this is as desired change for a meaningful life. Others sail through this phase of life with ease. In the Vedas there is a concept of four stage of life life.

The Four stage of Life

The first stage of life runs from age 0-25. It's called Brahmacharya or bachelor/students. The focus in the stages all about Dharma, or purpose and about understanding yourself.

The second stage of life runs from 25 to 50 it is called Grihastha or householder. The focus in this stage is Artha which means stuff for security. It is all about accumulating things and creating financial security. We marry, we may have children, we build a house, accumulate wealth and contribute to our communities.

The third phase of life runs from age 50 to 75, and consider with Menopause. It is called Vanaprastha or forest dweller. The focus in this stage is karma. It is time to tap your deep inner desire as a woman and do what is meaningful to be as a person.

The fourth stage of life is from 75-100 and it is called Moksha. The focus of this final stage is liberation and enlightenment.

Feed Your Spirit

During the Vanaprastha phase, the veil between you and the spirit becomes thinner and thinner. You might notice a deeper sense of intuition arising, naturally, If you focus on it,

It will deepen over the years manifold. **Spirit wants to be heard, Spirit want to be fed.** Lots of exciting physical and mental changes can happen in the third phase of life. Menopause represent the important life change particularly for religious woman whose identity is significantly related to the family. In some, spirituality may increase menopausal symptoms because menopause represent a loss of identity and purpose. In other spirituality can decrease menopausal symptoms as it provides strength and comfort during difficult times. Spiritual strength is related to increased benefit finding during menopause, decreased with body appearance and increased use of adaptive coping strategies.

Conclusion :

Spirituality along with meditation, inner peace, caring friends and 'Me-time' are essential components of a healthy Menopause life.

The 4 Stages of Life



Nothing can stop

God's plan for your life.

Plight of WOMEN in LOCKDOWN



Dr. Illa Kishore

Agra

The covid-19 pandemic oddly yet systematically suspended our normal lives. It is systematic because the pandemic has locked us not only in our homes, but the larger section of castes, class and most importantly gender has been in closed doors. This pandemic has dismissed the illusion of gender equality. Government across the world have implored people to stay home for their safety to prevent the spread of this disease but have failed to recognise or acknowledge the increased domestic responsibilities and the burden on the homemakers created by the lockdown.

The gender impact of the pandemic is not restricted to the boundaries of the domestic chores. **Domestic violence** is the shadow of the pandemic that has thrived in this situation that was created to prevent the pandemic. There has been a two-fold increase in gender based violence. Every woman who faced domestic abuse has been locked at

home with her abuser for months together. She has no help from anywhere, no shelter to go, since such cases remain behind closed doors, there was no external help that can be taken.

Travel was disallowed, a visit to the hospital unwelcome and not essential.

The inaccessibility of contraceptives and abortion services further complicates the matter of domestic abuse. Health issues for



female saw an all-time low. There was an increase in sexual activity but no care for sexual health. Therefore, an example of an illness that was common in such situation were - **Pelvic Inflammatory disease, Urinary tract infections**. There was no help as most females did not have access to proper Healthcare services and were dependent on local doctors. Some females were forced to undergo abortions by their neighbourhood quacks, further aggravating the situation.



Pregnant females too did not get the quality of care they should have had as a source of nutrition (fruits and vegetables) were scarce. The availability of milk was also difficult. With husbands not working and females managing the budget at a shoestring, it was their health that was punished.

so we can say that women have shouldered the burden of his pandemic and have been exploited while at it. Hence there is a need to

introspect and rise out of the gender barriers and both the partners should learn to share the burden and responsibilities instead the of the female.

The women too should not consider themselves to be at the receiving end. She should ask for help from all at her home. She should also take care of her physical, mental health and not stress herself to the extent that the lockdown should lock her abilities to relax and enjoy.



You Have The
RIGHT
TO BE SAFE

YOU HAVE
OPTIONS

“Low Self Esteem”

Dr. Ujjwala Kedare

Nagpur



Menopause is a period of physical and emotional changes. Estrogen receptors are present throughout the body & are particularly dense in the limbic system of the brain. During Menopause when estrogen level changes repercussion can be experienced all over, specially when it comes to how we think and feel. Menopause can be time of emotional upheaval. Although mid life can be a opportunity for growth and transformation for a woman, it also represents the end of “youth” and “fertility”.



Menopausal women have to deal with hot flushes, night sweats, aches and pains. Even anxiety, mood swings and depressions are known to be the symptoms of Menopause, but a quite side effect of all these symptoms that can honestly be the hardest to deal with the loss of confidence and self-esteem. It builds and builds inside and can take over women's life even without realising it.

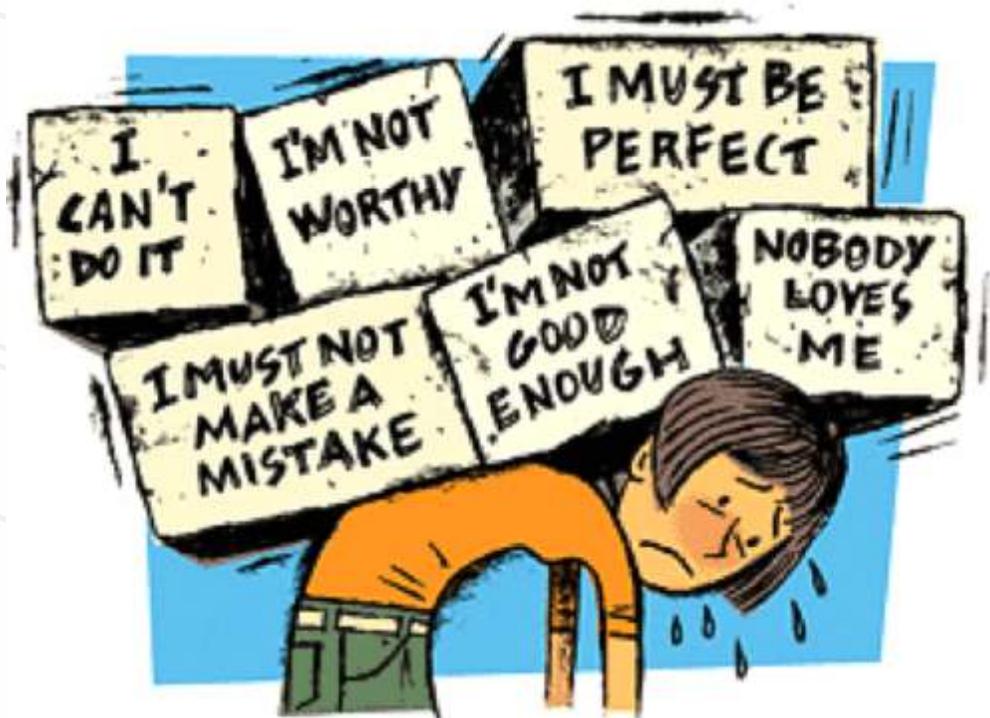
Unlike some physical symptoms it can't be fixed with creams and medicines. Physical changes of midlife such as central obesity, greying hairs, wrinkles, sexual dysfunctions due to vaginal dryness end of fertility all can take a toll on women's self esteem.

Mood swings, Fatigue & lack of sleep finally leave a woman with low self-esteems she start feeling as she is no longer worthy and to be called as a women.

Many strategies are proposed to boost self esteem as -

- Focusing on the positive attributes of life.
- Consider exercises and weight loss as a routine.
- Pamper yourself change your outward appearance. Do something different which can be really exciting. Treat yourself to something new will help in boosting your esteem and you will start enjoying a “new you”.
- Can consult a physiotherapist to get a confidence and esteem.

Leave a little sparkle wherever you go.



Domestic VIOLENCE

how to reduce ?



Dr. Shobhana Mohandas

Vice-President, IMS

Domestic violence is on the Rise all over the world in covid. We need to look into our shelf to know why such a situation arose at all in the world? Why is women so gullible in time of stress that she has to take the brunt of stress in the family?

