

10 KIDNEY SYMPTOMS THAT YOU SHOULD NOT IGNORE

“Emergence
of the New Global Pox”
-The Monkey Pox

Switching
of the behaviour after
The Global Pandemic



Easy Lifestyle
Tips To Avoid Getting
Neck and Back Pain
during Work From Home

Breakfast
that can work magic
in losing weight

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Editorial

Greetings! To our readers, Thank you for your esteem support in helping us organise and execute the **9th edition of Mayan Awards** in a grand and successful manner, with this we would like to bring out to your kind notice that we are organizing the 10th edition of Mayan Awards on an international level and the registrations are for the same.

As the COVID-19 is rising again in India we would request all readers to be safe follow all the government protocols that are placed in different states wash our hands frequently sanitise and mask up avoid crowded places unless required and always remember prevention is better than cure and get vaccinated. We always want you to be safe and healthy, To prevent the possibility of COVID-19, take proper precautions for it already. As viruses spread, they change. Some variants emerge and persist. Reducing the spread of infection can slow the emergence of new variants. So get vaccinated, get your booster shot, and continue to wear masks in indoor public places.

We would like to thank our readers for always being a part of our journey and making it very special for us.

Khushali Vora
Editor in Chief

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Creating a revolution in the world of medicine - Dr. Karthik Sadasivam's inspiring tale

*Read on to know how this dynamic medical
professional devoted his life to educating society*



How Diabetes can be a driver for High blood pressure and eventually leads to Hypertension.



Hypertension or increased blood pressure may occur in Diabetics because of the impact of Diabetes on the walls of the arteries and the fluid balance. Hypertension may however co-exist as an independent risk factor along with Diabetes Mellitus. In either case, it can significantly increase the chances of developing heart conditions or conditions like stroke as well as the risk of developing other complications like renal or eye related conditions like nephropathy, retinopathy etc.

Consensus guidelines from the Joint National Committee on the Prevention, Detection, Evaluation, and Treatment of High Blood Pressure, the American Diabetes Association (ADA) and the National Kidney Foundation (NKF) recommend a blood pressure goal of less than 130/80 mm Hg in patients with diabetes. Based on the recent survey report conducted by Indus Health Plus, it was found that 26% of the people tested had high blood pressure out of which 13% had systolic blood pressure above 140 mm Hg. The sample size of the report was 21000. Controlling hypertension is the key to reducing cardiovascular risk in patients with diabetes. It is an integral component of a comprehensive care plan that should include optimal management of diabetes and hyperlipidaemia, aspirin therapy, and lifestyle modifications.

How can Diabetes cause hypertension?

In diabetes, the body does not produce enough insulin so it does not work

Photo by Polina Tankilevitch



Mr. Amol Naikawadi,
Joint Managing Director and Preventive
Healthcare Specialist, Indus Health Plus

effectively, or they cannot process glucose. Insulin is a hormone that aids the body in converting glucose from food into energy. When a person has insulin issues, glucose cannot enter their cells to provide energy, so it accumulates in the bloodstream instead. In addition to causing widespread damage to tissues and organs, high blood glucose can also interfere with the control of blood pressure. Damage to the blood vessels and kidneys can increase blood pressure, for instance.

How can you prevent or control both Diabetes and Hypertension effectively?

Lifestyle modifications include following appropriate diet, engaging in 30 to 45 minutes of moderate-intensity activity most days of the week, avoiding smoking and alcohol. Appropriate medical treatment needs to be followed with good compliance for controlling the two conditions effectively. Here are some preventive measures that people can take to control these conditions in an effective manner.

- Regular preventive healthcare check-ups or screening to monitor the levels
- People with excess weight can reduce their high blood pressure and diabetes risks by losing just a little weight.
- Regular physical activity lowers blood pressure and helps manage blood glucose levels, among other health benefits.
- Dietary Approaches to Stop Hypertension (DASH) is often recommended by doctor to lower blood pressure and improve overall health. This typically includes:
 - Consuming plenty of fresh fruits and vegetables
 - No added salt or sugar
 - Limit or avoid unhealthy fats, such as trans fats and animal fats
- Try to avoid or stop smoking
- Newer ways from prevention like genetic testing can help in knowing the genetic risk or predisposition of these conditions in an individual and hence, accordingly people can take precautionary measures and make lifestyle modifications.

Diabetes and hypertension often occur together and have multiple risk factors and causes in common. The risk of developing one condition increases when a person has another. The early detection and treatment of hypertension and diabetes can prevent serious complications. A healthy lifestyle can help manage blood pressure and blood glucose levels.

“SOME IMPORTANT DAYS IF YOU ARE LOOKING FOR A BABY”

When trying to conceive, it can be helpful to know when ovulation occurs and when a person is most fertile. Some people may wish to track their fertile window to avoid pregnancy. Females are most fertile within a day or two of ovulation, which is when the ovaries release an egg. It is possible to get pregnant in the days leading up to ovulation, as sperm can survive for several days inside the female body. The days during the menstrual cycle when a person is least likely to get pregnant are known as the 'safe period.'

The average person's menstrual cycle is between 28–32 days. Some people have shorter cycles, while others have much longer ones. Their period then typically lasts 3–7 days. Variations in the menstrual cycle usually happen in the follicular phase that occurs before ovulation. Ovulation occurs when one of the ovaries releases an egg. After release, the egg moves to the fallopian tube, where it will travel to the uterus, which takes about 24 hours. Pregnancy occurs if sperm travels to the fallopian tube and fertilizes the egg. If sperm does not fertilize the egg, the egg moves to the uterus and breaks down, ready to leave the body during the next menstrual period. Most people ovulate between days 11–21 of their cycle. The first day of their last menstrual period (LMP) is day 1 of the cycle. Ovulation does not always occur on the same day every month and can vary by a day or more on either side of the expected date. Their fertile window begins a few days before ovulation because sperm can survive for up to 5 days inside the female body. So, even if a person does not have sex on day 14 or 15, it is still possible to become pregnant if they had sex without using contraception on days 9–13.

Some of the signs: Mild cramping in the lower abdomen, Wetter, clearer, and more slippery vaginal discharge similar to egg white, small increase in basal body temperature, A higher sex drive.

Some of the chances of conception: Have regular sexual intercourse. Pregnancy rates are highest among partners who have sex every 2 or 3 days throughout the month. Avoid smoking. Smoking tobacco reduces fertility and impacts the health of a developing fetus. Limit alcohol intake. Alcohol intake can reduce fertility in males and females and harm a fetus. Maintain a moderate weight. People who have overweight or underweight are more likely to have irregular ovulation. Reduce stress: While the research on whether anxiety or stress can reduce fertility is not conclusive, it is clear that reducing stress can provide some benefit for a person trying to conceive. Manage comorbidities: Rule out or treat any medical causes that may contribute to infertility. In females, this can include hormonal problems, endometriosis, polycystic ovary syndrome (PCOS), uterine fibroids, autoimmune disorders, and more.

Each person's menstrual cycle is different. Generally, it lasts 28–32 days. A person is at their most fertile during ovulation, which occurs around days 10–14. A person can calculate the exact days of ovulation each month by counting from the first day of their period. However, certain medical conditions may affect ovulation or impact the sperm's ability to reach the egg. People who have been unable to conceive for over a year should talk with a fertility specialist.



Simple tricks to make your eyewear more functional

by: Priyanka Gupta, Director, GKB Optical.

The eyewear industry has a lot to offer in terms of style and feature. You do a lot of research while finding the right pair which fits the face and makes you look out of the crowd, but a little more research can make your eyewear more functional and a long-time investment for your beautiful eyes.

Follow these simple techniques to make your eyewear more functional:

Make your sunglasses as per your eye power

Yes, you heard it right. Get your sunglasses customized as RX Sunglasses. Rx sunglasses combine the sharp vision of prescription eyeglasses with the total protection of sunglasses. The only thing one needs to be mindful is get the same done through an expert. And if you want the best protection from glare and eye strain on sunny days, choose prescription sunglasses with polarized lenses. These lenses have a special filter that block disturbing glare

from water, sand, pavement and automobile hoods and windshields. The quality of the lens has to be at par, and you are all set to rock your summer wear!

Go for Transition lenses

Transition Lenses are Photochromic lenses or lenses that change from light to dark based on U.V (Ultraviolet) light intensity. The lenses are the most popular brand when it comes to photochromic lenses. If you wear prescription lenses and tend to move indoors and outdoors, then Transition lens will definitely do the job.

Get Blue Light lenses in your eyewear

Eyewear is in fashion now. Even if you don't have eye power, we love to wear glasses just to give that extra edge to your personality. A wide range of frames are available, and one can go for any, suitable to their face. But if you are one who are planning to buy your pair get it with Blue Light lenses. Blue Light causes a lot of damage to your eyes in the long

run, hence flaunting style with protection will be indeed a good investment

Balance your look

Sunglasses never fail to give you that extra classy look but if it mismatches, it might not give you the desired result. Often, we are unaware about the style and size which fits the face. In case similar incident happens, do not discard the glasses or go for gifting. Instead try to experiment with the look. In case you have bought a large size translucent frame then you can go for a bold lipstick shade or pair it with a colorful bright scarf to create a funky look. An interesting headband can balance the face if you have bought a small frame.

Sunglasses are prized possession for many and most people love repeating it if that's their favorite pair. While having a trendy and classy collection of sunglasses or eyeglasses is a passion but with necessary twists, it can be considered a functional and a long term asset.

“The perception of originality”

Artt n Attire is launching the new location for its boutique in Khadar Nawaz Khan Road, Nungambakkam. Spread over 3700 sq ft in the high fashion street of Chennai city, this one-of-a-kind emporium has everything you're looking for to express your individuality and style. They are aiming to be the epicentre of ethnic fashion. Their designs inhere originality, modernity, tradition and haute couture in sarees, suits, footwear, designer wear, bags, and accessories. Each of their designs is tailored to your specifications, enabling you to express your uniqueness and originality.

Artt n Attire has grown over eight years to represent more than just a boutique for a uniquely curated collection of pure handloom suits, sarees, and fabrics. It is a brand that reflects aesthetics, elegance and luxury in textile and handlooms. Their contemporary interpretation of traditional weaves and fabrics allows every person who steps into our boutique to find the ideal match for their unique and personal fashion. The love the city has given to our brand has allowed us to bring our expertise to designer wear and even accessories! It is great news to hear that they are welcoming us to our symphony of design, colours, and texture that is not limited by strict contours of trends, but embraces the fluidity and temporality of fashion, and brings the art to your attire.

Every ensemble is filled with inspiration for your most joyous and special moments. At Artt n Attire, They harness your creative side and individual style with beautiful handcrafted designs and the latest couture. Every product in our store represents careful curation, original design and meticulous detail.



Artt n Attire began with Shilpa Tibrewala following her father's footsteps, who has a textile business in Guwahati, Assam. Her introduction to the world of craftsmanship, weaving and textiles from a young age combined with her talent for fashion and art set the vision for what Artt n Attire is today. In this new venture, she is joined by Chandni Agarwal, a trendsetter with a unique style. With her keen eye for arts, designs and aesthetics, and her natural talent to help anyone find their look, she is the perfect addition to Artt n Attire as we expand our vision and horizons.

Chandni Agarwal states her vision for the boutique “Artt n Attire is not just about fashion, it's about the experience. We are with you every step of the way – from looking through the design and feel of different fabrics, textures and weaves, matching them with the right accessories, to figuring out the little details that finally lead to the perfect outfit that makes you feel beautiful inside and outside and most importantly, yourself, is integral to the ethos of coming to our boutique.” Shilpa Tibrewala speaking of what Artt n Attire brings to ethnic fashion says that “Artt n Attire does not sell clothes, it sells taste. We seek to show our clients what this world of handicrafts, designs, and fabrics has to offer for their style and be their companion in finding their self-expression.”

Designers offer you fashionable, authentic and original designs to represent your individual traditionally modern style. They maintain the highest standards of transparency regarding the source and originality of all your designs. Their endeavour is to empower the modern Indian woman with their designs, to celebrate her identity, and beauty, and, to enable her to inspire the people around her, which will make India once again culture connected.



Breakfast that can work magic in losing weight

Dr. Siddhant Bhargava, Fitness and Nutritional Scientist, Co-founder – Food darzee

When you are trying hard to undergo weight loss, breakfast which is the most important meal of the day can surely set the tone for the rest of your day. Intake of unwholesome edibles will nothing but ramp up your food cravings and will set you up for failures even before the day starts. On contrary to this, filling up on the right foods can curb cravings and keep you feeling full until lunchtime, thus helping you to mitigate the unwanted snacking and thus easing weight loss. Give the unhealthy donuts and calorie-rich hash browns and potatoes a big miss and instead kick-start your day with a healthy breakfast like oats or muesli. These are instant energy-boosters and can facilitate in upholding energy, fending off those hunger pangs, and will definitely move you closer towards weight loss.

It has been researched that regular wholesome breakfast eaters tend to be leaner and are more fruitful at achieving weight loss. It is rightly said to be the most significant meal of the day because people who eat breakfast without skipping, tend to get more of some vital nutrients, like proteins, vitamins, and fibers, all of which target weight reduction. A wholesome breakfast should be well-adjusted and deliver an amalgam of protein, complex carbohydrates, fiber, and healthy fats to keep you satiated and fuelled up for the rest of your day.

Below mentioned are a couple of healthy breakfast options that will surely do wonders in helping you shed those unwanted kilos.

Avocados: A healthy dose of avocado for breakfast, particularly combined with high-protein dairy or grains, can surely fill you up in almost no time. One generous serving offers three grams of fiber and one gram of protein. It's an exceptional healthy substitute for high-fat or high-sugar spreads on toast, owing to the fact that it has just enough healthy fats to lend you additional energy without leaving you famished two hours later. If you are boarded of eating an avocado toast, there is still a lot more that you can do with this fruit to start your day off right. You can consider baking it into a tasty yet nourishing breakfast pizza or you can mix it up with scrambled eggs for a healthy start.

Spinach: Most often people find it challenging to include even one serving of veggies into their daily breakfast. Just grabbing a power bar or demolishing a burger on the way to work won't help in cutting down the calories and unwanted fats from your body. Instead, you must add some nourishing plant edibles like spinach to your first meal of the day — particularly because most are naturally high in fibres and low in sugar. You must note that one cup of spinach has just under one gram of protein, and about an equal amount of fiber. Incorporating even a handful of leaves to your breakfast sandwich, omelette, bruschetta, or frittata will lend you the on-going energy boost you require to make it through the morning.

Brown Rice: Mixing up your breakfast options might mean consuming something you never imagined could work as a breakfast food. Eating rice for breakfast might definitely seem out of the ordinary, but it's essentially one of the effortless ways to fill your stomach and fuel up before your day kick-starts. Unlike white rice, brown rice is a whole grain — it offers much more vitamins and protein per cup and has a much stronger flavour, too. Brown rice is a wide-spread and highly effective replacement for oatmeal. To better the taste, you can toss in some fresh fruit and cinnamon to totally relish a gluten-free breakfast bowl that is just worth enjoying. Avert adding butter or sugar, since it might reverse the purpose of making a wholesome rice bowl.