A woman considered herself to be the receiving end whether she is in the Western world or the eastern world. She thinks it is her due to watch helplessly when her husband/brother/father verbally abuses her. This goes on silently in every woman's life and for less fortunate women it ends up in some physical violence.

We need a change in the attitude of the women. A gynaecologist come across many women and they can, if they put their minds to it, uplift women, through some patients at least if you take a little more time to patients then we normally do at least in seemingly distressed patients, we can try and find out why they are so. Quite often they will come out with stories of verbal violence at some stage or other. Here, we can raise her moral and tell her. Look into the mirror and say I am great, many times. This will give her confidence. Speak out the positive points in her life. This will give her confidence to stand up to the person who is trying to put her down.

Sometime we find mothers who are over anxious about their daughters. If we go deep into their histories they will talk on how being a widow who brought up thier daughters, as a single handedly. If we convince the mother that a gritty mother like her can only lead to a gritty daughter, she will stop being overfussy with her daughter and will stop weakening her. If we really try we can help to create a confident generation of women who can have the courage to speak out about the abuses by men.

However small, it is only change at a grass root level can change the way of world which is gender based, leading to domestic violence at times of stress like covid 19.

Verbal Abuse is Domestic Violence

Do & Dont's



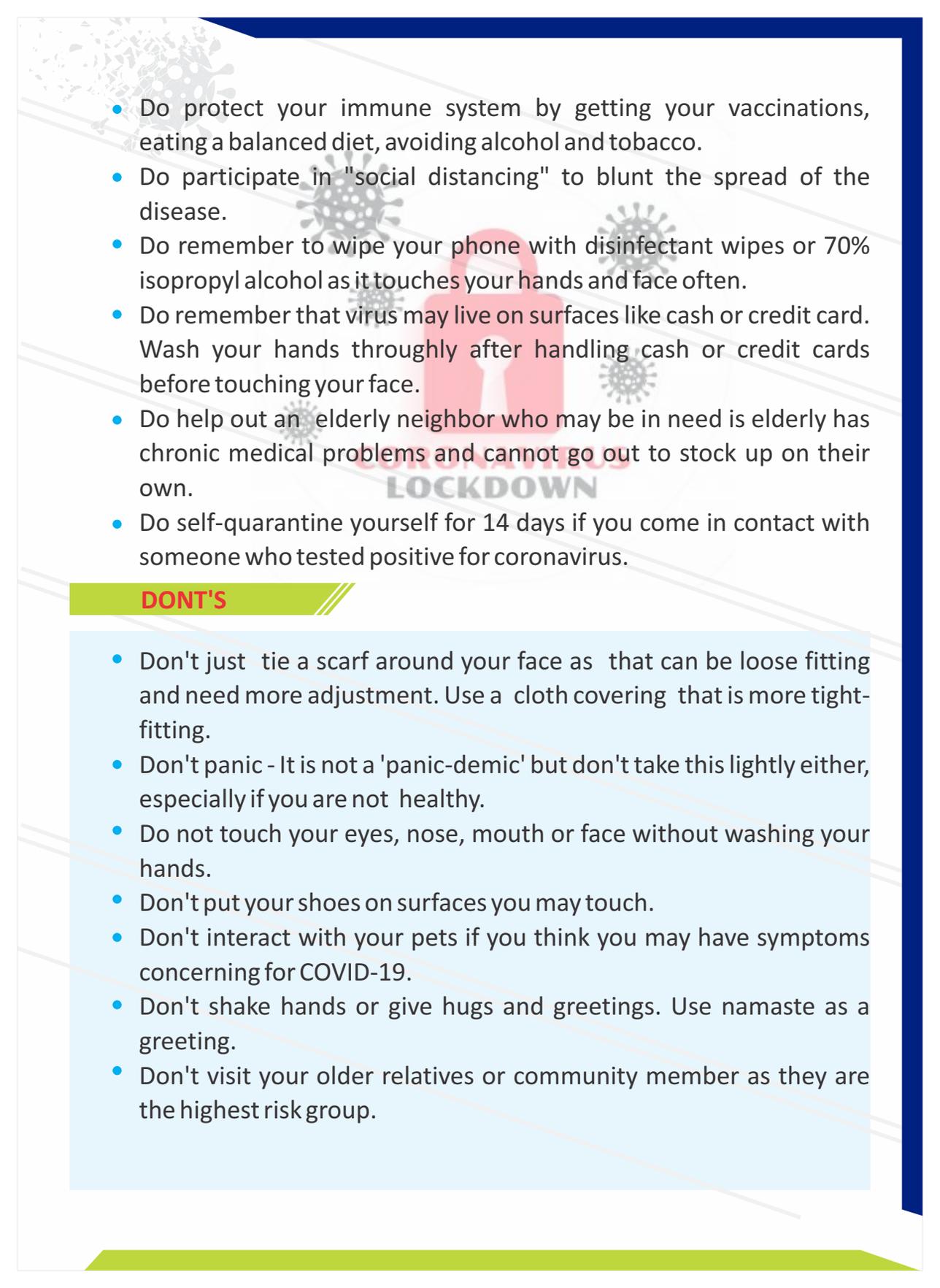
Dr. Savita Tyagi

Agra

Here are some do's and dont's from that you can do to protect yourself today from the COVID-19 coronavirus.



- Do wear mask at all times when you are not at home.
 - Do wash your hands before you wear your mask.
 - Maintain social distancing of 6 to 8 feet.
 - Do practice good hand hygiene and wash your hands frequently, especially before you eat, after you see the restroom either with soap and water or 70% isopropyl alcohol.
- Do cover your face while cough or sneeze. The best way to cough or sneeze into your elbow and not your hands
 - Do work from home. Leave your home only for essential reasons such as buying food or medicines.
 - Do cancel elective dental, medical recreational and non essential appointment as these can interfere with social distancing.
 - Do move away from others who cough or sneeze.
 - Do wear a face mask and gloves, if you are caring for a family someone who has tested positive for covid-19.
 - Do be mindful of what surfaces are you touching and how frequently you are touching your face.

- 
- Do protect your immune system by getting your vaccinations, eating a balanced diet, avoiding alcohol and tobacco.
 - Do participate in "social distancing" to blunt the spread of the disease.
 - Do remember to wipe your phone with disinfectant wipes or 70% isopropyl alcohol as it touches your hands and face often.
 - Do remember that virus may live on surfaces like cash or credit card. Wash your hands thoroughly after handling cash or credit cards before touching your face.
 - Do help out an elderly neighbor who may be in need is elderly has chronic medical problems and cannot go out to stock up on their own.
 - Do self-quarantine yourself for 14 days if you come in contact with someone who tested positive for coronavirus.

DONT'S

- Don't just tie a scarf around your face as that can be loose fitting and need more adjustment. Use a cloth covering that is more tight-fitting.
- Don't panic - It is not a 'panic-demic' but don't take this lightly either, especially if you are not healthy.
- Do not touch your eyes, nose, mouth or face without washing your hands.
- Don't put your shoes on surfaces you may touch.
- Don't interact with your pets if you think you may have symptoms concerning for COVID-19.
- Don't shake hands or give hugs and greetings. Use namaste as a greeting.
- Don't visit your older relatives or community member as they are the highest risk group.

Spirituality with Ageing

Dr. Kamini Khurana

AGRA



Spirituality is a way of life in which a person seek to connect to the divine or their true nature. We are well acquainted with the fact that menopause is one of the most critical event in a woman's life. Due to various hormonal changes that occur during this phase women are confronted with several physiological, psychological and Social vicissitudes which have a significant impact on women's quality of life. Depression is one of the most common problem in these females.

Spiritually intervention is the branch of complementary medicine that seems to be helpful in the treatment of psychological disorder i.e. depression and anxiety.

Spirituality is the multi-dimensional concept that includes metaphysical dimensions connect to the supreme power, meaning and purpose of life selflessness, underestimation of worldly values altruism awareness of tragedy etc. These dimensions coupled with spiritual interventions such as meditation, prayer chanting help these woman in following way.