Bananas: Extremely high in fibre but low in calories, bananas are a boundless alternative to sugar-rich breakfast cereals to satiate your sweet tooth first thing in the morning. One medium-sized banana has just over a hundred calories yet packs three grams of dietary fiber, knocking out up to twelve percent of your everyday fiber requirements in one shot. Fiber facilitates to slow the emptying of your belly to control cravings and keep you feeling fuller for a longer duration of time. It has been studied that upping your consumption of fiber from fruits and vegetables is connected with amplified weight loss. Bananas during breakfast can be relished alone or sliced as a topping for Greek yogurt, protein-rich cottage cheese, or healthy oatmeal. You can also add unripe green bananas to smoothies for an energetic dose of resistant starch.



Eggs: One large egg has about six grams of protein and about seventy calories. Equated to carbohydrates and fat, protein helps in keeping one satisfied for a longer duration of time. And while just consuming egg whites will aid you in saving calories, you will also lose half the protein that is about three grams which is in the yolk that will help make eggs a dynamic choice for breakfast. Additionally, the yolk is extremely rich in wholesome nutrients, like calcium and eye-shielding antioxidants like lutein and zeaxanthin.

Oatmeal: Oatmeal can facilitate you in losing weight in two ways. Firstly, it's packed with fiber and it keeps you feeling full for a long period of time. Secondly eating a breakfast composed of "slow-release" carbohydrates like oatmeal or bran cereal, about three hours prior to working out may benefit you in burning more fat. This is because consuming slow-release carbohydrates does not spike blood sugar levels as high as consuming refined carbohydrates. In turn, the levels of insulin don't spike as high. Since insulin plays a role in indicating your body to store fat, having condensed blood sugar levels may facilitate you in burning fat.

Greek Yogurt: It has been researched that foods like yogurt are optimum for weight reduction. Greek yogurt particularly tends to be richer in protein and lower in saturated fat than the regular yogurt, which is why it is considered to be an exceptional breakfast food if you are aiming to condense your fats. You can spread it over a bagel or a slice of brown bread to enjoy a healthy breakfast.

Starting your day with the appropriate food can make a world of difference when it comes to weight loss. Consuming healthy breakfast edibles can make it effortless to control cravings and stick to your weight loss goals.

Mommy Brains: Everything you need to know

*Spokesperson: Dr. Rashmi Patil,
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Becoming a mother might bring about extreme changes in the female brain. This can be numerous functional and structural adaptations in the female brain throughout pregnancy and the postpartum period, which are driven by an interplay between endocrine and environmental factors.

"Mom Brain" refers to the absent-mindedness that some mothers experience after the birth of their children. Research suggests that the mommy's brain is a myth. It is also called as "Pregnancy Brain" and this usually happens during the last 2 months of the due date and post 6 months of the postpartum period.

What is the postpartum period?

The postpartum period is often interpreted as the six weeks after childbirth. This is a very major time for both - mother and newborn infant to adjust to each other. In the initial few hours and days after childbirth, a mother experiences many changes, both physically and emotionally.

Symptoms of 'Mommy Brains'

There are many symptoms of Mommy brains that women mostly neglect even though it's really important during the postpartum period, some of them are as of below:

Forgetfulness: Researchers suspect that pregnant women's forgetfulness stems from hormone shifts and lifestyle changes. Moreover, the postpartum period has been connected with an increase in cognitive impairment, which essentially presents as absentmindedness or recent memory loss, forgetfulness, difficulty concentrating, and distractibility.

Clumsiness: It's due to awkwardness post-pregnancy. Usually, women have some sort of absentmindedness, but sometimes women should be very careful during this period. Post the delivery, they feel awkward while walking and sleeping. Might even have some mood swings.

Disorientation: Throughout the pregnancy, women might experience a disorienting feeling of unsteadiness, or vertigo, that can make one feel one is about to fall or faint. After the postpartum period, one also might feel the same.

Causes Of Mommy Brains

While the causes of pregnancy brain are unclear, here are some usual causes:



Photo by Pavel Danilyuk

Hormones: Pregnancy sends a flood of various hormones throughout the body. This brings out crucial physiological changes and may also affect the brain and memory. And the hormone stays high while breastfeeding, but once the babies are introduced to solids and begin to wean, the hormonal changes in the mother slow down.

Trouble Sleeping: Difficulty falling asleep and excessive sleeping are two common symptoms of this condition. And most women report insomnia which will affect their cognitive functions, and also affects their memory.

Stress and Anxiety: Stress and anxiety might increase during and after pregnancy. This can happen due to the worry or excitement about the new adventure and the major life changes that it might bring, which can interfere with the ability to concentrate and remember things.

How to deal with Mommy Brain?

Here are some of the small changes in the

routine that might help to manage forgetfulness during the postpartum period:

Try to get good sleep: It is usually hard to get good sleep during the pregnancy and postpartum period, but getting enough sleep will help to refresh one's self. Ask the partner, family, or friends to pitch in with chores, and childcare. A lightened load means less stress, which can affect the ability to remember things, and one can catch a good sleep.

Exercise: Workout every day not only helps to keep fit but also reduces mental stress. It will also sharpen memory. And will help sleep finer at night, increasing attentiveness during the day.

Simplify: Take a break from the daily chores at times and emphasize what's necessary and what's not. Save energy for the important things.

However, if having a lot of trouble thinking or concentrating, feeling sad every day for most of the day, or noticing a loss of interest or delight in things, could be suffering from postpartum depression. It is advisable to visit the doctor and take the help of family and friends to overcome this period of depression. One should never ignore such symptoms and should consider it as a priority and visit a doctor and take help from family or friends whenever needed to overcome any kind of physical or mental worries.

Candyceuticals: The Nutrients We Need, In The Candies We Love

Nutrients, vitamins and a healthy body is something that we all want. But when it comes to doing all that it takes, we are barely able to manage. Is it solely our fault? No! Modern-day lifestyles, stress, and time constraints almost always mean we do not pay enough attention to the food we put into our bodies. Fruits and vegetables are no longer the powerhouses that they once used to be. There is also soil depletion, genetic modification, insecticides, and pesticides on that list. Rich in nutrients, our ancestors had the best products available that are in stark contrast with what we get today.

That means, as it stands, our bodies are deprived of essentials that would otherwise help them thrive. This, in turn, leads us to consume supplements and pills that sooner or later cease to be a part of our daily routine. At some point in our lives, all of us have taken pills that claim to give us everything we need, hated them, and just accepted our fates.



*Ms. Nikita Naterwalla,
Founder- Caim by arelang*

Humankind has very specific deficiency-lead problems that only specific nutrients digested in exact quantities can resolve - not more, not less. Synthetic vitamins and minerals in amounts that are not ideal can never be absorbed correctly by your body. They end up doing more harm than good in addition to putting stress on your liver. It is also important to mention here that the body absorbs nutrients better when you feed it what you enjoy and love eating. If you are one of those nutrition martyrs who eat foods that you do not relish, just because they are 'healthy' for your body, most likely, you are not absorbing as much of the nutrients from those foods. The brain is a powerful thing, and your body is a work of art. A big part of the mechanism of digestion is in response to the neurotransmitters or the signals sent by the brain to the rest of your body to get it ready for the food it is about to receive. When you like how your food tastes, your brain is more eager to send messages to the organs to secrete the right proportions of digestive juices to process and absorb it. Think about it, how often do you need to pick up that glass of water to chase down the food that you enjoy eating?

Now that you know that your body absorbs essentials from foods that it enjoys the most, can you imagine what happens when you eat pills? They get washed down with water, diluting your stomach enzymes and thereby diluting their bioavailability. What if we could reimagine daily supplements? What if we could take all these supplements and add them to something that we love to eat?

This is exactly where candyceuticals come into the picture. A revolutionary way to feed your body not only what you enjoy eating, but also what your body can absorb effectively. If we have to put nutritional supplements into the body for absorption, then it should be in the form of something enjoyable. And is there anything more soul-satisfying than confectionary? We think not. Imagine eating a piece of mouth-melting chocolate while getting all those micro and macronutrients that you otherwise would not get. Absolute guilt-free pleasure and stress-free health. Right?

With gummies, chocolate bars, and such, it is easier to give your body all the love that it needs. Being happy and healthy all at the same time is a possibility with these yummy inventions. Although there are a plethora of supplements available in the market, it is important to opt for those that give you your daily dose of vitamins and minerals in monitored and well-researched quantities, in formulations that your body will love eating, so you can truly enjoy the process of making your body whole again.

Recurrent Shoulder Dislocation Demystified

Well, Shoulder is an inherently unstable joint by its bony design, and the stability of the joint depends to a large extent on the soft tissue cover and muscle tension. Whenever there is a traumatic shoulder dislocation, the soft structures around the shoulder joint get ripped off at the time of the injury. These structures have very less healing potential and this makes the shoulder vulnerable to further dislocations in less challenging situations.

Shoulder dislocation is of varied types by the virtue of how the head dislocates from the socket, and the most common type of dislocation is termed as antero-inferior dislocation. Such a dislocation occurs when the arm is somewhat in a throwing position. The head of the shoulder joint slips out of the socket and is unable to come to its original position, thereby causing excruciating pain and discomfort. Sometimes shoulder dislocation can be associated with fractures around the shoulder and hence careful clinical and radiological diagnosis is imperative to decide the plan of management.

Shoulder dislocation is an extremely painful condition and the pain is often unbearable and doesn't reduce even after taking strong medications. Patient is unable to move the shoulder and touch the opposite arm. You may feel a distinct depression in the area of the shoulder. X-rays are the most common test performed for diagnosis of dislocation and to determine whether is concomitant fracture as well. Your doctor will then proceed with the arrangements for reduction of the shoulder joint after confirmation of the problem on



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Photo by Ryutaro Tsukata

X-rays. Usually a trial of closed reduction can be given in the emergency room or casualty after explaining the patient about the details of the procedure. Sometimes, the reduction may not be possible, and then patient may have to be taken to the operating room to reduce the shoulder under anesthesia. Once the reduction is done, the patient is sent back home and called at a later date for further evaluation.

In younger individuals, the chances of re-dislocation are extremely high after the first dislocation episode. Every time the shoulder dislocates, the head engages in the socket, thereby causing wear and tear in the bony structure which has to be dealt with while treating the patient. In older patients, dislocations may occur with rotator cuff tears, which have to be repaired to get the best outcomes.

Hence, once the acute events settle, patients have to be assessed for the extent of the damage that has occurred during the shoulder dislocation. MRI scan is the gold standard for diagnosis of the root cause of dislocation. The presence of tears and their exact extent can be determined on the basis of MRI. Sometimes, there may be a bony defect, and in such a scenario adding limited cuts of CT scan are extremely useful to calculate the percentage of bone defect and to determine the best plan of treatment.

Recurrent shoulder dislocations more often than not require surgical intervention. Surgical techniques have evolved a lot as our understanding towards the problem has expanded. Arthroscopic surgeries and techniques have come a long way in giving the patients predictable outcomes. Repairs are done through key hole surgeries under magnification, enabling precise positioning of the torn tissues and better repair for excellent post operative function.

Technology has helped a lot to give us precision to the procedures, and better instruments have aided the rapidly changing technology. The design of the anchors used for tissue repair have evolved, giving us a better purchase in the bone and well as robust construct for good long term outcomes. Anchor materials have also progressed from metallic ones that were used in olden days, to more sophisticated Bio-Absorbable, Bio-Composite and PEEK anchors.

Whenever there are bony defects, the nature of the surgery changes. There are varieties of bone block procedures that can be performed either image guided or by minimally open techniques, and your operating surgeon is the best person to decide which procedure will benefit you the most. Recovery after the bone block procedures is rapid and patient can get back to routine life and sporting events early.

Physiotherapy and Rehabilitation is one of the most important components of the treatment. After surgery, your therapist will make sure that there is minimum residual stiffness. Gradual strengthening exercises are started at appropriate time to get back the function of the shoulder joint.

If you are suffering from shoulder dislocation, self medications can lead you up in serious problems. It is better to get speak to your orthopedic surgeon and get yourself thoroughly evaluated to understand the nature of your injury and discussion regarding possible treatment options available for treatment. Treating the root cause of dislocation will help you have a good functional shoulder in the long run.

Healthy Diet and Nutrition Needs for Men

Hippocrates once said, "Let thy food be thy medicine, and let thy medicine be thy food." It isn't a surprise that most people realize the importance of nutrition after COVID-19.

A noticeable trend is of nutrition-related news or articles getting gender-biased, with most of the information / recommendations being for women. However, in a gender-equal world, men also have essential nutrition needs at every stage of life. Men and women have different nutritional requirements, and it's imperative to know what the body needs.

Good sleep, compliance to exercise, and a nutritious diet are the three pillars of good health. There are specific foods that improve health status and help prevent diseases such as cancer, reduce the risk of heart disease, and increase the overall health of a man. The most common issues men face are prostate issues, cardiovascular problems, infertility, and diabetes. Listed below are a few foods that must be added to one's diet plan to achieve desired results.

Healthy diet and nutrition for men

Millets (local, regional) – Diabetes is prevalent among men in their 30s. Due to stress/inactive lifestyle and work, most men in their early 30s develop pre-DM (pre-diabetes). Include a millet-based preparation (jawar roti/ragi dosa/bajra khichdi/quinoa idli) at least once in two days. It provides complex carbohydrates, keeps the stomach full for a longer time, and takes care of blood sugar levels and weight.

Ashwagandha and Saffron – Fertility issues impact women and other men. Most working men face erectile dysfunction and low sperm count due to diabetes, obesity, work pressure, sedentary lifestyle, alcohol consumption, and smoking. Hence, it is vital to have a few super foods like

ashwagandha (in capsules/powder/in the form of tea/part of cooking) to boost testosterone and reduce inflammation, stress/and anxiety. Another super food is saffron, extensively used as part of Kashmiri cuisine. Saffron is perfect for lowering cholesterol levels, increasing the sex drive, and preventing premature ejaculation. A pinch of saffron in desserts or a glass of milk can be a great way to consume it.

According to recent statistics, nuts, seeds, and salmon, over one crore annual deaths are reported in India, and cardiovascular diseases (CVD) cause 20. percent deaths in men and 16.9 percent deaths in women (however, women are more prone to CVD post-menopause). Hence, android obesity (in which the body's extra fat gets distributed over the body's abdominal region) is common among men. To have the lipid parameters (Cholesterol/TG/HDL/LDL) under check, it is essential to consume the correct type of essential fats.

A serving of salmon at least once or twice per week is perfect for the heart as it contains omega-three fatty acids, Vitamin D, lowers cholesterol levels, and even maintains blood pressure.

Almonds (overnight soaked), walnuts, and seeds like chia seeds/ flaxseed /sunflower seeds (in the form of smoothie/yogurt/curry powder) can be utilized in the kitchen on a day to day basis as they aid in weight loss, lowers LDL, good for the heart (cardiovascular health), antioxidant-rich and reduces inflammation in the body. It is highly beneficial for those men who are into athletic sports.

A hyper-local fruit a day keeps the doctor away!

Hyperlocal fruits are native to one particular region and those that do not have an English equivalent. Consuming

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one such fruit (local, seasonal) every day gives you the required amount of vitamins and minerals and is extremely good for the body's overall functioning. Men who are indulged in chronic smoking and alcohol consumption must consume a minimum of two hyperlocal fruits per day.

Low oxalate foods to have a healthy prostate

Men of older age groups generally tend to face issues with the prostate, and it's pretty standard. Oxalate-rich foods are from the nutrition perspective (refined flour products/ cornflour/ packaged foods/ raw or uncooked green leafy vegetables). They increase the inflammation in the body by causing some amount of oxidative stress and also inhibit nutrient absorption. Also, limiting caffeine consumption to 150 mg-350 mg per day (one-two glasses of tea/coffee per day) and keeping oxalate-rich foods at bay can have a healthy prostate.

With a balanced and sustainable diet and compliance to exercise and appropriate sleep, men can take care of their nutritional needs. From fitness to immunity, everything depends on the lifestyle that one follows. The dietary requirements of men vary from their physical activity levels to their age to the stage of life they are in (adolescent / toddler/adult). All of these have to be customized to align with the RDA (Recommended Dietary Allowance). No one size fits all, and everything depends on how nutritionally disciplined one can be.



The first year of being a parent can never be easy, no matter how prepared parents may think they are. No doubt, if not the most, it's one of the most challenging jobs in the world. It often becomes tough for parents to get their 'me time' as they get occupied with a lot of work-related to taking care of their infant in the first two years of life.

During this stage, constant engagement with the child in terms of breastfeeding and caregiving might also take a toll on parents' sleep cycles. Parents usually don't realize how soon time passes, but it isn't always bad. The first two years can be excellent for parents to notice the little things the infant does and may entertain for hours.

Here are a few parenting tips to make this journey even more fruitful:

Infants between the ages of 0 and 1

Infants are tiny and sensitive at this stage, so good hand hygiene before holding the baby is a must. In the

Parenting tips for the first two years of life



Photo by William Fortunato

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panemic-stricken world, newborns are vulnerable as they lack a solid immune system and are susceptible to germs, bacteria, and viruses. Also, while carrying or holding infants, supporting their heads and necks is very important till the 3rd or 4th month.

Most infants follow a steady sleep cycle during the initial newborn stage, waking up only for feeds or diaper changes. Babies usually need a feed every 2-3 hours until a particular weight milestone is achieved, post which the feeds can be on-demand which means when

the baby cries for milk. This schedule can be stressful for mothers or primary caretakers, and it is essential to sleep or rest when the baby does the same.

It is imperative to allow infants to see, hear, touch, and use all their developing senses. It also promotes primary hand, leg, and eye movements. The infants gradually learn to control their actions. When looking into the eyes of a child, always smile. The infant mainly responds to facial expressions. Enjoy this phase, talking to the baby in a calm, quiet tone to engage and interact.

Touch, hold and make skin-to-skin contact to give infants a sense of peace and security. Encourage the infants to achieve their goals like crawling, clapping, moving, and some basic movements. When the infant tries to play, play with them, spend more time with the infants every day to understand their needs and actions better.

Infants between the ages of one and two years:

One-year-old infants, by this age, start doing a few things for themselves and get pretty good at routine tasks like trying to eat with their hands. Infants begin to observe the parents on how they do things and try to imitate them, like using a spoon, telephone, hairbrush, etc., although they might not get it correct in the first place. Encourage the baby during this phase and help get comfortable around the home environment.

At this stage, the infants also begin to make sounds, smile, and make hand motions, and parents need to assist them in this developing stage to adapt better.

Parents can ask their infant to find any object and give little tasks that will help them recognize things, places, etc. Parents need to ask simple questions and always respond to the child's attempt to talk to help them start saying a few words in the beginning. Parents can offer their children anything to put in the container and then let them take it out, which will help develop eye and hand coordination—playing a game that can be questioned and answered, such as where is the sky? Where is the bird? What is in the wall picture? It also helps the child to remember a few things.

Conclusion

Being a parent is the most beautiful feeling, but parenthood is not easy. It is a phase of life where commitment and joy go hand-in-hand. Parents should congratulate themselves on making it through the first two years of parenthood.

“LET'S GET TO KNOW ABOUT BABIES WEIGHT AND THEIR GROWTH AT INITIAL STAGES”

Indicator of good nutrition and physical development. It can therefore be helpful to know about babies' average weight month by month. Yes we are talking about babies weight. It is worth noting that average weight is not “normal” weight. Just like adults, babies come in all shapes and sizes. If a baby's weight is in a lower percentile, this does not necessarily signal a problem with their growth or physical development. With this in mind, using a weight chart can help a person generally track their baby's growth.

The average birth weight of a full-term male baby is 7 pounds (lb) 6 ounces, or 3.3 kilograms (kg). The average birth weight of a full-term female is 7 lb 2, or 3.2 kg. It is common for babies to lose around 10% of their weight shortly after birth. This decrease is mostly due to fluid loss and usually nothing to worry about. Most babies gain back this weight within 1 week. Babies grow and gain weight the fastest within the first 6 months of life. Babies triple their birth weight by their first birthday. Babies gain weight steadily and stay in the same percentile, or close to it, for several months. Others gain weight rapidly, signalling a growth spurt, which can happen at any time. This may move a baby into a new weight percentile.

Male newborns tend to be bigger than female newborns, and they typically gain weight a little faster during infancy. Weight gain and growth rates can also depend on whether the baby consumes breast milk or formula. Health issues that affect nutrient absorption or digestion, such as celiac disease, may also lead to slow weight gain. Babies born prematurely may grow and gain weight more slowly during their first year than babies born at full term.

Doctor usually looks for steady growth, rather than a target percentile, when assessing a baby's physical development. And even if a baby's weight is in a lower percentile, they will not necessarily be a small adult just as longer babies do not necessarily become tall adults. Knowing about average weights by month can help people gauge their babies' physical development, but doctors also look for other important indicators, such as length and head circumference. Healthcare professionals also take into account whether a baby is generally hitting other milestones on time. And by taking a detailed medical history, they can rule out any medical conditions or nutritional considerations that may be preventing a baby from gaining weight.

Babies grow and gain weight the fastest within the first 6 months of life. Although this can vary, babies tend to gain around 4–7 oz, or 113–200 grams (g), per week in the first 4–6 months. Weight gain then slows slightly, with an average gain of around 3–5 oz (about 85–140 g) per week when the baby is 6–18 months. On average, babies triple their birth weight by their first birthday.

Essential Things to Consider Before Choosing Plastic Surgery

Plastic surgery refers to the surgical procedure of reconstructing or altering parts of the human body either due to injury or cosmetic reasons. Choosing to undergo plastic surgery is a big decision and one that needs a lot of consideration. It's crucial to fully understand the options available, the motivation behind getting surgery, and the risks involved.

Keep one's health in mind

Before thinking of plastic surgery, it's necessary to consider if one's health is sound enough to undergo surgery. Ensure that complete medical history is discussed with the surgeon to obtain an accurate assessment. In general, a good candidate for plastic surgery has:

- Excellent physical health and a stable weight
- Doesn't smoke or excessively drink alcohol
- Fair expectations from its outcome
- Adequate rest before surgery

Realistic expectations

It's essential to think realistically regarding the outcome of plastic surgery. It can only enhance the physical aspects of one's body, and it's unfair to expect perfection. Thinking along those lines may only lead to disappointment. Cosmetic surgery isn't a solution for mental issues either. If one suffers from personal concerns relating to low self-esteem, lack of confidence, or body dysmorphia, it is not very likely that undergoing plastic surgery will suddenly change self-image or perceptions.

Understand the risks

Since the cosmetic surgery industry remains largely unregulated, even the most cautious individuals can fall victim to unforeseen problems and difficulties. Some of these complications are infections or scars



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that could permanently affect one's health or appearance. Another risk involved is dissatisfaction with the final results despite what the surgeon may consider a significant impact with perfect technique.

Consider all alternatives

It's essential always to consider alternatives that can enhance the physical appearance without incurring the same risks of surgery. A balanced diet and regular exercise are alternatives that may assist if one is considering cosmetic alterations to look thinner.

Affordability

Cosmetic surgery comes for a price, and it is essential to determine its need and whether it's possible to afford the surgery. Also, consider that one may have to pay for the surgery regardless of whether desired results are achieved or not.

It's often easier to fall prey to cheaper offerings due to the cost factor, even more so if one is in a hurry to do the procedure. However, falling prey to such 'bargain surgery' could cost a lot more than just finances; thus, it's extremely important to study such factors beforehand.

Time factor

After plastic surgery, the body requires its time to heal thoroughly. It's a process that cannot be rushed into; hence, it would be imperative to take some time off in order to allow the body to recuperate. Hence, it's an important factor to mull over when going for plastic surgery.

Conclusion

Many people who've experienced plastic surgeries in the past have nothing but positive things to say regarding the same. Plastic surgeries have time and again served as a great solution for those who've suffered from physical disfigurement due to accidents, illness, or otherwise. As such, there is no denying the benefits derived from surgery; however, it's always essential to be vigilant and prudent when considering a substantial change and take all the steps necessary to make the right choice.

Easy Lifestyle Tips To Avoid Getting Neck and Back Pain during Work From Home

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There has been a drastic change in the working paradigm and an abrupt shift to working from home as the pandemic shook the world. While some embraced it, no one could have predicted that it would still be basically in the same place ~~two years~~ later. The shift to working from home culture and extended work hours without access to appropriate work setups has resulted in increased head, neck, and back pain instances, adding to the existing health issues.

While most aches and pains are posture-related, immobility can also add to the problems. Here are a few tips to reduce tension and strain and keep neck and back pain at bay when working from home!

Maintain good posture - When working from home, the optimum posture for the neck and back muscles does not need much effort to maintain and helps keep the muscles engaged but not stressed, which is beneficial for those who suffer from neck and back pain. When sitting, one should keep the hips and knees level with the spine. The spine should be ideally erect in a vertical position or slightly reclined while maintaining a tiny arch in the back.

Feet up in the air - Keeping the feet on the floor is one of the best ways to avoid backache while working from home. Everyone should avoid working with their legs hanging in the air. The feet should not be higher than the height of the screen. Such positions increase the likelihood of back pain. A person's feet should be flat on the floor or a footstool.

Prolonged desk time - When cooped up at the home desk, individuals forget to stand up, stretch, and activate their muscles. It is common for a person to sit at their desk at the start of the day only to realise that they have been sitting the whole day, which is terrible for the neck and back. While not everyone has the time to run about and go to the gym every day, human bodies require essential mobility to function well. Commit to 10-15 minutes of activity now and then to keep the muscles moving—jumping jacks, pushups, stretches, or anything that works the body muscles at regular intervals.

Raise the Monitor - Working from home frequently involves spending the entire day looking at a computer screen. While this isn't optimal for the eyes, it's the reality of the situation right now. So, the very least a person can do is ensure that the monitor is positioned correctly for the eyes, neck, and back.

No support for wrists - A false belief that wrist support is beneficial is circulating on the internet. When working on laptops or computers, a person should not provide gentle support for the wrists. Tender wrist assistance might cause compression of the finger muscles. This compression can lead to pain in the shoulders, neck, and back.

Long periods of sitting might be hazardous to one's health. Problems linked with sitting for extended periods can range from neck to back pain, bad posture, and weight gain. Working from home should not be an excuse to neglect one's health and invite trouble. However, if the pain is severe and needs immediate attention, consult with a medical practitioner for immediate assistance.



“Vision for a better tomorrow”

Tomorrow's world will be much different and also, much better in many ways. We will have developed much better technology. We will have made huge medical advancements, and credits would be given to none other than Dr. Evita Fernandes, Dr. Gowri Motha, Dr. Kavitha Gautham, Priyanka Idicula, Dr. Namrita George. These Doctors have indeed made a history. Let's introduce you by them:

Dr. Evita Fernandez (FRCOG) is the Managing Director of Fernandez Hospital and Senior Consultant Obstetrician at Stork Home with more than three decades of experience. Dr. Evita strongly believes in empowering women to make choices, especially with regard to issues surrounding birth. Convinced of the need for professional midwives in India, she has launched a two-year Professional Midwifery Education and Training (PMET) Programme in the hospital in 2011. It is because they are lifesavers who work tirelessly for mankind.

Dr. GowriMotha is a world-renowned childbirth pioneer and London based practitioner. She is also the author of the well acclaimed books ' Gentle birth method' and ' Gentle first year'. As part of her quest to help mothers to look forward to giving birth, she introduced water births into the NHS in the eighties and was the first Obstetrician to conduct a documented water birth within a London NHS hospital in 1987. She also received a lot of international recognition for supervising the first human waterbirth in the presence of dolphins in Israel in 1992.

Dr. KavithaGautham, Managing Director of BloomLife Hospital. Dr. Kavitha is one of the best known obstetrician-gynaecologists in India. She has delivered over 10,000 babies, conducted over 10,000 hystero-laparoscopy surgeries and over 5,000 IVF cycles to date. She is a prominent speaker at conferences in India and overseas, has co-authored chapters in books, and has a running series of articles in magazines and newspapers.

Dr. Namrita George is an Obstetrician and Gynaecologist with a fellowship in Minimal Access Surgery. She has authored and Co-authored several publications and has a keen interest in high risk Obstetrics . Keeping in line with her passion for social obstetrics , she worked for an NGO based hospital in a tribal district in TamilNadu , to gain insight on the Obstetric scenario in rural India. She was later also conferred as the Consultant Obstetrician at the Gudalur Government hospital.

Priyanka Idicula, co-founder of Birthvillage: The Natural Birthing Centre. Priyanka came into this field in 2006, driven by her conviction that Indian women needed a better way of giving birth. She is a certified professional midwife. She was one of the first Indians to get a twin scholarship to do her Lamaze course and be certified as a Lamaze Educator from Lamaze International. She has extensive experience in maternity care for pregnant teenagers in a first of its kind initiative in India.

For the willingness of the women WOMEN form the centre of the community and their homes. The famous slogan, "Healthy Women, Healthy World", embodies the fact that as custodians of family health, women play a critical role in maintaining the health and overall well-being of their communities. Now, although it might seem that across nations, the rise of feminism and female empowerment has greatly influenced the position of women in various areas of our lives, one area continues to remain fragmented - women's healthcare.

multi-speciality healthcare systems are built on the premise of a mass solution, not personalized to each individual woman's needs at her specific stage of life. This is true across specialties alike; and it appears that the options are highly limited, for women who seek to find truly holistic and empathetic continuum of care along with scientific, evidence-based medicine. One such aspect of women's wellness, that has been rapidly gaining its long overdue credit is women's autonomy in pregnancy and birthing. In today's time, it is fairly common to find a multitude of women presenting to us with their own ideologies of birth. They send in well researched birth plans and have now finally begun to discuss their options including those such as low-intervention birthing, non-medicated pain relieving comfort measures, and so on. We should all be gladdened by this evolution; and the fact that mothers now spend a good amount of time on research about pregnancy and understanding their bodies; but on the other hand, we must not ignore the gross inequalities in the health care system that currently still exist. In some hospitalized settings catering to a disproportionate number of patients, blanket safety rules (some of which one can go as far as calling archaic practices) are applied across all mothers, low and high risk alike, because continuous monitoring by Obstetricians is not feasible, given the large volumes and our country's doctor: patient ratio.