- It provides them energy needed for acclimatization and post menopausal changes through strengthening the bond between the person and the divine force.
- Can make them stronger from within more resilient and happier.
- It allows them to see commonality and union of everything in the world.
- It makes them open hearted and trusting just as a child.
- They approach the world with faith and confidence because now they believe in inherent goodness and truth of the world.

- Spiritual intervention bring about a pragmatic outlook and help them to make optimistic interpretation, discover new meaning and select new goals in their life.
- Paradoxically by letting go, it would increase a sense of control over the crises and restore the self confidence of the person.

How Can We Imbibe Spirituality

- Silence both emotional and mental maintaining silence without anger and with internal peace.
- Meditation regularly at least twice daily.
- Engage in social services as helping others help you gain and understanding of the world.
- Think positive and avoid speaking ill.
- Keep your thought and life simple.
- Join Satsang and spiritual speechess and lectures.



Life is what **YOU** make it!

Role



Prof. N. Hephzibah Kirubamani

Chairperson, Quiz Committee, IMS

Discipline comes from the discipulus, the Latin word for pupil, which also provided the source of word disciple. Discipline derives from disciple. Discipline is the quality of being able to behave and work in a controlled way which involves obeying rules of standards.

We need discipline because it brings stability and structure into a person's life. It promotes good human behaviour to better society and make it a more enjoyable place for everyone to live. Discipline is the prerequisite of any civilized society.



There are two types of discipline, internal and external. Internal discipline is your self-restraint and your ability to differentiate right from wrong.

External discipline is according to the society norms such as following the laws. There are ways to master self-discipline namely by knowing one's own weaknesses, by removing temptation, by setting goals, by creating new habits, by changing perception about will and by setting up a backup plan. A person's life without discipline is nothing. Discipline brings success in life progress, stability and strength. So, it is necessary for all walks of people.

Traits of a Self-Disciplined Person Generally being well organized in life, office and even in social circles, consistently keep up healthy habits, not being afraid of messing up and learning constantly.

Reasons why Discipline is important and its value in our life.

- Discipline helps to channel the energy towards positive things.
- One of the most important reasons we need discipline is for the development of a positive attitude.
- Discipline can help you align your mind and body with your ideas and goals which increases focus on our targets.
- Discipline improve mental health.
- For a society to work properly, discipline is necessary.
- So, discipline to some extent is good but not following very strict discipline like a Robot. During holidays you can break some laws regarding sleep, enjoying movies etc.

"Self-discipline - The road may be hard but the results are priceless"

"Discipline is the bridge between goals and accomplishment"



हे करोना अब तुम जाओ न....



डॉ. सीमा सिंह

आगरा

दूर से होती दुआ सलाम, फोन से पूछे हाल
सूनी सड़के सूने रास्ते सूने माल और चाल,
सत्राटे के शोर से अब और हमें डराओ न,
हे करोना अब तुम जाओ न....॥

बन्द है ट्रेने बस और ट्रक रोती कारे मोटर बाईक?
ऑडी पोर्श मारुति फरारी की खामोशी पे अब रहम खाओ न
हे करोना अब तुम जाओ न....॥

बन्द हो गये जिम और पार्लर खत्म हो गयी रौनक सारी,
कहा गये वो ब्रान्डेड फैशन और डिज़ाइनर ड्रेससेस सारी,
हे करोना तेरे खौफ के आगे मास्क पड़ गया सब पे भारी॥

न हाथ मिलाना, न गले लगना है दूरी की दुशवारी,
सम्बन्धो की गरमाहट को और हमें तरसाओ न,
हे करोना अब तुम जाओ न....॥

शान्त हो गयी शाम की महफिल डीजे पार्टी शोर शराबे,
कहा गये आँखों के इशारे, आशिकों के दिल फेंक नजारे
डांसिंग फ्लोर पे है पैन्डेमिक खुद पे यू इतराओ न,
हे करोना अब तुम जाओ न....॥

IMMUNITY boosting food



Nutritionist Rachna Agarwal



We can defeat invading pathogen with a healthy immune system.

In our fight against Covid-19 we can work on Improving our daily life style as one of the best measure to fight the disease.

Few simple changes in our diet can bring great results. **Through immunity is not built overnight. It's never too late to start.** Eat fresh

and seasonal-now that we have all the time to cook avoid eating semi pre-cooked, frozen or highly processed food. These food are dead foods

with considerably low nutrients and chances of contamination are very high. Essential enzymes and phytochemicals present in fresh fruit, vegetables or

unprocessed grains are better digested.

- Eat fermented foods like curd, dosa, dhokla (made of fresh batter) Jkanji, home made pickles are loaded with healthy microbes which help to build our microbial flora in the gut. A healthy gut is the key to a healthy body. Avoid unnecessary medication fear of Corona!

- Eat less-due to the lack of physical activity we are burning less calories and we have to reduce our diet accordingly. Avoid bringing out of boredom. I recommend two meals a day. According to the news the mortality rate of Covid Patients is higher in the obese.

- Drink more fluids-as the weather is changing we need to keep ourselves hydrated. The best drinks are- Salted Lassi, lemon water with

honey, green tea, fresh turmeric tea, (it's a natural antibiotic) hot spiced water (boil zeera, elaichi, cinnamon, saunf in water and drink) **avoid frequent tea and coffee as they have nutrient inhibitors and bring down our immunity levels.**

- Skip sugar - all types of sugars are food for pathogens so are best avoided. To curb our sugar craving take limited amount of dates, raisins, jaggery or organic honey.
- Increase physical activity - as we all are confined to our houses our physical activity has decreased drastically. We can easily walk for 12 minutes 5 times a day inside our houses, or **practice yoga asana like suryanamaskar!** This will elevate your metabolic rate and help you burn more calories.
- **Vitamin C** - this vitamins help to absorb other nutrients and plays a major role in building our immune system and repair of our muscles. Include lemon, limes, oranges, amla, raw mango in a grocery list.
- Eat superfood-some superfoods have multiple health benefits and should be included in our daily diet. Some of them are **guar ki phalli, lasun, sem phalli, chakotre, raw banana, karela all type of berries.**
- **Avoid eating only exotic vegetable as they are not available fresh and in comparison to local vegetable they are much less in nutritive value.**

Only eating healthy won't be enough. We need to adhere to some healthy habits to ensure proper assimilation of our healthy food

- Sleep timely for 7 to 8 hours. Sleeping very late disturb our hormones as they are synthesized in relation to the sun.
- Keep calm and avoid stress.
- Prevent constipation as it built up toxins in our gut. Eat enough fibre(30-40 mg daily) some natural remedies for constipation are.
- Drink homemade BEL Sharbat
- Boil 4 leaves of amaltas with 4 munnaka and drink the water.
- Drink hot saunf water twice a day.

In short healthy immune warriors need to be fed right! Scientist have observed that people who are low on nutrition are more vulnerable to infectious diseases. Proper diet will help you and your family to ensure good health and fight your battle against this disease.

"Telepathy"

Dr. Neelam Jain

Jaipur



Can you read your sister thoughts without her saying a single word? This is Telepathy and this communication between minds. Telepathy means communication outside of the known senses. It is said that we have neurons that act as automatic mirrors. Infact we can grasp the intentions and emotions of other automatically. Relax your body and mind, visualize the receiver as right in front of you and focus your thoughts on sending the person a simple word or image. There are some signs that tell you that you have telepathic abilities. They are strange sensation in the third eye area strong connection to spirituality, vivid and frequent dreams strong Institutions and one can easily perceive other emotions.

When two people experience a deep connection they are informally said to be on the same wavelength. Brain scans of a speaker and listener show their neural activity synchronising during story telling. Telepathy is associated with significant activation of the right Parahippocampal gyrus. Telepathy between twins or family members can remain for a lifetime. Types of Telepathy are Mental Telepathy, Institute Telepathy or the gut feeling Telepathy example, my gut feeling is that she is a nice person. In marriage the partner's love for each other enough to provide the power and energy to communicate telepathically and this is telepathy in marriage. Telepathy in sensing the danger can help the receiver to know about him and warn her. People also sense the suffering and pain of the loved ones.