This, we understand, is not the case with mothers who choose to birth at institutions outside of hospitals, as they are monitored individually by their mid-wives and sometimes assisted by doulas in the presence of their partners.

Now what happens here, is that most of these birthing centers cater only to low-risk mothers, thereby resulting in a large number of Indian mothers having to head to hospital settings and left feeling like they are being denied the right to have a positive birthing experience. The women's wellness center will not restrict itself to pregnancy and birthing but will also address a broad spectrum of specialties including nutrition, physical fitness, menstrual and sexual health conditions, venereal diseases, fertility, chronic pain-management, mental health issues, metabolic and lifestyle diseases including preventive and rehabilitative care, beginning right from adolescence and transcending well beyond menopause.

“The Industry of Versatility”

Dennison Introduces Digital Seasonal Collection Versatile & Power Dressing For Men

Men's Fashion of the 21st century has drastically changed since the Renaissance era. In today's fashion you would never see men wearing what they wore in the Renaissance era. It is new and creative through which we have a very established and well known brand form men's fashion wear. Indeed to save the style and confidence on them. We Have Dennison Digital Seasonal Collection.

The new homegrown millennial friendly brand Dennison just made power dressing more flexible and available. Festivity is all about redoing your wardrobe with 360-degree stretchable trousers, anti-stain water repellent long wear shirts, plus size comfortable clothing, ankle length smart trousers and ethnic casuals. Name it and they have it for you, they are known for their unique style.

In a pocket-friendly budget, these low maintenance high performance garments work well for anyone on the go. The digital seasonal collection launch includes paisley, floral, cool digital prints, too cool for office as well as parties. Different style different pattern with different givings make their store more creative and unique

E-Waist aka elastic waist trouser and the stretchable shirts (for comfort and ease of waist change) which is definitely a go to thing in men's wear these days. Most of the stretchable garments facilitate universal wear, and work well for travel, work from home, business or party occasions. They go on with every style and newness in it.

The founder and CEO Ashwani Seth says, “We have put a lot of thought into bringing out a range of clothing that works to serve the fashion and work needs of the Indian millennial. We have also introduced plus size garments, keeping in mind that 'every shape matters and it's everyone's right to dress smart and feel good and fashionable.' Our designing has been done keeping in mind, sensible buying that is low maintenance and fair to the environment.”

Price starts from Rs. 599. Available on Myntra which is again very reliable for consumers. Venturing into the same, Ashwini Seth & Sonalika Bansal founded Dennison, a men's fashion wear online platform providing a plethora of clothing options while keeping up with the trend. Based out of Gwalior, Madhya Pradesh, the venture's central concept is to become a brand for everyone. They are a budget-friendly firm offering a high-quality collection of trendy fashion clothes. They have a customer who has been using their product for over 15 years, ensuring that quality is not compromised. Having such a vast vision for the company, definitely, Dennison is going to make big in the e-commerce platform with their unique products.



“Kirtilal's jewel and gemstones”

Jewelry helps in enhancing one's beauty. It also symbolizes wealth, power, and status. For some, jewelry is a form of art for self and creative expression. Then, there are some people who use jewelry as part of their tradition and culture. The one of the kind in jewelry is The Kirtilals, the name itself is so powerful and strong in lane of the following. The auspicious Kirtilals launches its Unique Collection “PARIDHI” at Chennai Showroom. It is a Distinctive close setting bangles with flexible technology. Kirtilals, a premium fine diamond and gold jewellery brand, esteemed by its patrons for quality and trust, launched its unique diamond bangle collection “Paridhi is a distinctive close setting bangles with flexible technology for the first time in India” at their Chennai Alwarpet Showroom. Actress Ramya Pandian launched the collection & graced the occasion. Kirtilals also showcased its exclusive “Infinity Collection” – a miniature designs of their award winning jewellery. “Paridhi collection” is a celebration of pushing boundaries on engineering expertise & craftsmanship.

For the first time in India, Kirtilals has pioneered innovation in jewellery and crafted traditional close setting bangles with flexible technology that allows the user to wear the bangles with varied wrist sizes. Kirtilals believes in the art of creating jewellery that has been Passed down for generations. The collection is hinged on months of research & development to offer an elevated engineering based smart solution to delight the user. Paridhi



collection comprises of unique designs in close setting bangles. Paridhi Collections are available at their Anna Nagar & Alwarpet Showrooms in Chennai. Speaking on the occasion, Mr. Suraj Shantakumar, Director – Business Strategy, Kirtilals said, “It gives me immense pleasure to launch our unique collection, Paridhi on this occasion. Actively relying on our research and development, we wish to give a unique and innovative style of jewellery for our customers. Paridhi collection is a set of distinctive close setting bangles with flexible technology for the first time in India. The flexible technology allows these bangles to become even more timeless, as it can be worn by women of different generations in the family.

Kirtilals is also specialized in customising the designs. Customisation services allow patrons to bring their own personality to the designs. The qualified in-house design team help them realise their creativity, by offering the best solutions in materials to bring their vision to life.” About Kirtilals: Kirtilal Kalidas Jewellers Pvt Ltd is operating under the brand name 'Kirtilals' across south India & the USA with 14 exclusive showrooms along with online store www.kirtilals.com which offers only high quality certified diamonds. The brand has its flagship store in Coimbatore and has a legacy of more than 80 years of operations with more than 3,00,000 customers which are spread over 5 continents. Download Kirtilals App in Google Play store and Apple store. Brand present at Coimbatore | Chennai | Madurai | Tiruppur | Salem | Kochi | Bengaluru | Hyderabad | Vijayawada | Visakhapatnam | USA, known for its versatility and uniqueness.



“LENPHOR LIPSTICK IN YOUR BAG PACK, AND WHAT ELSE DO YOU NEED?”



Lipsticks are a girl's best friend! There is nothing in the world that a little bit of lipstick cannot fix. Just the tiniest dab of your favourite red or pink lipstick can brighten your face as well as your mood, no matter how grumpy you might be feeling. We have Another best friend for girls. Introducing you with Lenphor Finish Lipstick. Starting up with first type of lipstick that is: The name of the product is Liquid Lipstick LenphorFinish / ,Type of the product is Matt. Its Formulation type is Liquid. Lenphor's Liquid Lipstick is the best liquid lipstick which has a velvet matte finish,smooth texture, ultra light weight, intense colour pay off, long lasting, smudge proof.Unleash irresistible selfies with Lenphor's 'Lasche It' liquid lipstick. Flaunt that perfect pout as the product's intense color payoff and sculpting foam tip applicator together gives you dramatic matte lips. Extremely lightweight and long-wearing formula empowers you to go fabulous without fade for upto 7 hours The Preference of the product is Pthalate-Free, Vegan. It has Full coverage .Net Content is 5ml.It is the most important makeup that instantly changes the face from looking drab to diva and also has some skin benefits.

The next Product Name is Matte Lipstick Lenphor. It's type is Matte. The Formulation of the product is in Cream. It is good in matte finish, highly pigmented, fade resistant, smooth creamy texture, stays long.It's never too bold to flaunt those glorious matte lipstick. Just one swipe of Treasure Matte gets you optimum color coverage/intensity that is incredibly fade-resistant and pout booster. Smooth, creamy, non-drying properties make it only more desirable amongst cosmetic product lovers. A pure vegan lip accessory that stays intact for long hours.Preference : Pthalate-Free , Vegan. It has Full coverage .The Net Content is 3 g. Thislipstick can complete your look, whether it is about looking more credible at a professional setting.

The next Product is Crayon Lipstick Lenphor. The type of the product is Matte. The Formulation type isCrayon structure. It is a Lip Crayon Lipstick or matte crayon lipstick is extreme matte &

unique velvety finish, rich color pay-off & smooth application, lasts up to 12 hrs, non transferable. "Lenphor's Matt Show-Off Lip Crayon is the next-gen matte bullet for bold, eccentric look. Being inherently matte, it gives ultimate zero-shine effect to your lips for super velvety, plumper appearance. Easy-to-use retractable design projecting precise crayon tip carves matte lips so exotic, it's impossible to go unnoticed. Add to it, high pigmentation, nourishing ingredients, and you are all set to get sensual swipes of rich color, one after another. Go for it to rock that occasional glamorous spin for long hours. Smashy Pink is a subtle mash-up of pink and peach hues to give your lips a bright, delightful look. A perfect shade for everyday wear to pair with any attire. Preference as Cruelty-Free. Net Content is 8 gm. It has Full coverage. This Lipstick is also a mood enhancer, which lifts our spirits during tough times. It instantly makes us feel empowered. This Lipstick draws attention to the lips and makes them stand out.



Creating a revolution in the world of medicine - Dr. Karthik Sadasivam's inspiring tale

Read on to know how this dynamic medical professional devoted his life to educating society

Dr. Karthik Sadasivam is a young entrepreneur in the medical field representing Genesis IVF Advanced Fertility Clinic. This humble and simple man is a qualified conventional obstetrician and gynecologist who ardently believes in making healthcare accessible to everyone! He was a recent recipient of the **Mayan Awards in May 2022**. Dr. Karthik Sadasivam opened up about his personal life, educational background, and observations in the medical biosphere. He spoke in detail about his experiences and enlightened the listeners on where medicine is headed considering our lifestyle. Edited excerpts follows.



Dr. Karthik Sadasivam receiving the Mayan Awards 2022 from Dr. J. Radhakrishnan, IAS, The Principal Secretary, Health and Welfare Department, Government of Tamil Nadu

Give us a brief introduction about yourself. What are your educational and professional backgrounds?

I am a qualified gynecologist and conventional obstetrician. I have a keen interest in infertility and have developed an interest in assisted reproductive medicine, stem cell, and regenerative medicine. After graduating with my Master's degree, I was specially trained in several advanced sub-specialties. This includes high-risk obstetrics, laparoscopic gynecological surgeries, embryology, stem cells, regenerative medicines, and more at various Indian and International centers.

Currently, I am an in-charge consultant of the high-risk obstetrics unit and the department of embryological medicines at Genesis IVF Advanced Fertility. We are a

reputed 36-year-old clinic in South India, specializing in assisted reproductive techniques and infertility. On a side note, I run the department of regenerative medicine and stem cells at Maaruthi Medical Center and Hospitals which is a 30-year-old multispecialty hospital with 300 beds!

That's brilliant! What is your role at the MMCH?

The MMCH was started 25 years ago to make medical facilities accessible to economically deprived communities. It serves about 10 to 12 districts in and around Erode District. As mentioned, I run the department of regenerative medicine. I am a Medical Director at the MMCH which is a multispecialty tertiary care hospital that was established in 1998, at Erode. I have been actively involved in the eradication of anemia in the suburbs of Erode. We have provided over 35,000 first and second dose vaccines during Covid 19 period and recovered over 300 patients during the pandemic. We took care of general patients as well during this time!

Apart from this, I am a co-director of the Genesis IVF clinic that has multiple branches in Coimbatore, Tirupur and Salem. I am also a director of operations of Genesis IVF Units in Sri Lanka, which has been active for the past 15 years, one in Dhaka for 10 years as well as in Mauritius and Maldives. I have organized hundreds of free medical camps for general ailments and infertility. I am also involved extensively in health education programs, deictic survey and research project of the locally available food, immunization programs of sub urban population for over five years!

How would you describe yourself as a person?

I am a person who is deeply involved in helping society! I have conducted hundreds of free medical camps for general medical ailments and infertility populations for many years. During the COVID period, I was in charge of a 50 bedded COVID unit exclusively for antenatal COVID pregnant patients and neonatal care. This sort of opportunities gives me fulfillment to help people and educate them on various medical aspects.

That's impressive! Who would you say is your inspiration to achieve big in life?

My parents are both medical experts. I have inherited from a Premier Infertility Institute in South India. Having been born to a family of doctors, I would say my medical interest was inherited. I wish to excel in this field as much as my parents did and keep making medical services accessible to those in need.

In the last few years, both post-COVID and pre-COVID, did you notice any changes in people's life styles ?Is it affecting obstetrics and gynecology in any way?

It is interesting that you ask that, as I have noticed quite a few lifestyle problems and predominant sleeplessness ! Modern people have a lot of stress because of work and follow an untimely sleep pattern. They have irregular food habits and consume foods with pesticides and insecticides.

One thing I have noticed is the prevalence of late marriages. Back in the old times, couple were expected to have children and complete their reproductive life by the age of 30. These days, people are choosing to get married and begin their lives only around the ages of 28 and 30! While this cannot be prevented, it is important to know its effects and read health education journals and articles.

I am intrigued to know this! Has there always been so many issues in obstetrics and gynecology or is it recent? What factors do you think affect the same?

I would say it is recent. We are imparting a lot of dietary advice to inform people and educate them. When it comes to diet, we cannot be general about medications. You won't get avocados in our city, so we will have to find foods with equivalent health benefits. If we ask people to eat spinach, how will people know which type of spinach to eat? Our team conducts thorough location-based diet research and identifies the protein, carbohydrate, mineral, and vitamin-rich foods in a particular area.

We also find herbs that are available at the patient's location. For example, there

is a specific type of Cucumber which is the size of our little finger which is available only near Tindivanam and Vizhupuram for just two months. If we prescribe this particular remedy, we need to ensure that it is available and can be procured easily. Agriculture-based products and location-based diets are mentioned during our medical camps. We want to educate families to ensure that children don't become underweight (be it organic food or commercial foods).

At the same time, our team is developing an application which will help the public to avail blood in case of emergency in their nearest locality without any intermediaries. More than the patients, this app will be more useful to the hospitals.

How do you think technology is affecting people? Some people try to use technology and self-diagnose themselves instead of consulting professionals. What's your take on this?

I would say there is an increase in medicines related to post-COVID birth and menopause. People are using medicines to avoid breast milk and are using unnatural means to care for their children. This might be a temporary solution, but it affects people in their lifetime! Back in olden days, there would be barely one or two cases of breast cancer in medical college hospitals –young medics would run to see them! Now it has become so common and every ward has many. I believe the issue lies in people's lifestyle changes over the years. People are restricting their families to one or two children. This is forcefully stopping their uterine biological activity.

See, we are like animals - we are made to keep reproducing. Have you ever seen a goat with uterine cancer, commonly ? It doesn't matter how many children you have. The breast begins to develop milk for at least 8-10 children. The hormones keep producing and working extra for a lesser requirement. This produces abnormalities in our physiology. The same factor is applicable in the uterine function. Unfortunately, Cervical cancer is more prevalent in India, at present.



Dr. Karthik Sadasivam

How would you say India is in terms of treatment in this specialty? Where do you see yourself in the next 5 years?

I would say it is advanced, or even better than before! In the next few years, this knowledge and research should get extended throughout our state! Genuine, transparent, and affordable treatment that is honest should be accessible to all people. Everyone needing treatment should be able to afford it - this is my ultimate aim!

Another thing is that the reason for infertility is 50-50, not just because of women. People need to stop believing this and they need to understand their ailments beyond going to religious places to have babies! That alone will not solve the problem. Some sectors refused to get vaccinated during COVID when the government warned them to. They believed that some power would save them and keep them safe from COVID! It makes no sense to approach an unqualified person or go to alternative field that has no remedy for their issue. I believe that we must enlighten people and educate them on what steps to take to combat infertility.

What was the reason to open MMCH at Erode? Is there any special reason?

During 1990's, there were only two hospitals available for infertility treatments in our state. People had to travel to Chennai no matter which part of Tamilnadu they were in. It was available only in metropolitan cities and not towns like Erode. Having been born in this native, we decided to start the clinic in Erode back in 1994.

No matter how urgent your emergency is, our clinic is a super specialty unit with services at an affordable cost. It is a multi-specialty hospital with 300 beds and will soon be starting at Coimbatore as well. Currently, we have 32 consultants, 150 paramedics, and 4 proprietors there. We hope to soon begin supplying to nearby towns and places like Dhaka, Maldives, and Salem as per the requirements.

What is your future plan ?

My core ambition is offering the ultimate health care facility in the field of assisted reproductive technology at affordable cost and reach to everyone by extending our service to many locations. Passing on the true benefits of "the state of art" technology in stem cell treatment and regenerative medicine to the needy population which a super specialty departments, not commonly available in our country.

My favorite research project is on minimizing the hospitalization period for IVF related treatment protocols and also working on minimizing and judicious use of hormone drugs in IVF related treatment protocol for cost cutting as well minimize the side effects of the medicines.

It is noteworthy that Dr. Karthik is passionately working toward the betterment of the common man, especially from economically challenged sections of society. He constantly reiterated the points about our change in lifestyle and how it has consequences we must keep in mind before making decisions. This humble man advocates for professional support and untiring hope for the medical industry to prosper in the years to come. His profound knowledge has enabled him to lead various departments and he has played a crucial role in healthcare during the times of COVID-19.

Dr. Karthik Sadasivam

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TRIBE AMRAPALI: THE ENIGMA OF TRADITIONAL FOLKLORE

Tribe Amrapali is an epitome of traditional anecdote in a cherishing and

flourishing embodiment. Having taken birth from essence of its prime mother brand, 'Amrapali', Tribe Amrapali originates contemporary and feasible designs at the same time, entirely cultivated out of philosophy of experimental design, essentially focusing on silver, gold-plated silver and fashion jewelry.

Tribe Amrapali is immersed in high-spirited, dramatic and high-end energy of rich tribal life and folklore. The brand embodies Indian Modernity and acts as an authentic source of India's artistic and cultural roots.

Tribe has emerged from a rich yet rustic world. Every bit of artwork emits and tells its own story like that of a local myth, which is dynamic and diverse.

Tribal life is vastly embellished by dwelling up jewelry and art. Both of

these expressions are highly interlinked with rejoicing symbols of depth

and power. The brand has proven to be an intricate portion of the tribal

culture. The notion of Anima or the "The Cosmic Vital Force" of life is honored in Tribal Art through rich, layered animal symbolism.

Tribe Amrapali's recognition speaks to a vigorous and modern patron; the one who builds a connection to cultivating tribal cultures in the blink of an eye. The brand is composed of jewelry which is eclectic yet filled with heritage.

The reputed brand took its origin with a compact E-Store in March 2013

with www.tribeamrapali.com which also avails shipping jewelry worldwide. The first self-constructed store of Tribe Amrapali was inaugurated at Palladium Mall, Mumbai. The store features numerous collections of silver and fashion jewelry. At present, the brand has flourished and has commenced other stores in parts of the country. Some of them are located at Select City Walk, New Delhi; T3 IGI Airport, New Delhi; Forum Courtyard & Quest Mall in Kolkata.

A great many celebrities have also been seen acing and adorning every piece of jewelry from the label. They are said to have adored the unique indo -



ethnic concept of the brand. The brand definitely enacts an opulent status whilst fading the borderline between elegance and quirkiness. Prominent names like Kareena Kapoor Khan, Karishma Kapoor, Vida Balan, Madhuri Dixit, Alia Bhatt, Kriti Sanon, Aditi Rao Hydari have been seen in a glimpse wearing Tribe Amrapali Jewelry.

The most rare and iconic collections of Tribe Amrapali is "The Chandrika Collection". The beautiful collection intertwines contemporary fashion with the resonance of the signature Amrapali craftsmanship and tradition. This collection draws inspirations from two designs: mythical figures and fauna of ancient India and Indian Charms. The collection comprises of hand-made Sangneri paper made by local craftsmen, every piece is skillfully created through the rare finesse of hand-made talent.

The reign of Tribe Amrapali has just commenced and is on its way to pave a path to celebrate folk tales of ancient times in a present-day twist.

Grab your own lush jewelry at <https://www.tribe.amrapali.com>



PALAM SILKS LEAVES NO STONE UNTURNED IN EMBRACING CULTURE VIA LATEST COLLECTION

Palam Silks, a leading brand in unusual Kanjeevarams has generated their next collection into yet another masterpiece of the season, Le Jardin. The brand is led by Ms. Jeyasree Ravi, who has been constant in helming the designer brand. He believes in walking his way up by making Kanjeevarams fashionable for the upcoming generations.

The pioneered brand originated in 2003 and has left an impact in the Indian Fashion Industry through several innovations in Silk Sarees. Palam Silks gathered major country-wide identification when the brand became the official saree sponsor for the Bollywood Blockbuster "Chennai Express" and designed Kanjeevarams for the beautiful diva Deepika Padukone. The glamorous brand has also designed Kanjeevarams for Vidya Balan for her Telugu debut NTR.

During the unfortunate striking of the pandemic across the globe, Palam Silks was one the first and the most

prominent brand from South India to indulge in Video-call shopping-via-screens to saree patrons across the world. Even during the rampant shutdowns, they still managed to launch two collections - Folklore III and Dynasty Collection, in the middle of the turbulent lockdown.

"As things started looking up, we wanted to take our time and create a collection that was never done before. This has always been our forte. When customers visit Palam, they never come with preconceived notions or show us pictures from Pinterest as references. We are always asked only one question for the last 20 years - So what is new at Palam now?. Palam is always referred to as a bridge - a literal translation of Palam in Tamil, our patrons believed our designs are the ideal combination of Tradition and Modernity. We did keep this in mind before creating Le Jardin." says Jeyasree Ravi, the founder of the brand.

Le Jardin was carefully crafted into sketches during the 2nd phase of lockdown. The collection was aimed to proliferate happiness and positivity amidst the global pandemic. The body of the sarees carries a traditional contrast border with beautiful gold Zari and pure jute Bhuttas and the pleats showcase an ethereal garden with lively flora and fauna patterns as Ikhat weaves. The collection varies in bright colors like purple, teal and maroon in the price range of Rs. 20,000/- to Rs. 25,000/-.

The collection is out for sale in all Palam Silk outlets in Chennai; T Nagar, Mylapore and Anna Nagar 2nd Avenue. Latterly, Palam Silks shifted from Luz Church Road to Oliver Road, 200 meters away from its previous location in Mylapore. The shopping experience has reincarnated into an Experience Store where saree patrons can get up close and personal with the sarees.

Shop today at www.palamsilk.com

For a state-of-art video call shopping experience, contact: +91 73388 72222

“This Club will take away
all your worries,
as its name is
SEKHMET”

Sekhmet, also spelled Sakhmet, in Egyptian religion, a goddess of war and the destroyer of the enemies of the. Sekhmet was associated both with disease and with healing and medicine. Here the Sekhmet destroys all yours worries and traumas of your life. Presenting you the one and only Sekhmet Lounge & Club which is a fabulous place for hangout and chill with your family and friends.

Sekhmet Lounge & Club on Chamiers Road which is an extravagant place. An unparalleled vibe experience as we unwind at the largest destination in Chennai that will leave us mesmerized. Sekhmet is a hardcore club and lounge that has a full-fledged bar and DJ spinning tracks from retro to commercial music that gloats a large community dining space. Sekhmet Lounge & Club, It is the Chennai's Largest and the only Electrifying Lounge and Club. Sekhmet Lounge . It had Chennai's favourite Models, Celebs & Socialites. Bringing extravagance to Chennai, Sekhmet Lounge & Club on Chamiers Road brings an unparalleled vibe experience as we unwind at the largest destination in Chennai that will leave us mesmerized. Sekhmet is a hardcore club and lounge that has a full-fledged bar. It is a vibe full place which has spinning tracks from retro to commercial music that gloats a large community dining space.

It also makes your plates with a boozy infusion of the finest spirits and concoctions curated by our mixologist and slip away into sheer resplendence at Sekhmet. Also expect some scrumptious food options, including the Chukandar Ka Sil Batta Tikka which is Sekhmet's signature dish and drinks to ensure a fun-filled night. It is a place through which the consumers can actually enjoy and have fun. The beat is vibrating off the walls as you enter the admission doors; the crowd is out in force and ready to party. The drinks are flowing across the tables just as fast as the bartenders can make them, conversation is loud and patriots are struggling to hear over the thumping music and the dance floor is filled with sweaty bodies swaying to the beat. To the naked eye this is the makings of success. This place is a party-hub for almost every generation out there.

These establishments attract an immaculately dressed rich crowd and a cover charge to match. It is the ultimate destination for all kind of audience. Music, Multicuisine (Mexican, Lebanese, Italian, Chinese, Indian), Ambience, Service makes it a place where you can hang out and chill with your friends, dine in with your family, enjoy. They are designed to chill and hold beverages for a few people which makes them perfect for using for the conference rooms.



Simar



Soundariya Nanjun



Ashok Kumar



Sindhoori



Vivek Karunakaran & Shreya



Shruti



Health & Shibi



Swetha Renukumar



41

Karun Raman



Jithan Ramesh



“Embark on a journey of holistic wellbeing with Aujasya by Leela”

The Leela Palaces, Hotels And Resorts embarks On A journey of holistic wellbeing with 'Aujasya By The Leela'. It is Built around the 2Rs of Wellbeing, Restore and Renew, the program focuses on healthy eating and mindfulness which makes it more worthwhile to stay. Inspired by the ancient Sanskrit word that describes “vigour of life”, Aujasya by The Leela is a wellness programme designed as an authentic and holistic wellness journey.

The Leela Palaces, Hotels and Resorts announced the launch of their signature wellness programme – Aujasya by The Leela which was aimed at redefining the road to holistic wellbeing. A unique blend inspired by traditional and modern practices, Aujasya by The Leela encompasses a collection of authentic experiences that build vivacity and promote the vigour of life, built around the 2 Rs of Wellbeing – Restore (Food) and Renew (Mindfulness). Taking origin from the Sanskrit word, Aujasya – translated as beneficial to strengthening vitality or energy, this initiative will truly allow guests to embrace an enriching and healthy lifestyle. It makes the experience worth living over there.

The brand has launched the first pillar, Restore (Food), in collaboration with renowned nutritionist and food consultant, Dr. Ankita Jalori. The Leela has re-imagined culinary experiences across the country by improving the nutritional profile of food menus and offering healthy alternatives. Executive Chef, Simran Singh Thapar at The Leela Palace Udaipur and Chef Rishabh Anand at The Leela Palace New Delhi along with their culinary teams across the country have thoughtfully curated menus to

achieve the right balance between health needs and gastronomic expectations by focusing on millets, lean proteins, low-fat dairy and whole grains. Great food is equal to great mood, which makes it different and unique.

Mr. Anuraag Bhatnagar, Chief Operating Officer, The Leela Palaces, Hotels and Resorts said, “Challenges of the contemporary world and our fast-paced lifestyles often pose a disruption for our overall health. With Aujasya by The Leela, we are embarking on a lifelong commitment to holistic wellbeing. Our first step with Dr. Jalori has paved the way for a renewed take on food and nutrition. Her expertise in the field combined with her unmatched experience has enabled us to brew signature dishes with a renewed nutritional focus. We are delighted to begin this journey on such a meaningful note and will soon expand our wellbeing offering as we build on the concept of the 2Rs of Wellbeing with a signature touch of The Leela, while staying true to our brand ethos of placing the guest at the centre of everything we do.”

Dr. Ankita Jalori, Food and Nutrition Consultant said, “Having worked in the nutrition and food industry for over 20 years, I am delighted to work with The Leela on conceptualizing Aujasya by The Leela. Today people have become more aware and conscious of their wellbeing. Balancing nutrition with taste can be quite a challenge. My science and knowledge and the skill and creativity of the Chefs at The Leela have come together to create this unique brand program for The Leela and I am thrilled to be a part of this wholesome project and look forward to its growth and expansion.”

Aujasya by The Leela food menu includes wholesome and well-balanced dishes that take into account nutritional values and food synergies. The exciting menu includes dishes like Pearl Millet Pesaratu made with fiber and iron packed bajra; fermented Sorghum Rava Idli; calcium and protein rich Sattu Paratha; Spinach And Himalayan Millet Risotto combining the immunity-boosting power of spinach and Himalayan millets; Raw Jackfruit Masala Curry with nutrient dense Khapli wheat flatbreads satisfying a curry craving the healthy way; gluten free and antioxidant rich Quinoa Biryani; antioxidant rich Ginger Millet Bread and Butter Pudding; Ragi Payasam and Millet Pancakes and many more interesting dishes.

Aujasya by The Leela doesn't stop at food alone. The brand will continue to develop the wellness initiative to be a visible and essential offering in all aspects of service, wellness experiences, mindfulness and beyond. Hospitality units like hotels, amusement parks, or restaurants have many groups like direct operations such as bar tenders, kitchen workers, housekeepers, servers, human resources, and marketing and facility maintenance. Through this unique program, The Leela is committing to curating experiences that resonate with the evolving needs of today's discerning luxury traveler.

Switching of the behaviour after The Global **Pandemic**

In the global COVID-19 pandemic, we have faced a lot many restrictions and health fears that generated changes in behavior and communication in us humans, But the question is that have these changes become permanent? On the way finding these answers, the reasearch team has examined that how and why the pandemic may have changed the way we behave and interact with others. The COVID-19 pandemic has set the tone for a “new normal” of health and well-being. This feature series aims to empower readers to take control of their mental and emotional health of humans.

COVID-19 has affected people's life across the globe. The disease itself or the stress, uncertainty, and fear it has created touched most people in one way or another. It has a great negative impact on the the people and their minds. Yet, despite its known immediate effects, the pandemic's lasting impact on society is not fully understood. Dr. Mirela Loftus, says that “The pandemic has had a very real, very personal impact on people's lives. Whether an individual was personally sick, lost someone they loved to COVID-19, lost their job, or 'just' struggled with isolating stay-home orders and global panic, each of us was affected differently, and many profoundly.”

From doing different chores such as shopping, working, traveling and entertainment — the pandemic has changed how people navigate daily life. In addition, it has produced a state of uncertainty multiplied by economic and cultural fears. But has this changed overall human behavior and communication long-term? How does we humans take it as? According to the reasearch which Suggests that public responses to widespread disease have remained mostly unchanged since the Black Death, in the 14th century. Moreover, previous pandemics have also caused significant upheaval and widespread changes in social and socio-economic structures. They mostly believe that it's the same throughout the centuries. Prof. Bluvshstein explained that “there are different aspects of behavior: the motivational, behavioral, and emotional components.”