The human brain is capable of communicating thoughts feeling emotions images and decides from one mind to another mind. It has been proven that when two people are in love their heartbeats match. Same happens in telepathy. Their Minds trust each other and they silently communicate Hence, their Minds match with each other.

DESTROY Negative Thoughts **FAST**



Dr. Bhavana Sheth

Bharuch

What is positive atmosphere?

Thoughts, feelings, mental and emotional vibrations that emanate from you, create the atmosphere around you. People in close proximity, sense this atmosphere and are affected by it. In such atmosphere, they might feel elated, happy and inspired or experience inner peace.

Why get rid of Negativity ?

Negativity limits the potential of living a purposeful life. Negativity has an adverse effect on health too. Research has shown that people who cultivate negativity, experience more stress, more sickness, and less opportunity over time. Positive thinking raises energy levels, creativity and productivity by as much as 30%.

POINTS TO BE CONSIDERED

- Become Grateful for Everything.
- Laugh More- Laughter helps to lighten mood, relax and releases “Happy hormones” .
- Help Others.- People living only for themselves have no higher purpose in life.
- Change pattern of Thinking.-. Just change the wordings of thoughts.!!
- Surround yourself with positive people.
- Have Self-confidence - Doubting holds back from trying and thus from succeeding. Avoid comparisons.
- Never fear failure- Instead, reframe the experience as an opportunity for more growth and development.
- Do not dwell in past- Concentrate on TODAY. Remember past is History, future is mystery.

- Limit Intake of News and Media - Both can be predominantly negative.
- Be Physically Active- diseases are kept at bay and Endorphins released increase positivity.

Go green-plant more trees. //

- *De-clutter your home*- Clutter adds chaos to the mind.
- Socialize- It's a sign of positive health.
- Age gracefully- Treasure the "experiences " more than "possessions".
- Focus on SOLUTIONS, not problems.
- Sleep pattern- When sleep is deprived, the function of Hippocampus starts to creak and negative thoughts are difficult to be taken away.
- Work environment- should be a place of comfort. Make work hassle free. Care and have concern for all employed.
- Have faith in Supreme Power-.
- Meditation- Happiness cannot be purchased- it has to come from within! Meditate daily.
- Goal of life- Human being owe a lot to the society, and the world at large.



In your day,
surround yourself with
people who love you,
motivate you,
encourage you and
just make you feel good
about being..
You.

IT'S TIME TO WORK ON ONESELF

Dr. Nishi Gupta

Ambala



- Give yourself a break and take sometime to yourself, it is a great idea, we can retrospect our life's achievements, desires and accomplishments. Having lived through decades, we should appreciate when its shows ascendancy for myself, pamper yourself, meditate when in solace.
- **We can enjoy sunset while having tea** on terrace on one beautiful evening of our life's, free from obligations in solitude.
- When we are in the peace of mind, it is perfect time for creativity, writing dairy, poems or articles.
- At times you should introspect yourself and enjoy your own company.
- When a sense of emptiness or hopelessness grips you, try being useful to someone, see how life transforms magically. Your worth is always a function of how useful you are to the society. With time you evolve, understand life just a wee bit better. Patience and calm are to be practiced when you don't get what you desire.
- **Do what gives you happiness**, do all crazy things, eat of your choice. Prioritize selfcare and incorporate a minimum of 60min of me-time. Spending time with yourself replenish your resilience reserve.
- It is never too late to take time much needed for yourself and it is not selfishness. A simple beginning can be made by investing in your **me time on health, fitness and happiness**.



मन आज के संदर्भ

डॉ. रंजू अग्रवाल

आगरा



मेरे निज आत्मस्वरूप.....

आज की विषम परिस्थितियों में हमारा मन भय, चिन्ता, अनिश्चितता, असुरक्षा की भावना से ग्रसित है। मन कुछ और नहीं इन्हीं अशान्त विचारों के समूह का नाम मन है। जब हम शान्त होते हैं हमें मन का पता भी नहीं लगता क्योंकि तब हम आत्मा के धरातल पर होते हैं। आनन्द, प्रेम, शान्ति, आत्मा के गुण है जो कि हम वास्तव में हैं। इन्द्रियों से पर मन है, मन से पर बुद्धि, बुद्धि से पर आत्मा है। अतः आत्मा मन बुद्धि को प्रकाशित करने वाली शक्ति है। और मैं आत्मा हूँ, मन नहीं। अतः जो भी परिस्थितियाँ हैं वो बाहर हैं और मैं स्वयं अन्दर हूँ। व्यक्ति, वस्तु, परिस्थिति हर पल बदलती है हम सब जानते हैं लेकिन कभी-कभी इतनी बदल जाती है जिसकी किसी ने कल्पना भी नहीं की होती। आखिर है तो सब अदृश्य शक्ति विधाता के हाथ। कौन जानता था राजा राम को राजतिलक की जगह वनवास जाना पड़ेगा। आज तो यह बीमारी अचानक आई है, हमें समझना होगा यह भौतिक शरीर भी अचानक ही पंचतत्व में विलीन होगा। जितना भी सम्मान, पद, प्रतिष्ठा, पैसा हमने संग्रह किया है सभी यहीं रह जायेगा। देखो आज कैसे एक बीमारी ने सभी को बाह्य जगत में, भौतिक रूप से समानता पर लाकर खड़ा कर दिया है। अन्दर से तो हम सब समान हैं ही। पूरा जीवन हम दूसरे से विशेष, दूसरे से आगे, कुछ खास बनने में बिता देते हैं और हम वो नहीं बन पाते जो हम होते हैं। ईर्ष्या, राग, द्वेष, तुलना हमारा पीछा ही नहीं छोड़ती।

आज समय मिला है अर्न्तमन की यात्रा करें। अपने मन को मजबूत करें। हर व्यक्ति के पास दो मन होते हैं। एक कमजोर व दूसरा शक्तिशाली। कमजोर को दबाकर शक्तिशाली को और मजबूत किया जा सकता है। अपने को मन से ऊपर उठना है, मन को साधना है, मन से परे जाना है। मन को अपना मालिक नहीं बनने देना है। मन को अपना मित्र बनाना है। मन का काम नकारात्मक विचार लाना होता है, मन बातों को बढ़ा-चढ़ाकर देखता है, मन को 'मैं सही हूँ', दूसरा गलत है यह बीमारी होती है, मन नित नई कामना करता है, कामना पूरी न होने पर क्रोध आता है और पूरी होने पर लोभ का जन्म होता है। इस तरह काम, क्रोध, लोभ, मोह अहंकार सारे विकार मन में ही होते हैं।

गीता में अर्जुन ने कहा कि मन बहुत चंचल है और इसकी गति वायु से भी अधिक तेज है। मैं कैसे इसे वश में करूँ। श्री भगवान बाले सतत अभ्यास व वैराग्य से मन वश में होता है। मन में आने वाले विचारों को साक्षी, दृष्टा, सजग होकर देखने से उन पर विजय पाई जा सकती है, उनको सही सकारात्मक दिशा में मोड़ा जा सकता है। 'ध्यान' एक सरल विधि है जो हमें पूरे ब्रह्मांड की शक्ति से जोड़ता है। प्रार्थना के द्वारा हम भगवान के समक्ष अपने दुख, अपनी परेशानी अपनी इच्छा, मन की बात रखते हैं। यद्यपि प्रभु से सिर्फ प्रभु को ही माँगना चाहिए क्योंकि माँगने से प्रेम की धारा टूट जाती है तथापि वो ही हमारे एकमात्र, मित्र, सखा, माता-पिता, अपने हैं, हम उनको अपना दुख बता तो सकते ही हैं। और ध्यान में हम भगवान की उस ब्रह्मांड शक्ति की बात सुनते हैं। उससे दिशा निर्देश लेते हैं।