Behavior in the workplace may have experienced significant changes due to pandemic-related social restrictions. A study^{Trusted Source} focusing on employees from Germany and Switzerland indicates that working from home — particularly if experienced for the first time — during the pandemic was strongly associated with a positive effect on work life. It's a Shift work change. They believed that work from home is much preferred. Furthermore, 60% of people currently working from home due to the pandemic report they would like to continue doing so after the pandemic is over. Experts have found an increase in spending and the psychological need to buy essential and non-essential products. Moreover, anxiety and COVID-19-related fear may have motivated people to purchase necessary items, whereas depression predicted spending on non-necessary products.

The biggest change which humans have faced is that of Communication changes. The COVID-19 pandemic-related social restrictions forced many people to change how they communicate. Instead of face-to-face interaction, people used social media and text-based communication to connect through the various lockdowns or stay-at-home orders. This may have resulted in social displacement or replacing face-to-face contact with virtual interaction. Social media may fill the gap when face-to-face interactions are lost which was the case during the pandemic. Social Media is a helping hand.

The most important thing which COVID has taught is that our Improved attitudes towards mental health which is extremely important towards ourselves. Dr. Loftus explained that "mental health was severely impacted, as proven by the 25% increase in prevalence of anxiety and depression worldwide, according to WHO^{Trusted Source} [World Health Organization]." Eating disorders in adolescents have also increased by 25% according to several studies, as did substance use.



Photo by Ketut Subiyanto

But when we look to the future the pandemic-related shifts in behavior and communication. As a society heals and adjusts, some changes may evolve to become new societal norms while others may fade. Still, not all changes could be considered negative.

In the words of Prof. Bluvshtein, who emphasized that even though the pandemic clearly took a heavy toll on most of us: "Nothing is completely irreversible. We're going to be okay — everyone is able to be well and to do well — but we need to give ourselves space and time to get there. [...] It will take time to reacquaint [with] a new reality. What we saw during the pandemic was a need to return to the way things were, 'back to normal,' but in reality, we don't need to go back. Human evolution prompts us to move forward, not backward." These words inspire us that yes there are many changes in our lifestyle and mindsets too, but we have to ensure that it's for the betterment of our own selves.



Manimekalai SSVM



Narein



Aditi balan



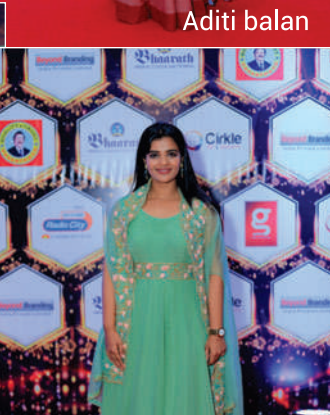
Mrs Santha Dhanajayans



Sneha



Vani Bojan, Santhosh Prathap & Ishari Ganesh



Aishwarya Rajesh



Ishari Ganesh



varun



Singer Mahathi - Carnatic Music



Director Mysskin



Neelima & Radhika Sararthkumar



Radhika Sararthkumar



Sneha & Prassana



LTA Vani Jairam



Health and Fashion
Aishwarya Rajesh
Pride of Tamil Cinema



KAMALA SELVARAJ & APSARA REDDY



BR Vijayalakshmi, KAMALA, LAKSHMI MAHADEVAN



Lakshmi mahadevan



BR Vijayalakshmi



Lisha



Prathima Excellence in TV professional



Cibi Chandran



Nimmi for Theatre



Devayani



Deepa



DD



Golden Diva Health and Fashion & Humanity



Diva of the decade 2010 Saindhavi Prakash

UNVEILING THE DIVA OF THE DECADE AT THE LEELA PALACE

Diva of the Decade is an award ceremony organized by Cirkle PR & Events and Beyond Branding. This year, the ceremony was presented by Bhaarath Medical College and Hospital and was sponsored by Vasanth & Co., with the associate sponsor of the event being Preethi. It was conceptualised with a dream to cherish women achievers from 5 decades who have challenged the boundaries and have set prominent instances in the fields of Cinema, Entrepreneurship, Television, Music, Sports, Literature & Performing Arts as well as Healthcare and Education.

DOD is an effort to bring all such Divas who have inspired for decades, at a point when the world was looking for an inspiration to bounce back. Some of whom we know or we might have missed knowing about, all of them were collectively awarded at one big stage.

The gala was held last Sunday and celebrated the likes of late Dr. V. Shanta, late Mrs. Rajalakshmi Parthasarathy, yesteryear singer Jency, Cricketer Sudha Shah, Actress Ambika, Dr. Kamala Selvarai, legendary dancer Mrs. Shanta Dhananjayan, Petricia Sandeepa, Asia's first woman cinematographer- Ms. B.R. Vijayalakshmi, Fathima Babu, Actress Devayani, Actress Sneha, Nimmy Raphael from Adi Shakthi, TV Personality Neelima Rani, Singer Harini, Saindhavi Prakash, Metti Oli Gayatri, Prabha Reddy, Alisha Abdullah, Dr. Mariyazeena Johnson, Silambam Aishwarya Manivannan, Founder of Vivah - Mrs. Kruthika Kumaran, Snooker Champion Vida Pillai, DD, Aishwarya Rajesh, first women tennis no.1 in India Lakshmi Mahadevan, legendary singer Vani Jayaram Amma, Kumari Sachu, Deepa, Manisha Chordia, Singer K.S. Chitra and also television show producer and pillar Pratima were all included in the star studded guest list from various actors, singers and from the film and entertainment industry.

Emergence of the New Global Pox -The Monkey Pox

Once again we have to ensure our safety against THE NEW GLOBAL MONKEY POX. There are many emerging cases of the detected infection, which has been reached till 550 cases globally. It was first examined by the Doctors of democratic republic of Congo in the village of Manfuette. The infection has been found in a teenage boy The pox has made its base in almost 30 countries now. It was first depicted by World Health Organization (WHO) on 1st of June. It's a sort of viral disease rooted from Africa.

There are various symptoms of the pox such as fever, body ache, skin lesions. Experts believe that it is not sexually transmitted disease or infection but can spread via direct contact during sexual intercourse. It's a kind of zoonotic virus spreading across the globe from the beginning of May 2022. Countries such as United Kingdom Spain, Portugal, Australia, and the United States. The number of cases has increased to more than 550 worldwide as of June 1.

The United Kingdom has nearly found 200 Monkey Pox cases that has been confirmed since May 7. In a press conference on May 17 Trusted Source, WHO officials said that these are mostly separate occurrences except for "a family cluster with two confirmed cases and one probable case. Canada and the U.S. joined many nations in tracking and tracing the virus because of the extreme spreading of the infection. On May 19, Canada confirmed two Monkey Pox cases and said it was investigating more than a dozen suspected cases. The Massachusetts Department of Health also announced a single case in an individual who had recently been in Canada. U.K. notified the 8 people in the U.S. who might have been seated near the U.K. traveler when they flew from Nigeria to London, Of these, one is no

longer in the U.S., and one was not a contact. The remaining six are being monitored by their respective state health departments. None of these six travel contacts have Monkey Pox. Symptoms and their risk of infection is very low in the fellow travellers.

The WHO is doing a great job by already doing their work. WHO officials have been tracking monkeypox's path through Europe and North America for several weeks. Meanwhile with the data available so far, they do not know long the virus has been spreading. On May 30, the agency said "that while it cannot rule out the risk, it is unlikely the outbreak will turn into a global pandemic" which is again a great relief for the world.

Now the question arises that What is actually Monkey Pox and the answer to it that it's a kind of zoonotic virus, which transmits disease from animals to humans. The Cases typically occur near tropical rainforests, where animals that carry the virus live. The monkeypox virus is a member of the orthopoxvirus family. It has two distinct genetic strains or : the Central African (Congo Basin) clade and the West African clade. The Congo Basin clade is known to spread more easily and cause more severe symptoms. While it naturally occurs in Africa, especially in west and central African nations. Cases in the U.S. are rare and associated with international travel from places where the disease is more common.

Second most important thing about th Monkey pox is that it's symptoms and signs include headache, skin rash, fever, body aches, chills, swollen lymph nodes, and exhaustion. It produces symptoms similar to smallpox, but milder. The time from infection to the onset of symptoms, which is referred to as the incubation period, can range from five to 21 days. The illness typically resolves within two to four weeks. Cases



which are Severe are more common among people with underlying immune deficiencies and young children. In recent times, the case fatality ratio Trusted Source of monkeypox is around 3-6%. Which is huge ratio.

Many doctors are searching that how this infection is transmitted and is that Monkey Pox virus among humans is limited, but it can happen through close skin contact, air droplets, bodily fluids, and virus - contaminated objects. Most of the recent cases of monkeypox in the U.K. and Canada have been reported among attendees of sexual health services at health clinics in men who have sex with men. Due to this, Dr. I. Socé Fall, the regional emergencies director for the WHO's Health Emergencies Program, cautioned: "This is new information we need to investigate properly to understand better the dynamic of local transmission in the U.K. and some

other countries."

Dr. Fall acknowledged that public health officials still have much to learn about the monkeypox virus. "But the most important thing is we really need to invest in understanding the development of monkeypox because we have so many unknowns in terms of the dynamics of transmission, the clinical features, the epidemiology. In terms of therapeutics and diagnostics also, we still have important gaps," he said. There is so much in way of The Monkey Pox.

Now Talking about the vaccines Dr. Kartik said "Being aware of the rash of monkeypox which presents as vesicles is very important. Additional measures include vigilance in those who have traveled in the past 30 days to countries that have reported cases of monkeypox [and] who have contact with a



Deepak



Jennifer



Abishek Joseph



Misha Ghoshal



Rahul Nambhiar & Ranjith Govind



Jithin Ramesh



Anandhi
Health and Fashion



Aishwrya
50



Aadhirai Soundararajan
Jun-July, 2022

“It's all about giving people a unique thing”

Being unique gives a sense of purpose in life. Our uniqueness can be found in our hobbies, creativity, thoughts, beliefs, and even how we show up every day in the world. Recognize and embrace those attributes and talents that make you an extraordinary person. Gears and Garage, Restobar is one of a kind. It Celebrates their Grand Opening at Nungambakkam, Chennai. Gears and Garage, resto-bar celebrated the successful launch of their first-ever outlet in Nungambakkam. The grand opening was conducted spectacularly with a special performance by DJ ESPY. The launch day witnessed the presence of socialites, celebrities, and influencers.

G&G is a place where the old-school principles and style meet the new cosmopolitan spirit of Chennai. G&G is looking forward to offering an exquisite bar and lounge experience to the elite of Chennai. This resto-bar is the perfect mix of fusion cuisine and specially crafted cocktails. The wide and exotic range of cocktails offered by G&G needs to be discussed in detail. They only offer freshly extracted fruit juices in their mixes. Some of the must-try signature cocktails include “Namma Chennai” and “Hot Wheelz”. They offer the real spirit of the city in a glass.

The cuisine of Gears and Garage offers tastes and flavors that are an amalgamation of world-class cuisine. The “Soft Shell Crab Tempura Sushi” is something to die for! Similarly, the “Stuffed Mozzare Chicken Breast with Red Wine Jus and Buttered Veggies” is a G&G special that will leave your taste buds spellbound. G & G is the perfect hub for people who would like to experience and enjoy some rare varieties of premium quality dishes. G&G is sure to pull in food lovers in the city.

As the name suggests, Gears and Garage is a garage theme-based resto-bar. It is one of a kind in the city. The pop and automobile references across the walls also go into the intricate design of their menu. The lighting, music, wallpaper designs and the bar counter set up with the pistol in the center all do justice to the entire theme of the resto-bar. The sophisticated interiors offer a refreshing take on the resto-bars and offer a visual treat for the customers. G&G offers ample seating for a gang of friends, family, and couples. They do have a private lounge area named “The Barn”. It is a perfect space for your birthday parties, anniversaries, and office dinners. They have a separate and attractive console dedicated for the DJs to perform making it even more special.

To offer a fusion-based cuisine there are chefs with years of experience from across the globe. They ensure the quality and presentation of each dish that reaches the tables. G&G takes pride in its dedication to quality food and premium service. One of the major attractions of G&G is its alcohol-infused desserts. Apart from their specially curated cocktails, G&G offers wines, vodka varieties, and single malt Scotch suitable for all occasions.

G&G has planned a long line-up of talented artists from across the nation for their launch week extravaganza. This includes live bands, rappers, renowned DJs, and instrumentalists. Over the weeks G&G will be hosting live bands playing soulful music and famous DJs offering their vibrant tracks and independent artists offering their talents in the purest form. This makes G&G a location that needs to be on our radar for accessing fun-filled gigs. Gears and Garage are for all age groups. You can enjoy this premium space and its wonderful taste in an affordable manner. G&G is for anyone who longs for a tasty meal alongside a classic drink and the right music. G&G is here to offer the most delectable cuisines, stunning interiors, foot-tapping music, luscious drinks, and elegant service. This will make it the talk of the town in the coming days. All of us like to feel that we are in some way unique individuals. Gears & Garage is a different and unique idea.



C SALT-

A MIX OF CHENNAI'S TRADITION AND MODERN SIDE



Located in the fourth largest city of the country, in terms of the population, to a home of thriving local culture and art scene, C Salt is an authentically designed restaurant by Sheraton Grand Chennai Resort and Spas. Located in a tropical environment, surrounded by coconut and palm trees, the restaurant is located in a breath-taking natural environment. The natural landscape showcases the tropical environment combined with a rustic surrounding and ambience, serving delicious coastal and seafood delicacies.

Created with a simple design and comfortable seating, making sure of the customer's desires, C Salt has elevated the overall dining experience. The menu is designed keeping in mind dishes all over the country. The menu consists of various beverages like Virgin God's own nectar and Cosmopolitan. Salads like Edamame bean and black-eyed bean sundal, are made from freshly picked organic vegetables and legumes. The restaurant has one of the best appetizers which are a chef's kiss to the local food and include dishes ranging from the most basic charred broccoli to the traditional Goan sweet potato hash chop, banana flower fritters fried which is an authentic Tamil Nadu delicacy. The appetizers also serve the healthy yet delicious jalapeno cheese fritters and asparagus broccoli edamame coconut pockets.

A team of absolutely talented chefs have curated speciality dishes with a wide choice of seafood and other coastal dishes which include dishes like the finger licking shallot mushroom coconut curry, the asparagus potato ani moi and the classic dish of recheado cottage cheese. All these dishes are stuffed with the traditional local coastal special Malabar paranthas and the truffle and parmesan paranthas. To finish up the scrumptious meal, the kitchen curates special desserts for sweet tooth lovers which include the kiwi mint sorbet and the Inipu sevai, which is an instant traditional rice vermicelli dessert.