विषय असीम है, अनन्त है, पूरी व्याख्या के लिए शायद महीना भर भी कम पड़ जाये लेकिन मुझे यहीं वाणी को विराम देना होगा। इस विचार के साथ कि हम अपने मन में सकारात्मक विचार लाएँ। आशा के दीपक को कभी बुझने न दें। जो हुआ अच्छा हुआ, जो हो रहा है अच्छा हो रहा है, जो होगा अच्छा होगा। हम स्वस्थ हैं, सुबह उठ रहे हैं, सांस आ रही है उस परमपिता का धन्यवाद करें। जो मर्जी है खा रहे हैं, हमें अच्छी नींद आ रही है, हमारा परिवार स्वस्थ है, परमपिता का धन्यवाद दें। यह समय हमें भगवान ने अपनी याद दिलाने के लिए दिया है क्योंकि हम संसार में कुछ पाने की अन्धी दौड़ में इस हद तक व्यस्त हो गए थे कि हमें उसको याद करने की फुरसत ही नहीं थी और शायद हमें जरूरत ही नहीं थी। हम नाना प्रकार के भोग भोग रहे थे और हमें प्रभु को धन्यवाद कहने का भी समय नहीं था, हम तो और, कुछ और में लगे हुए थे। अब वक्त आ गया है हम जान जायें, मान जायें, आत्मसात करें कि प्रभु की इच्छा के बिना न कुछ हुआ है न होगा और आने वाले अधिदैविक, आधिभौतिक, आध्यात्मिक तापों पर हमारा कोई वश नहीं है। हमारा वश है कि हम अपने मन में आशाजनक विचारों को स्थान दें और अनावश्यक विचारों को प्रवेश से वंचित रखें। भगवान पर भरोसा रखें व सबमें भगवान को देखें। हम सब भगवान के अंश हैं। सब में एक ही तत्व आत्मा विद्यमान है। आओ हम सब समस्त, प्रकृति के प्रति पूर्णतः प्रेम से सराबोर हो जाएँ। सबके लिए शुद्ध भाव भेजें। सबके कल्याण की कामना करें, धन्यवाद से भर जाएँ, कुछ विशालता और विराटत्व से भर जायें और हम कामना रहित निष्काम होकर पूर्णता को प्राप्त हों।

शुभेच्छा के साथ
आपकी अपनी
'रंजू'

डॉ. रंजू अग्रवाल

स्त्री रोग एवं काल्पोस्कोपी विशेषज्ञ



SKIN care



Dr. Ishita Sharma

Agra

Great skin only happens when you start caring for your skin. Your daily skin care routine have a big impact on what you see in the mirror. The goal of any skin care routine is to tune up your complexion, fight signs of aging and to give you that sparkling glow. Think of your skin care routine as:

- Cleansing
- Toning
- Moisturizing
- Sunscreen

To have visible effects you need to give time to the skin product to act upon. I usually recommend atleast 6 to 8 weeks.

CLEANSING

Washing your face is the most essential step in any daily skin care routine. Wash atleast twice a day to avoid clogged pores, dullness and acne. Choose your cleanser wisely according to your skin type. Oily skin/acne prone skin should go for salicylic based preparations preferably foaming liquid. Those with dry, red or eczematous skin should use cream or lotion formulations which don't produce lather. Sensitive skin should use oil based cleansers.

Toners are nothing but an extra shot of skin nutrient supplementation. For oily skin astringent based toners really help in removing dirt from clogged pores. For the rest the traditional toners can be replaced with serums, which are really good for your skin. Now the serums can be alpha or beta hydroxyl acids, Niacinamide, peptides, retinol, Hyaluronic acid, Rose water, Vitamin E & C.

MOISTURIZING

Moisturizers hydrate and soften the skin. Every skin type of all age groups requires moisturizer, even the acne prone skin. Skin naturally loses the ability to retain moisture as we age so intense moisturization is required for advancing age. Oily skin should go for gel based moisturisers, dry – cream based, sensitive or normal skin- lotion based.

Those above 30 can also

add retinol, peptides or hyaluronic acid based creams in night along with their daily moisturizers to fight those early signs of aging.



Avoid
fragranced
creams



Remove
makeup

Massage
your skin



Take Skin
friendly
foods



Drink
more
water



SUNSCREEN:

It is the most crucial skin product & has to be applied 365 days a year. It should be broad spectrum, and spf of atleast 30 & above. Again sunscreen can be chosen according to your skin type. Apply atleast 30min before sunexposure and repeat after 2 hours, if you are in sun for prolonged hours.

Change

can be beautiful

when we are brave enough to evolve with it.

and change can ve brutal when we fearfully resist

Think
Positive
TALK
POSITIVE
FEEL
POSITIVE

Be
Positive



Dr. Madanjeet Kaur

Being positive pays..... Worried in this initial times? For what ?

Health ? job? Finances ?Family ? What do you achieve by worrying? Isn't it quoted in **BHAGWAT GEETA** "**Chinta Chita Saman**" This too shall pass! Be Positive. Take things in your stride practice gratitude and you will realize how beautiful world is very sentences are like birds we cannot stop them from flying nearest but we can certainly stop them from making nest in our mind. There are always 2 aspect to view a certain situation. We can complain because rose bushes have thorns or Rejoice because thorn bushes have roses.

It is your own attitude that defines your life. The difference between stumbling block and stepping stones is how you use them. Creativity is the essence of life. Negativity the enemy of created **Hence Be Positive!** The law of attraction says like attracts like, so when you think a thought be it positive or negative, thought are magnetic they have a frequency they are sent out into the universe, they magnetically attracted all the like things that are on the same frequency.

Everything sent to you returns to the source and that is YOU. Your current thoughts of creating a future life. Your thought become real thing.

An entire sea of water cannot think a sink a ship unless water get inside the ship. Similarly the negativity of the world cannot put you down unless you allow it to get inside you so.... Be Positive ! Emotions have an impact on immunity at the cellular level of CD4 and CD8 count. Positive people have better survival rates and life-threatening diseases such as malignancies or coronary disease and in general lesser morbidity, so be Positive!

This becomes important in COVID times as negative emotions increases its inflammation and basic pathology in COVID is also inflammatory and basic pathology in COVID is also inflammatory so Be Positive.

Practice mindfulness, do meditation, be grateful always.

World is beautiful and you get to leave only once enjoy be happy!

Dental CARE



Dr. Aashima Bhatnagar Gupta

Agra

Toothbrush: your magic wand, but are you using the right spells?

Did you know that bacterial plaque is formed as soon as 2 hours after you brush! Well don't be alarmed. If this plaque is not allowed to sit over the teeth and mature over 24 hours, it does not produce harmful effects. After you eat a meal or snack that contains sugar, the bacteria in mature plaque produce acids that attack tooth enamel. Eventually, the acid can break down tooth enamel, causing cavities. Plaque that isn't removed can also harden into tartar (calculus), making it harder to keep teeth clean. Tartar buildup on your gums leads to inflammation that causes gum disease. That is why it is very important to clean both teeth and gums once or twice daily.

When you brush your teeth, you help remove food and plaque (a sticky white film that forms on your teeth and contains bacteria). It is also important to note that brushing teeth does not mean that you have removed all the plaque from your teeth, brushing with 'the right technique' is the key.

EFFECTIVE WAY TO BRUSH:

While there are several brushing techniques, the most popular method is scrub method, where an individual just scrubs the toothbrush back and forth over the teeth. But it is not the most effective way to use the toothbrush.

Modified Bass Method has been documented to be most effective method to maintain daily oral hygiene. Modified Bass Method:

Toothbrushing 101:

A step-by-step guide to brushing correctly

🕒 Duration: Three to five minutes



1 Place the brush at a 45° angle to the front tooth surface. Bristles must contact both lines of tooth and gum.



2 Move the brush in a small, jiggling, circular motion.



3 Clean the inside surfaces of the back teeth by moving the brush in a small back and forth motion.



4 Clean the inside surfaces of the front upper teeth by tilting the brush vertically using small up and down strokes.



5 Clean the inside surfaces of the front lower teeth by tilting the brush vertically using small up and down strokes.



6 Move the brush in a back and forth motion to clean the biting surfaces.

Besides brushing your teeth, to keep your mouth healthy, do the following:

- Floss daily.
- Use mouthwash after brushing and flossing.

Drink plenty of water.

- Eat a healthy diet and limit sugary food and drinks.
- Avoid frequent snacking.
- Replace your toothbrush every three to four months, or sooner if the bristles are irregular or splayed.

Funfacts

- Toothbrush can only reach 60% of the surface area of teeth. Hence, flossing is as important as brushing teeth daily, to clean the rest of 40% area where tooth brush cannot reach. This prevents caries in between teeth.



- Hard toothbrushes are not better. Soft and Soft Medium toothbrushes are recommended for daily brushing.
- Regular toothbrushes are as good as electric toothbrushes in cleaning teeth if used with proper technique. Brushing once daily is as good as brushing twice a day, given that it is done proficiently.
- All regular use fluoridated toothpastes do a similar job in cleaning your teeth (this does not apply to medicated toothpastes). No one toothpaste is better than the other. In fact, it is the toothbrush that does the magic. If used as it should be, cleaning teeth with a toothbrush and plain water can be as effective as brushing with any toothpaste!

Ayurveda Speaks....



Dr. Vandana Pathak

Lucknow



**“ स्वस्थस्य स्वास्थ्य रक्षणम्
आतुरस्य विकार प्रशमन् च ”**

That is to secure the health of an individuals and to cure and treat if one is suffering from a disease.

In today's time other than the guidelines by government of India of physical distancing and sanitization the Ayurvedic concepts if brought into practice will not only built & boost once immune system but also help to conquer the disease in stage of early symptoms.

The principle of Ayurveda is to secure the health of an individual and to cure and treat if one is suffering from a disease. As Ayurveda is the science of life and is the natural healing system of India and also well known globally for curing many difficult diseases. Some of the protocols to be followed to keep one healthy are --

- Dincharya
- Ritucharya
- Stress Management
- Rejuvenating one's self with detoxification techniques

Practicing Yoga and meditation heals the body on cellular level and eases the flow of energy from spiritual source to mind and body.

Diet - Proper diet to keep us heal.

Six tastes in Ayurveda.

The intake of right taste in at time these six taste in Ayurvedic diet are

- **Madhur** Sweets
- **Amla** Sour
- **Lawan** Salty
- **Katu** Punjent like kali mirch
- **Tikta** Bitter like Karela
- **Kashaye** Astringent like Amla

Hottest to Coldest in order

Pungent → **sour** → **salty** → **sweat** → **Bitter**.

Steam Inhalation -

Inhaling steams can be done daily during these times by the health workers or students who are exposed to mobs and are more susceptible to infections. The steam inhalation is a very excellent activity an hour before sunrise after application and massage of chest with a paste made of sandhava salt and ghee. This liquefy the tenacious and it is ease out from lungs by forced or natural coughing after steam is over, relaxed for half an hour and take a warm tepid bath.

Yog, Pranayam and Meditation

Practice pranayams which strengthen the respiratory tract.

- Udgeet
- Brahmari
- Anulomvilom
- Kriya like kapalbhati to activate the intestines and abdominal muscles.

Meditation is very important part it produces the positive hormones in body. After yoga and meditation relax with a cup of herbal decoction made from following herbs single or in combination such as - Tulsi, Ashwagandha, Mulethi, Kalmegh, Dried Ginger, dalchini, Gelyo. Out of these Gelyo is very easily available and fit for all body types.

Thus following these concepts and of Ayurveda one can easily remain healthy and disease free during Pandemic.



Menopause & Diet



Dr Ashwini Bhalerao Gandhi

Mumbai

Diet for 45 + Women Life expectancy of Indian women is around 68 to 73 years of age. Mean age of menopause in India is around 46 years of age. Many women tend to gain weight after 40 years of age. Eating too many calories, insufficient exercise, physical and mental stress lead to such weight gain which increases risk of heart disease, diabetes mellitus, osteoarthritis and some cancers. On the other hand, some women do not eat balanced diet and hence may develop certain deficiencies. Gastritis, malabsorption syndrome will lead to more deficiencies. After menopause, every woman requires 1000 mg of calcium per day and around 1000 to 2000 IU of Vit D every day. Antioxidants like evening primrose oil (omega 6 fatty acids), Vit E, phytoestrogens and Lycopene rich foods in diet reduce some menopausal complaints like hot flushes, fatigue, stress etc. Amino acids, zinc, Vit C and Vit D are immunity boosters. Vegetarian diet may lead to deficiencies of protein, iron, Vit D and Vit B 12. Women should choose as many natural foods as possible. They should consume variety of vegetables and focus on fruits. It is a good practice to include whole grains, beans and lentils daily.

- Add powdered flax seeds, cinnamon, fenugreek in the diet.
- Following advice has been given by the World health organisation regarding nutrition for adults during Covid- 19 outbreak.
- Eat fresh and unprocessed foods every day to get vitamins, minerals, dietary fibre, protein and antioxidants.
- Drink enough water (8 to 10 glasses of water every day).
- Avoid sugar, fat and salt.
- Choose white meat over red meat.
- Avoid outside food and junk food.

Exercises and good diet both are important to remain healthy. Aerobic, muscle strengthening exercises and breathing exercises are important to improve fitness

Late Night Sleep & **WEIGHT** gain....



Dr Bipasa Sen

Attention ! Late night sleepers !

Do you know—you can gain weight just because you sleep late ?

No, sleeping itself is not the cause of weight gain. Sleeping late is the matter of concern. Late night sleepers actually sleep less. The American Academy of Sleep Medicine (AASM) recommends a sleep of 7-9 hours per night for adults. According to a 2004 study, people who sleep less than 6 hours per night were almost 30% more likely to become obese compared to normal sleepers. Lack of sleep and late night sleep seems to be related to an increase in hunger and appetite—and thereby to obesity. A recent study by Phyllus Zee and Kelly Glazer Baron of Northwestern University Feinberg School of Medicine found that late sleepers consume around 248 more calories per day mainly at dinner and evening snacks.

They tend to eat more fruits and vegetables, about double the amount of fast food and drink more full calories through beverages hard or soft, hot or cold. This extra daily calorie intake can mean a significant amount of weight gain unless balanced by more exercise. Recent research has focussed on the link between sleep and peptides that regulate appetite.

The peptide Ghrelin stimulates hunger whereas Leptin signals satiety to brain and suppress appetite. Shortened sleep time is associated with decrease in Leptin level and elevation of Ghrelin. Not only does this stimulate appetite, but also stimulates craving for high fat, high carbohydrate food.

The study also shows that apart from the increased calorie consumed, the timing of food is also important. **Those eating dinner after 9pm are more likely to have higher BMI.** Late night sleep is also related to increased level of cortisol—which is one of the major causes of weight gain.

To conclude—ongoing studies suggest that regulating the timing of eating and sleep can improve the effectiveness of Weight Management Program.

So, back to the old saying —“Early to bed, early to rise —makes a woman (and man too) healthy, wealthy and wise.”

late night SLEEP & weight GAIN

Dr. Suman Bisnoi



Sleep is an essential part of ins's life just like food and water.

It has been found that if a person is sleep deprived he feels less energetic drained.

When we are tired and drowsy because of lack of sleep, we don't feel like exercising thus leading to a sedentary lifestyle and prefer eating junk food rather than preparing a nutritious meal thereby leading to weight gain.

What can we do to have a good night's sleep ?

- Sleep at the same time daily.
- Keep your bedroom dark, quiet and comfortable.
- Some activities like watching TV, reading a book, listening to soft music, taking bath with warm water may help them to relax and have a good sleep.
- Mattress and pillow have to be comfortable.
- Exercising at regular times each days keeps the person energised but no exercises within 3 hours of sleeping.
- Dinner must be had atleast 2 hours before sleeping.
- Caffeine in coffee, tea, soda and hot chocolate must be avoided before sleep.
- Liquids should not be consumed in large quantities in late evenings because that would keep the person going to the toilet frequently at night and turning on light which could break the sleep cycle.
- Avoid daytime napping as it keeps us awake at night.

So let's have adequate sleep and keep ourselves fit.

MEN & MENOPAUSE



Dr. Avantika Sharma

While majority of us know about menopause and associated problems in women, how many of us have ever contemplated that, at a similar age, many men would also be going through changes in their levels and balance of key hormones and hence going through associated problems?