The upbeat, lively contemporary music lightens the ambience of the restaurant, making the occasion enjoyable and perfect for family and friends in a relaxed atmosphere. The restaurant is designed with minimalistic décor, emphasizing the need for opening an outlet, for authentic and yet modern food, playing enchanting music.

Finding Rumi an Exotic Rooftop Dining launched by Actor Jiiva

For close to 800 years, the words of the Persian poet Rumi have inspired, comforted and consoled people of all ages, origins and walks of life.

Finding RUMI, is a modest attempt to reach the soul through good food and ambiance. Set in the bustling Chamiers Road, Finding RUMI offers curated Mediterranean and North Western Cuisine in an exotic rooftop setting. From Baba Ganoush, Hummus and Shish Taouks from the Mediterranean to our very own North-western Tandoor menu to help satisfy all your taste buds, the menu offering both novelty and traditional favourites. With the ever famous Kiwi Chef Willi Wilson offering his expertise and the very talented young Chef Vijay as the Executive Chef the place has the best of all worlds.

With a capacity of 62 seats the place has both outdoor courtyard seating for the nature lovers and air-conditioned seating for those who prefer to stay away from Chennai's humid weather.

The gorgeous and luxurious interior design depicting Mediterranean and Moroccan themes only helping your mood reach new heights accompanied by exotic Mediterranean music. As soon as you enter, prepare to be greeted by lovebirds only adding to the theme. The out of box thinking of this place is a unique offering that Chennai has never experienced and as the name suggests, may it help Find your own RUMI. Cost for two: Rs 1800 approx.



Sindoori and Shobika



Shweta Gai & Sanchana Natarajan



Svetha Renukumar



Disha Menon



Jiiva
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Damini



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UNIQAYA: HELPING YOUR SKIN BREATHE.

Give a perfect start to Your Skincare Routine with the satin-soft range of Skin Care Kit from Uniqaya, an emerging skincare brand unfeignedly dedicated to imparting you only the best products with the finest quality natural ingredients. Uniqaya helps you find the paraben-free, non-sulphate and non-phthalates products your skin calls for. Over and above that, every product is approved GMO free and cruelty free.

The range peculiarly consists of essential products namely sunscreen, moisturizer, body scrub, night cream and foot cream, all coerced with the most premium ingredients.

Sun & Screen Full Protection Broad Spectrum Tinted Sunscreen with SPF 50 PA+++ (Rs.799.00)

This broad-spectrum sunscreen is all about protecting your skin from sun rays and the blue light rays from the gadgets. It is loaded with prime ingredients that protects your skin from UVA, UVB, HEV and IR rays. Its 3-in-1 action formula leads to a protected, well-nourished and anti-photoaged flawless skin. Having a soft, matt finish with a non-chalky

and non-greasy experience, it shields you from environmental damages, promotes collagen and retains natural moisture.

Ultra-Hydrating Moisturizer with Peach Extract (Rs. 699.00)

This collagen developing moisturizer comes with 2-in-1 Ultra Hydration with Moisture Lock Technology for a natural glow. Coming with the light and non-greasy and the formula of restoring skin pH balance; it shields skin, controls acne and fights against free radicals. The high-caliber Peach Extract results in a refined skin tone and provides a softer, radiant and juvenile skin.

Exfoliating Body Scrub & Polisher with Coffee & Almond Oil, 150 gm (Rs. 699.00)

Enjoy the never-had experience before feel without the scrub granules being harsh on your skin. It has a non-drying exfoliation technology along with moisturisation for smooth and radiant skin. This body scrub eliminates dead skin cells, dirt and impurities, leaving the skin revitalized. Its trait of improving



blood circulation and skin tightening is proven effective on acne, pigmentations, blemishes and tanning.

Skin Restoring Night Repair Cream with Mulberry extract, 50 gm (Rs. 849.00)

Wake up to repaired, nourished, rejuvenated and hydrated skin every morning with this Night Repair Cream that repairs and regenerates the skin cells overnight for a smooth and radiant skin. It restores skin elasticity and firmness and triggers the skin cells to brighten up. Its Peptide technology fortifies the skin moisture barrier, boosts cell repair and stimulates collagen.

Moisturizing & Repairing Foot Care Cream with Shea Butter & Peppermint, 100 gm (Rs. 575.00)

Say goodbye to rough and cracked feet within 3 minutes with Uniqaya's Foot Cream. It repairs dry, cracked and rough heel & feet and can also be used for knees, elbows and knuckles. It not only repairs but leaves the feet feeling dewy, firm, and healthy along with healing skin tissues and fighting fungal infections.

The ostensible brand offers a flat 15% off on your next purchase via the website. Shop today at <https://uniqaya.com>



Healthcare accessible and affordable to all — Future of a flourishing Nation

Being a developing nation with a population of 138 Crore, many people do not have access to quality healthcare due to economic reasons both at a micro and macro level. A quarter of India's population falls below the poverty line and around 70 percent reside in the rural region. It is imperative to have a robust medical infrastructure and innovation to ensure quality healthcare reaches the masses at a cost that can be easily availed and accessed without being a roadblock in progress and economic development.

The first step in this direction would be to capitalize on the affordability factor. This would require activation in the form of capacity expansion, faster resolution, and innovation in the medical approach. Up-gradation in the modus operandi, and more importantly righteousness and ethics are the key turns that will open the gates of affordability in the medical ecosystem.

Cost-effective Solutions

Telemedicine is a perfect solution in providing the first line of consultation to patients for two reasons – faster process, quality, and cost-effectiveness. With the advancement in technology and high-speed data penetration, telemedicine is gaining prominence and would bring a significant difference in the MO of consultation. This form was not so prominent during the pre-covid era, as the inclination towards visiting a doctor or a hospital was much higher due to traditional reasons and oblivious facts about its advantages. During the covid era, digital consults played a massive role not just for covid patients but also for others. Using telemedicine, patients can get an effective diagnosis by a doctor on video or a phone call just as they would on a visit to a clinic or hospital OPD. The use of telemedicine has been acknowledged in the medical community to serve as an excellent support system in affordable patient care.



*Article By - Dr. Anant Pandhare,
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The government has done some commendable work with its initiatives like National Digital Health Mission, National Health Helpline (Doctor on Call), Centre for Health Informatics, Inter-operable Health Records, Integrated Health Information Platform. Steps like these will ensure that healthcare is affordable and available to all.

While the promotion of telemedicine and adoption of e-health has been encouraged by the government, providing healthcare to every Indian through digital means requires the support of all the stakeholders who proactively adopt these new-age solutions. We need to look at innovation as an investment and making new-age technology in healthcare available will help in eliminating disparities between rural and urban areas.

Creating Affordability

The Healthcare system in India has both government and private entities. Within this, the government-run public healthcare system majorly focuses on primary care. These are limited in number and generally focus on providing basic healthcare facilities in the form of primary healthcare centres in rural areas. On the other hand, players in the private sector offer secondary, tertiary, and quaternary care with a focus on tier I and tier-II cities. Overall, it is the private sector that continues to be the driving force in Indian healthcare. Current Govt's increasing budget allocation for schemes like Aayushman Bharat-PMJAY has covered big population providing affordable care through private sectors. More such measures are welcome.

Trained health workers can effectively contribute to this common goal of ensuring the best and most economical healthcare amongst the needy who are economically weak. The requirement for doctors and paramedical staff is of paramount importance to create a stronger education infrastructure for paramedics and doctors and better working conditions through adequate investments by the stakeholders.

Most importantly, the aspect of purchasing power of the patient when it comes to medicines and drugs. Most medicines, including essential lifesaving drugs, are today beyond the reach of a lot of families and individuals due to their economic incapability. The medicines that are outsourced from other countries should be attempted to produce within the country with the help of the government's support under the provision of Make in India. A better future lies in cheaper medicines made available to the masses with states procuring high-quality drugs, imposing requisite caps on their sale price, and having an inventory system that will ensure that their distribution amongst the patients is done efficiently.

“SELENIUM”

Selenium is an essential trace mineral that is important for many functions in the body. The research suggests that selenium has anti-aging properties and may even protect against age-associated disease. In this Honest Nutrition feature, the latest research to investigate the role of selenium in aging. It means that the body only requires it in very small amounts. It is naturally present in many foods and is also available as a dietary supplement. Selenium from our diet gets stored in muscle tissue, though the thyroid is the organ with the highest concentration. Selenoproteins — that play a key role in reproduction, thyroid hormone metabolism, and DNA synthesis. Over time, this can lead to inflammation, premature skin aging, and a host of age-associated diseases.

Biological aging is a complex process that involves molecular damage, metabolic imbalance, immune system changes, and increased susceptibility to environmental stressors and disease. Selenoproteins are primarily responsible for many of the health benefits of selenium. Telomeres are “protective caps” located on the ends of our chromosomes that affect how quickly cells age. Some experts consider telomere length as an informative biomarker of aging. All-cause mortality of older adults with low selenium levels is significantly higher than that of the elderly with a high level of selenium. It is important to note that results remain conflicting and more research on the topic is needed. Some studies — such as the one referred to above — suggest that low levels of selenium may actually promote longevity. Selenium may also play an important role in the protection against certain age-related diseases.

People with lower selenium levels are at a higher risk of coronary heart disease. In contrast, a review trials that used only selenium supplementation for the primary prevention of heart disease found no statistically significant effects of selenium on both fatal and nonfatal cardiovascular events. There is no solid research to suggest selenium from diet or supplements prevents cancer in humans. Having optimal selenium levels can protect against thyroid disease and preserve overall health. If selenium supplementation can help treat or prevent age-related cognitive decline in older adults.

Selenium is found in a wide variety of foods that can be easily incorporated into a person's diet. Selenium is found in soil, its levels in food will be based on how much selenium was in the soil where the food was grown. One of the first signs of excessive selenium intake is a garlic smell on the breath and a metallic taste in the mouth. Selenium is an important mineral that is needed for many important functions within the body. There is also limited evidence that it may provide several different health benefits. Selenium deficiency or are considering taking selenium supplements, be sure to speak with your healthcare provider. It is important to include optimal amounts of selenium in the diet because it does play a role in neutralizing free radicals and reducing inflammation, both of which can contribute to premature aging.

PCOD - Early warning signs to watch out for

Menstruation is a topic that is still considered taboo. Women generally talk about these days in hushed voices, exchanging information and resorting to self-medication for issues that should be treated medically. As a result, Polycystic Ovary Disease (PCOD) - a condition that is becoming increasingly prevalent among young Indian women - is often ignored in the early stages.

PCOD is a condition where ovaries release immature or partially-mature eggs that eventually become cysts. Nearly one in five Indian women are said to be suffering from PCOD. Yet, this is barely spoken about. Women complain about painful menstrual cramps, irregular periods and other health issues.

PCOD, unlike PCOS (polycystic ovary syndrome), can be managed with the right diet and exercise. It is also important to start treatment early to ensure an effective outcome. However, it is important to understand what the preliminary signs of the condition are to be able to diagnose the condition properly and seek treatment.

Early Symptoms of PCOD

There are 5 common symptoms seen during the onset of PCOD:

- ✦ The most common symptom is irregular periods. The onset of PCOD happens at a younger age, with the gaps between period cycles varying from 2 to 3 months. Women with PCOD also experience heavy bleeding with painful cramps.
- ✦ Another common symptom is excessive facial and body hair growth, due to excessive androgen. It could also result in severe acne in some cases.
- ✦ Some women also gain excessive weight, particularly in the abdominal region.
- ✦ Few women also experience skin darkening, as a common symptom.
- ✦ One common symptom is often dismissed as stress or weather-related - brittle, thinning hair or excessive hair fall.

Many women also experience pigmentation of the skin, particularly around the neck region - known as Acanthosis Nigricans. Mood swings, headaches and depression also occur due to hormonal changes.

Unfortunately, these symptoms are not a clear indicator of the condition. The onset typically happens during adolescence, which is



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also accompanied by several other hormonal changes. This is also a period of lifestyle changes, which can result in several changes to the body.

These symptoms need to be considered together to understand the problem and consider a medical diagnosis. It is important to consult a gynaecologist who is experienced in treating women with PCOD to start the right treatment plan.

The Treatment Plan

Early diagnosis is key to effective treatment of any condition. PCOD is no exception. While there is no cure for the disease yet, it is manageable with the right lifestyle modification. It is yet unclear why PCOD occurs in some people. However, it is typically associated with excessive insulin and the production of excessive androgens. Unhealthy lifestyles and pollution are also

potential contributing factors to the occurrence of PCOD.

The best way to manage PCOD is by ensuring proper weight management. A healthy diet and a proper exercise plan are crucial for the management of the condition.

Avoiding excessive sugars, carbohydrates and alcohol are important. Additional treatment options, including surgery in extreme cases, could be recommended by the doctor depending on the severity of the disease.



Photo by Maksim Goncharenok



Recognise these Common Eye Problems

Eyes are a great sensory organ that need special care and regular check-ups to ensure proper vision. However, often people shy away from check-ups due to lack of awareness about common eye problems that can affect the eyesight or lead to long term consequences like permanent loss of vision. Below mentioned are frequent and common eye problems focusing on diagnosis and treatment.

Glaucoma

Glaucoma is a group of eye conditions that damage the optic nerve due to increased pressure leading to lack of proper vision. Glaucoma can be of two main types — open-angle, which is far more common and tends to develop slowly, and angle-closure, which occurs suddenly and is known to be painful. In its early stages, it has no symptoms. However, once detected, it can be slowed or stopped with the help of eye drops, surgery, or laser treatments. Glaucoma is a common cause of blindness for elderly people over the age of 60.

Cataracts

A cataract refers to a cloudy lens in the eye that results in blurred vision. Over an extended period, the development of cataracts can lead to vision loss. It occurs slowly due to aging; however, it can also be due to excessive UV light exposure, diabetes, and trauma. Cataracts can be easily treated with a surgical procedure, and the plan should be thoroughly discussed with an eye specialist.

Conjunctivitis (Pink Eye)

Conjunctivitis is an eye condition with redness and inflammation of the clear tissue covering the eye and the inside of the conjunctiva (eyelids). It is generally caused due to viral or bacterial infections but may also be caused by irritants such as chemicals, allergens, or pollutants.

Bacterial conjunctivitis can be cured with the help of ointments or antibiotic drops prescribed by an ophthalmologist. However, infectious conjunctivitis is viral in most cases and may not need to be treated with antibiotics.

Hypermetropia (Far-sightedness)

Hypermetropia refers to difficulty in seeing close objects while ease at perceiving far off things. It's caused due to an unusually flat cornea that doesn't allow light to accurately focus on the retina. Severe farsightedness is usually a hereditary condition. Eyeglasses, contact lenses, or surgery are some treatments that can be used to correct Hypermetropia.

Myopia (Near-sightedness)

Myopia refers to a vision condition in which affected persons can see objects kept at a close distance but cannot see far off objects clearly. Contrary to Hypermetropia, myopia is caused due to the cornea having too much of a curvature, not allowing light to be focused on the retina which is the sensory layer of the eye. Myopia is also exceedingly common and can be easily treated with contact lenses, glasses, or surgery.

Regular eye check-ups help discover and treat common eye problems' early indicators and symptoms. Hence, it is essential to always remain proactive when it comes to eye health and visit the specialist regularly.