Changes of life in men is every bit as real and important as it is in women. Whereas in women there is a steep decline in reproductive hormones during menopause, the sex hormone changes in men occur gradually, and hence probably tend to get over looked. Male menopause or Andropause has been used to describe decreasing testosterone levels related to aging. Testosterone, besides contributing to the development and maintenance of male sexual functions, is also very vital to psychological health of men and therefore, the changes in the levels and balance of key hormones can have significant negative health impact, thus affecting quality of life of men.

Some of the manifestations of menopause in men are:

Fatigue, Irritability, Nervousness, Depression, Insomnia, Impaired memory Inability to concentrate, Loss of libido, Erectile Dysfunctions etc., which again can have profound effects on the major aspects of a man's life. Acknowledging these changes, overcoming denials, can be a journey which every partner needs to be supportive of.

Engaging in dialogue around these issues of sexuality, intimacy and emotional needs should always be fundamental to a couple's relationship. Menopause in men is a multidimensional transition of life demanding proper attention and management.

However, there is still a great deal of understanding required to unfold the intricacies of the subject, for it to become better known and accepted by the society.

Impact of **MEDITATION** on Human **BRAIN**

Dr. Nita Darbari



Meditation has been defined by psychologists, as a contemplative technique which involves a conscious attempt to concentrate attention on some object of thought or awareness, in a non-analytical way and prevents associative or ruminating thought processes.

It usually involves turning the attention inward to the mind itself. In the past, research has confirmed that meditation is good for the body and soul, by helping with greater mental clarity, lower stress levels and reduced anxiety. Now we have scientific evidence that it also physically changes the brain for the better, by nurturing the parts that contribute to well being and depriving parts responsible for stress and anxiety.

The left hippocampus, which is responsible for cognition, memory, self awareness and empathy, has been demonstrated to grow in volume through meditation. It also strengthens and increases the density of the posterior cingulate, thus helping the ability of the mind to remain a tuned to the present without judgement, regret or anticipation. Meditation has been found to strengthen the pons, thus improving sleep, facial expressions, processing of sensory inputs and physical functioning. It also activates the temporo-parietal junction, this improving empathy and compassion. An area of the brain, which shrinks with as little as 8 weeks of regular practice of meditation, is the amygdala, also referred to as the pesky corner in vernacular terms, this reducing feelings of anxiety, fear and stress.

In conclusion, as physical activity is important for the body, meditation helps strengthen certain brain functions, which are imperative in today's stressful era.

COMPARISON VANISHES YOUR CHILD'S CONFIDENCE



Prof. Jyoti Jaiswal

Raipur

Every parent wants their kids to feel good about themselves — and with good reason. Studies have shown that confident kids experience benefits ranging from less anxiety and improved performance in school to increased resilience and healthier relationships. Many parents engage in strategies they believe will build their children's confidence, but some of those strategies can backfire, creating a vicious cycle where kids struggle to feel good about who they are. As a result, parents may find themselves working overtime trying to boost their children's self-esteem. Many a times Comparison becomes one such strategy.

Comparison of a child is generally made with the intention of motivating the child to excel. But it produces a contradictory effect where the child feels low because it hurts the self-esteem. The spirit of competitiveness is good in a child but teaching them to be better than their counterparts can sometimes be counterproductive. It causes deep set emotional bruises which are difficult to heal. It results in aggression, antagonism, and resentment. All these qualities are detrimental to the gradual growth and progress of the child. This is the reason why parents need to be very careful.

Why Do Parents Compare Their Child to Others?

Every parent dreams to see the child accomplishing success in all the endeavours but little do they realize that this can never be achieved by comparing the child to many others. It is quite a prevalent practice for parents to make every possible effort to support and strengthen the performance of the child. They feel that this will make the child enhance his learning and skills, but on the contrary, it impairs the confidence level of the child.

What Parents Need to Understand Before Comparing Their Kids to Others.

The sole reason why parents compare their child to others is to instigate the spirit of competition in their child. They feel that it is the right way to bring out the latent potential and capabilities in the child to excel over the others. The comparison is not the only driving force to enable the child to perform his best. They have to understand that

each individual is unique and is blessed with different strengths. Their interest and talents bloom at a varied pace. If the parents constantly keep expressing their displeasure or unhappiness for their poor performance, it will break and not build their self-confidence.

Negative Impacts of Child Comparison

Even when parents want to refrain from comparing their kids to others, they, unfortunately, end up doing it. Though it seems to be an inevitable human trait, parents need to restrain that impulse. Children do not respond well to negative criticism and comparison to others is even more degrading.

The negative impact of comparison are-

- Increases Sibling Rivalry.
- Starts Keeping Away
- It Suppresses Talents
- Leads to Carefree Attitude and will never try to please his parents.
- Avoids Social Interactions
- Diminishes Self-worth.
- Destroys Self Esteem
- Builds Stress.
- Negative criticism is a detrimental factor for a child's growth and development.

Positive Comparison Approaches That Can Help Children-

- Certain ways of positive comparison approach are -
- Speak respectfully, Give Appreciation, Unconditional Love and Support
- Set Realistic Expectations
- Appreciate the Strengths
- Help Your Child to Cope With His Weakness.
- Do not Compare, Rather Set Benchmarks.



COMPARISON is the
THIEF of childhood joy

The trait of comparing and competing is more common among parents than children. The undue pressure of performance is most degrading for a child and produces a negative outcome. You must not rob the joy out of your child's life and allow him the space to grow and prove his own merit. No one is perfect encompassing excellence in all the fields of performance is it sports or academics. Hence the only thing which helps is positive comparison approach.

Real & VIRTUAL relationship....

Dr. Anita Bhardwaj

agra



Man is a social animal, he requires the element of social connection in order to go on with his life. The whole crux of humanity is based upon "being social". Earlier man interacted with his family and tribe, so the size of the social circle was small but as he evolved he expanded his relations immensely and with the advent of newer technologies this area of social interaction become more complex.

The era of internet has divided the social relations into real and virtual. Real relations have physical presence that provide relational, psychological effects on people. We take real for granted because we expect them to have reached a certain evolution. The biggest question that arises is - Are virtual relations any less real? **There are types of virtual relationships** : Online Dating, Virtual Sex, Social Networking, Online Gaming, Chat rooms and Forums, Business Partnerships and Professional Relationship, Less Stress, No Intimacy-lack of physical intimacy makes it less intimidating,

The Pros of virtual relationship : Less Conflict, People tend to fight less, Identity Protection. Time saving at a click a person can get in touch with other person.

Cons of Virtual Relationship. Identity issues-info on virtual platform is not always verified. Addictive-people become used to it that it becomes impossible for them to handle real life relations. Cyber crimes like cyber bullying, cyber stalking etc. No Physical Presence- Lack of which can bring an end to the relationship.

After all the descriptions, pros and cons of virtual relationship it seems that virtual relations do not nourish us as real face to face relations that we build social skills, emotional intelligence, empathy and character and subsequently reap the satisfaction of the real life human interactions.

Key to longevity



Dr. Anjana Arora
Agra

Women Today spend upto a third of their life after menopause and hence it forms an important transition in their lives. It should be used as reminder to take good care of themselves. In view of the current COVID-19 pandemic, the need is to explore new options for the management of menopausal symptoms in the form of Lifestyle changes, Exercise, Diet and supplements, and other non-pharmacological measures,

Regular physical activities is crucial. Women facing menopause. Exercise during and after menopause offers many benefits including -

- Preventing weight gain.
- Reducing the risk of Cancer. Protection from various types of cancer, including breast, colon and endometrial cancer.
- Strengthening your bones.
- Reducing the risk of other diseases .
- Excess weight increase the risk of heart disease and type 2 diabetes. Regular exercise can counter these risks.
- Boosting your mood



Physical active adults have a lower risk of depression and cognitive decline. What to do ?

The exercise program for postmenopausal women should include the endurance exercise and balance exercise, it should aim for two hours. and 30 minutes of moderate aerobic activity each week.

What not to do ?