Most Common Spine Injuries: Causes and Treatment

*Dr. Veerendra Mudnoor,
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A spinal cord injury not only damages the spinal cord but it might also damage the bones and tissues. If the severity of the damage is high, it might lead to the possibility of losing function or mobility in different parts of the body and the spinal cord injury might make the body lose essential functions if the injury disables the nerves to communicate with the brain.

Damage to any segment of the spinal cord or nerves at the end of the spinal canal (cauda equina) generally results in permanent alterations in strength, sensation, and other bodily functions below the site of the injury. A person with spinal cord injury suffers psychological, emotional, physical and financial trauma and it impacts every aspect of their and their families lives.

Symptoms

Spinal cord injuries can be sudden or gradual. Acute injuries usually result severe back pain with or without paralysis (weakness of muscles either in the hands or the legs with difficulty in controlling urination or bowel movements). They are usually caused by trauma, infections or cancers spreading to the spine from other areas. Sub-acute or Chronic insults generally develop over a period of days or weeks as a result of bleeding, swelling, inflammation, and fluid collection in and around your spinal cord. Nontraumatic spinal cord injuries can be caused by arthritis, malignancy, inflammation, infections, or spinal disc degeneration.

Emergency signs and symptoms of spinal cord injury after an accident:

There might be extreme back pain or stress in the neck, head, or back. In any

part of the body. Person might experience weakness, incoordination, or paralysis. There may also be numbness, tingling or loss of sensation in the hands, fingers, feet or toes. One may face difficulties in balancing and walking steadily. There may also be breathing difficulties after injury. And in some cases, an unusually twisted or positioned neck or back can be seen after injury.

Types of Spinal cord injuries:

There are two types of spinal cord injuries - Complete and Incomplete spinal cord injuries:

▷ **Complete** - The complete spinal cord injury leads to loss of functions leading to paralysis below the level of injury affecting one or both the sides of the body.

▷ **Incomplete** - Incomplete injuries cause loss of some functions leaving some functions to work on one or both sides of the body.

Most common causes for spinal cord injuries are:

▷ **Motor vehicle accidents** - Accidents involving motor vehicles can result in a traumatic impact on the spinal cord or adjacent tissues, such as ligaments, discs, and vertebrae.

▷ **Fall** - A fall is the most common cause of a spinal cord injury beyond the age of 65.

▷ **Acts of violence** - The third largest cause of spinal damage is violent behaviours like - gunshot wounds, knife wounds, and many forms of attacks might all result in spine injury.

▷ **Sports and recreation injuries** - Strains, muscle spasms, compression

fractures, avulsion fractures, and disc herniations are all common sports injuries to the spine, with strains being the most common.

▷ **Diseases** - Spinal cord injuries can also be caused by cancer, arthritis, osteoporosis, and spinal infections like Tuberculosis

Treatment for the spinal cord surgery:

Treatment depends on the nature and type of injury: In some of the spinal cord injury cases, rehabilitation and assistive devices allow the injured ones to lead productive and independent lives. Some of the treatments include the use of drugs in order to reduce the symptoms, Surgery is often done for patients who instability of the spine due to fracture or collapse of the bone or when there is spinal compression leading to severe pain, weakness or paralysis. There are many experiments being done by the scientists to find out ways to stop cell death and promote nerve regeneration but none of them have been proven to be beneficial to the patients presently.

Conclusion

Anyone who has suffered a serious head or neck trauma should seek emergency medical attention for a spinal injury. In fact, until proven otherwise, it's best to assume that trauma sufferers have a spinal injury as a spinal injury is easily missed. Missed spinal lesions can prove very disastrous for the patient and the family. Hence one should immediately seek medical help without any delay. The time between injury and treatment can be crucial in determining the degree and severity of problems, as well as the expected level of recovery and can make a huge difference in the lives of the patients along with their families.

10 KIDNEY SYMPTOMS THAT YOU SHOULD NOT IGNORE

by Ms. Kanchan Naikawadi, Preventive Healthcare Specialist and Joint Managing Director, Indus Health Plus

Chennai: Millions of people suffer from various sorts of kidney illness, and most of them are completely unaware of it. The reason why kidney disease is known as the "Silent Killer" because most patients do not notice any symptoms until the disease has progressed. People get their diabetes, blood pressure, and cholesterol levels checked on a regular basis, but they don't get a simple creatinine test in their blood to detect any undiagnosed kidney abnormalities.

According to Indus Health Plus checkup data, 16.8% of the total tested people were having abnormalities in their kidney functions (namely serum creatinine). There are many warning indicators of a kidney issue, but they are commonly overlooked or mistaken with other illnesses (because of their non-specific nature). As a result, one must be extremely careful and should have confirmatory testing (including blood, urine, and imaging) performed as soon as any evidence of a kidney problem appears. One should consult a nephrologist to clear up any doubts. However, if you have hypertension, diabetes, obesity, or what is now known as metabolic syndrome, or coronary artery disease, and/or a family history of the same, or a family history of kidney

failure, or if you are older than 60 years old, it is recommended that you have kidney tests done on a regular basis.

While confirmatory testing is the only way to definitively diagnose kidney illness, here are some early warning indicators of kidney disease:

Early signs can be appearance of swelling over the ankles, feet, or legs:

One will start to notice edema at these sites which pits on applying pressure and is termed as pitting edema. As the kidney function starts to fall, there is sodium retention which causes swelling in your shin and ankles. In short, any person noticing new-onset pedal edema should get an immediate check-up of his/her renal function from a nephrologist.

Weakness: Kidney illness is nearly always accompanied by early fatigability. This symptom becomes increasingly prevalent as renal failure advances. You may feel more fatigued or drained than usual and be unable to do more strenuous activities, necessitating more frequent rest. This is mostly due to toxins and impurities accumulating in the bloodstream as a result of poor kidney function. Because it is a non-specific symptom, it is frequently overlooked and under

investigated.

Reduced appetite: As a result of the accumulation of toxins such as urea, creatinine, and acids, an individual's appetite is repressed. In addition, as kidney disease progresses, patients report a change in taste, which they characterize as metallic. If one experiences early satiety while eating very little during the day, it should raise red flags in one's mind, and one's renal function should be checked.

Early morning nausea and vomiting:

Early morning nausea, which is often typically described as hitting the individual when he or she walks to the restroom in the morning to brush his or her teeth, is also one of the earliest indicators of poor renal function. It also contributes to the individual's lack of appetite. Multiple episodes of vomiting and complete loss of appetite are common in patients with end-stage renal failure.

Anemia: When a person's hemoglobin level drops, he or she may appear pale, even though there is no visible sign of blood loss from the body. It's one of the most common side effects of kidney illness. This can also lead to weakness and exhaustion. Low Erythropoietin levels (Erythropoietin is generated in

the kidney), low iron levels, and toxin accumulation leading bone marrow suppression are only a few of the causes of anemia.

Changes in urine frequency: It is necessary to maintain a close eye on one's urine output. For example, urine flow may drop, or increased frequency of urination, particularly at night (termed as nocturia). It could be a warning sign that the kidney filtration units have been or are about to be damaged. In men, this can sometimes be an indication of a urinary tract infection or an enlarged prostate. As a result, any change in urine output (increase or decrease) should be reported to your nephrologist very once.

Blood in urine or foamy urine: The presence of protein in the urine is indicated by excessive frothiness in the urine (which should be negligible under normal circumstances). When the kidney's filtration function has been or is damaged, protein and blood cells start to leak into the urine. In addition to renal illness, blood in the urine might indicate tumors, kidney stones, or any form of infection. In addition, pus in the urine, accompanied with a fever or chills, might be an indication of a serious urinary tract infection. Any changes in the color, consistency, or type of urine should be reported as soon as possible to a renal expert.

Dry and itchy skin: Skin that is dry and itching is an indication of severe renal disease. When renal function fails, toxins tend to accumulate in the body, resulting in itchy, dry, and foul-smelling skin.

Backache or lower abdomen pain: Pain in the back, side, or below the ribs can indicate a kidney problem such as renal calculus or pyelonephritis. Lower abdominal pain can also be caused by a bladder infection or a ureter stone (the tube connecting the kidney and bladder). Such symptoms should not be overlooked and should be followed up with a routine imaging study such as an X-ray KUB or an Ultrasound Abdomen.

High Blood Pressure: High blood pressure might be a symptom of kidney disease. To rule out renal etiology of hypertension, anyone diagnosed with hypertension should undergo a thorough workup of renal functioning and kidney imaging. As kidney function declines, sodium and water retention occur, resulting in elevated blood pressure. Headaches, abdominal pain, visual blackouts, and maybe the early signs of renal

“Is the old era moving towards it's end?”

The activity of the brain changes throughout a human lifetime. The old age comes with lots and lots of risk associated with old age is loss of memory and dementia. A new study in mice published in Nature has revealed that cerebrospinal fluid (CSF) which is that it could hold the key to understanding how and why the brain changes as we age, They are in process of experiencing new things.

As we start Understanding the biochemistry that underlines brain aging could help identify treatments for dementia which is actually losing of our memory. 3 years ago the United States Food and Drug Administration (FDA) issued Trusted Source a warning against using plasma from young people in unproven treatments marketed at older people.

The existence of these unproven therapies was on rumours based on misunderstood results from research in mice. One such Source found that blood plasma infusions from young mice improved the memories and function of older mice. Further experimentation in humans has also failed to show an effect. A 2017 trial showed infusions of blood plasma from young people did not reduce Alzheimer's symptoms in older people and aged people.

Researchers had to condition the mice to remember an event so they could test this memory later. The experiment was on a mice, it was done on Twenty-month-old mice were given 3 electric shocks on their foot at the same time as being exposed to a tone and a flashing light, to help create an association. These older mice then had cerebrospinal fluid from 10-week-old mice injected into them for a week. A control group received artificial CSF. Three weeks later, the researchers tried to ascertain how this affected the mice's memory. To do this, they exposed the mice to the same tone and flashing light but without the electric shocks, and many froze with fear. This resulted in losing up of the memory. This suggested the CSF from young mice was having a rejuvenating effect on the older brains, which improved their memory.

In relation to more oligodendrocytes, mice receiving young CSF had more myelin coated nerves in their hippocampus, a part of the brain essential for memory. The authors suggest this led to improved nerve conduction in the hippocampus and therefore improved memory in the treated mice. Protein that is commonly expressed in the brain but declines with age. The study showed this growth factor was necessary and sufficient to create more oligodendrocytes and to improve memory and cognition in mice. Oligodendrocytes is a glial cell similar to an astrocyte but with fewer protuberances, concerned with the production of myelin in the central nervous system.

In Dr. Rebecca Edelmayer words she said: “For those of us working on Alzheimer's disease and other dementia, there is much we can learn from the process of normal aging by studying the natural The idea of replenishing growth factors to support cellular health is not new. Research studying cellular growth factors is a common area of neuroscience, and it is being investigated for multiple diseases.” She also added “idea of replenishing growth factors to support cellular health is not new. Research studying cellular growth factors is a common area of neuroscience, and it is being investigated for multiple diseases.”

“It's very early-stage research in mice, but I think it does have a lot of interest and a lot of potential to be further replicated and developed.”, In the words of – Dr. Sanchoy.

IT'S BECOME EASY FOR EVERYONE TO BE CURED OF CANCER

Treatment for Cancer is available in India but unfortunately not affordable by all Economic Strata, as it requires more money to be treated. The FICCI Conclave organized on 18th June 2022 in Chennai had a plethora of top players from the Health industry and the Insurance sector.

In our pursuit to extend access to these treatments to all people in our country, FICCI Tamil Nadu State Council has come up with an initiative to invite Senior Specialists and Popular Doctors in the field of Cancer, along with Insurance Experts, to have an interaction so that these treatments can be made available through Healthcare Financing.

Insurance Companies should be aware of the Modern Advancements happening in the Medical Field, so that they can innovate Health Cover that pays for the cost required for treatments related to Cancer, Transplantation, etc. Dr. S. Prakash, MS., FRCS (Glasg), FAIS, Convenor, FICCI Tamil Nadu Insurance Panel & Managing Director, Star Health and Allied Insurance Co. Ltd. "FICCI Tamil Nadu State Council Endeavours to align all stakeholders in the Healthcare Ecosystem so that every common man in our country can have the best of Health care treatment available with the support of Insurance. Various well-known doctors suggest:

Mr. Bhupesh Nagarajan, Co-chairman, FICCI Tamilnadu State Council & CMD, Indira Projects stated that "Insurance plays a vital role during medical emergencies, the lack of which can cause a financial collapse in middle-class families. New advancements in medical technology guarantee a better quality and higher success rate of treatment but also come at a higher cost. FICCI TNSC, is the largest apex industry body in our country.

Prof. Dr. S. Subramanian, MD, MRCP (UK), Sr. Medical Oncologist, Chairman & Managing Director, VS Group of Hospital emphasized, "We should all be aware of medical innovations and advancements, the value addition of such innovations to health, the cost involved and the role of insurance in supporting the patients. Over the years, along with advancements in treatment methodologies, the incidence of cancer has also increased manifold. Genome testing is an advanced methodology that has been instrumental in early detection and successful treatment.

Dr. V. Balasundaram, MD, R.T, Consultant Radiation Oncologist, VS Group of Hospitals voiced that Advances in surgery and oncology treatment methodologies have catapulted the success rate of treatment from 25% to 70%. The concept of forward planning has helped save many lives. High-end technology can be used for the treatment of early-stage cancers and adverse effects will be much lesser. It helps save the quality of life of the survivors.

Dr. N. Ragavan, Urologist, Uro Oncologist & Robotic Surgeon, and Apollo Hospitals boldly voiced, "By 2030 to 2035, 90% of oncology surgery will be non-invasive. Such advancement is just a natural progression. Robotic surgery has become quite common in oncology in hi-tech hospitals around the world. There is scientific evidence to prove the superiority of robotic surgery. It's just a question of time that this hits every hospital in our country.



Dr. Joy Varghese, Director, Department of Hepatology & Transplant shared, "Critical care illness policy awareness has to increase among the public. They should be taught about both prevention of the disease and how to tackle the situation when diagnosed. Insurance support is currently available only for liver transplants but not for other liver-related ailments.

Dr. Sunil Shroff, Senior Consultant, Urologist, Transplant Surgeon, and Social Entrepreneur stated, "As far as transplantation is concerned, insurance involvement is very minimal. A total number of 11,500 transplants are conducted in India but we are meeting only 5 to 10% of the total requirement. What has also helped this cause is the deceased donation program and in India, the rate is 0.8 per million population.

Dr. Srinivas Rajagopala, Senior Consultant, Interventional Pulmonology & Sleep Medicine, Director, Transplant Pulmonology & Lung Failure Unit, Kauvery Hospital shared, "Every year we lose 8,80,000 people due to chronic lung disease. A significant cause is tobacco usage and pollution factors. The first successful lung transplant has effectively taken off in India by 2017. Chennai and Hyderabad are the more active centers but handle only 200 transplants, which is a very minuscule %. I would like to highlight that most health programs do not include good quality spirometry. This is a vital indicator of overall good health."



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