The exercise for women with osteoporosis should not include high-impact aerobics or activities in which a fall is likely. Activities requiring repeated or resisted trunk flexion, such as sit-ups or toe touches, should also be avoided because of the increased loads placed on the spine during such activities that may result in spine fracture.

YOGA

Patanjali Muni, the founder of Yoga describes eight limbs of Yoga as a practical way to evolve the mind, body and spirit to achieve balance and harmony.

The eight limbs of Ypga are - **Yama, Niyama, Asana, Pranayama, Pratahar, Dharana, Dhyana and Samadhi**. Of these, the most commonly performed Yoga practices are posture (asana) controlled breathing (pranayama) and meditation (dhyana).

Asana - "position of the body". The nature of these poses and the associated deeper and slower breathing patterns would physiologically reduce a women's oxygen consumption while stabilizing blood pressure and heart rate. Specific restor and supportive postures can relax nervous system and improve functioning of endocrine system (Hypothalamus Pituitary, Thyroid and Parathyroid)

- **Pranayama** - "restraint of the prana or breath" (breath control). It includes
- **Bhastrika** (Basic Breath awareness)
- **Ujjayi Pranayama** (Victorious Breath or Ocean Breath)
- **Anulom Vilom/Nadi Shodhana Pranayam** (Alternate-Nostril Breathing)
- **Kumbhaka Pranayama** (Breathing Retention)
- **Kapalabhati Pranayama** (Breath of Fire or Skull-Shining Breath)
- **Dhyana** - "Meditation"

The integrated approach of Yoga therapy can improve hot flushes and night sweats. It can also improve cognitive functions such as remore memory, mental balance, attention and concentration, delayed and immediate verbal retention and recognition test.

करोना का होना...



Dr. Kamna Dhawan

Agra

करोना ने क्या क्या करो ना यह हम सब को बतला दिया , जिंदगी जीनि है कैसे , एक नए रूप में दिखा दिया।
किस तरह यह वाइरस फैला दिया मालिक हमको तो तूने हैरान कर दिया।

विश्व से लेकर घर घर में किस कदर देखो तो लगने लगा खाली सड़के और गलियाँ,
कैसे भरा था सब कुछ पल में सभी कुछ वीरान कर दिया , मालिक हमको तो तूने हैरान कर दिया।

लोग है घरों के अन्दर डर , सिमट कर , रोक कर खुद को यूँ बैठे है परिवार में देश की भलाई क्या इसी में है,
सामने खड़ा यह कैसा सवाल कर दिया मालिक हमको तो तूने हैरान कर दिया।

कही तो पढ़ा था , सुना था , समझा था हमने तेरी रज़्ज़ा मैं ही अपनी रज़्ज़ा है,
यह सब रचकर तूने हमारा फ़ायदा किया या नुकसान कर दिया मालिक हमको तो तूने हैरान कर दिया।

देश की उन्नति के लिए काम करो आगे बढ़ो तभी देश बढ़ेगा यही समझा था हमने आज तो सब रुक गया है
क्या करोना के आगे सब झुक गया है? लोग बेघर हो गये आशियाँ टूटने लगे,
घर की खोज में चलते – चलते खुद ही चूर हो गए , बेबस यह कैसा हर इंसान कर दिया ,
मालिक हमको तो तूने हैरान कर दिसा।

आज देश समाज और घर के लोग सब एक साथ लड़ने को तैयार है एकता मैं बल है?
जीत कर लेंगे जो विश्व पे पड़ी यह मार है

डॉक्टर , पुलिस , आर्मी , नेता , सरकारें सब कर रहे प्रसास है जीत लेंगे जंग ये हर एक को विश्वास है,
चल पड़ेगा फिरसे दौर जो रुक गया है सब तरफ़ चैन और अमन होगा जो छिप गया है

मालिक तेरे आगे सब झुक गया है।
तू है बस तू ही है , तू है बस तू ही है ऐसा तूने ऐलान कर दिया
मालिक हमको तो तूने हैरान कर दिया।

Happy Marriage....



Dr. Anju Soni

Gurgaon

In the Aranya Parva of the great epic Mahabharata , one of the 120 questions the Yaksha asked Yudhisthir was 'Kimsvin Mitram Grihesatah', i.e, who is the friend of a householder? To which the dharamraj replied _ 'bhaaryaa mitram grihesatah'- "the friend of a householder is his SPOUSE", and, herein, lies the essence of a Happy Marriage. It will not be incorrect to state that romance talks about love but love without close friendship is only a hormonal illusion. Ancient scriptures prove that the contrary demands of 'Artha' and 'Karma' leading to 'Moksha' are dependent on 'Dharma' and the spouse is the torch bearer with of 'Dharma' with innate spirit of friendship, cooperation and sacrifice.

On a more pragmatic note, there exists a fascinating and compelling medical research suggesting that married people enjoy better health than single people, as they tend to

- Live longer.
- Have fewer strokes and heart attacks.
- Have lower chances of becoming depressed.
- Be less likely to have advanced cancer at the time of diagnosis.
- Survive a major operation more often.

While being married might first save life, it's a fact that people in stressful and unhappy marriages may be in a worse situation. The rationale of matrimonial harmony which reduces the release of cortisol and increase release of oxytocin which calms you nerves, lower blood pressure and reduces stress and boosts immune system.

Happy Marriage is a delicate balance of friendship love, patience, forgiveness, time, honesty, trust, humility and selflessness and above all communication. ABCD of a happy marriage can therefore be shortlisted as

- Absolutely adore each other.
- Best friends.
- Compromise.
- Discover together.
- Encourage each other.
- Forgive.
- Gaze lovingly.
- Holds hands.
- Inspire and intrigue each other.
- Joke and laugh together .
- Keep each other's secrets.
- Love with all your hearts.
- Marvel at each other's talents.
- Nurture.
- Overcome problems together.
- Play games.
- Question but comply resolve problems together. .
- Say "I LOVE YOU" everyday.
- Tenderness.
- Understand and care.
- Value everything you share.
- Wish each other .
- Xpress your true feelings.
- Yearn for each other's touch.
- Z zzzz in each other's arms.

#staymarried

one of the
GREAT GLORIES
Married Life
is the opportunity to
SUPPORT ONE ANOTHER
and build your dreams
together.
- Michelle Peterson

A successful and healthy marriage is more valuable than most of the temporal things we chase after with our lives. There is no secret for a long and loving relationship in a marriage and there is also no perfect marriage-it is all about finding your companion and enjoy all the imperfections and differences, to discover happiness in this togetherness. In fact, happy marriage is like huge painting-millions of colors and brush strokes; creating a unique story of happiness. Support never ending love, admiration and communication; make a marriage perfect and the real bonding takes place in your heart which is filled with memories of togetherness, forgiveness of mistakes and a promise of dealing positively with incompatibilities.

शून्य और मैं.....



शून्य सा अवतरित हूँ
एकटक निहारती हूँ मैं
ना जाने कहीं से कहीं तक
पंख पसारती हूँ मैं

अहसास है शून्य का
अभिशाप है उसकी रिक्तता
अंतरमन में सिसकती मैं
हरक्षण खुद को तलाशती हूँ

अभिव्यक्ति की अभिलाषा
शब्द दर शब्द भटकती मैं
ना जाने इस राहे गुजर में
किसका कांधा ढूँढती हूँ

दिल भावना रहित, दिमाग शून्य है
मन बिन जिंदगी बेबस-रसहीन है
सोचती हूँ लगाम ढूँँ विराम ढूँँ जिंदगी को
बहुत दौड़ ली कुछ तो आराम ढूँँ जिंदगी को

कभी गुजरती हूँ ख्वाब गाह से
कभी सिहरती हूँ हकीकी राह से
कभी चाहती हूँ जीलूँ चाह अपनी
कभी अपने आप में सिमटना चाहती हूँ

ना कोई शिकवा शिकायत है जिंदगी
फिर भी ना जाने क्यों
एक शून्य सा अवतरित है
एक टक निहारती हूँ
ना जाने कहा से कहीं तक
पंख पसारती हूँ मैं ॥

आरती....