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# HEALTHLINE

Paramount's Monthly Magazine

**You are  
CONFINED  
ONLY BY THE  
WALLS YOU  
BUILD  
YOURSELF.**

**Break  
FREE  
FROM THE  
THOUGHTS  
WHICH  
LIMIT YOU!**

International  
Yoga Day

Healthy Snacking  
@ work

Anxiety  
Myths & Facts

Brain exercises



## A mini guide to Beginners, Intermediate & Advanced Levels of Yoga

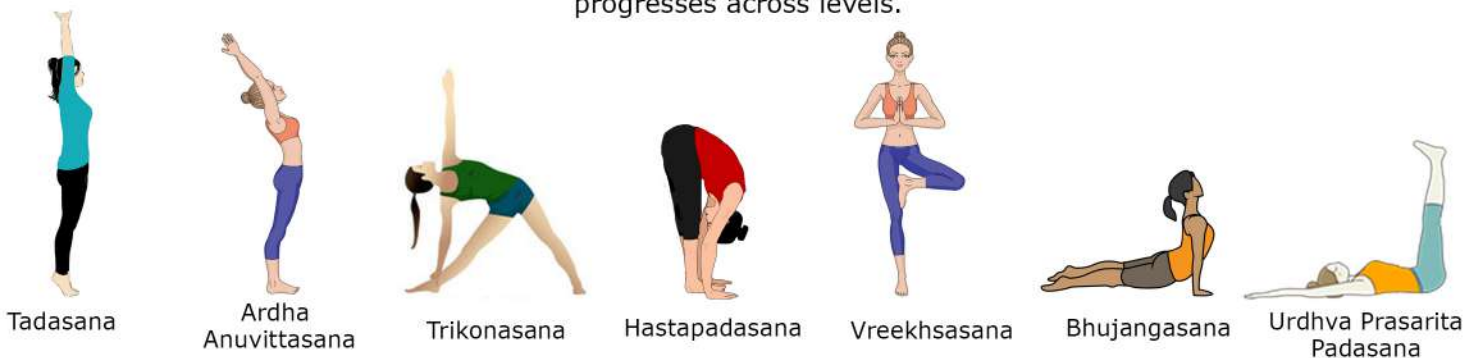
June 21<sup>st</sup> 2018



The word 'Yoga' is derived from the Sanskrit word 'Yuj' meaning 'union'. It is widely regarded as a way of living that connects the body, mind and spirit through different body postures, meditation and controlled breathing techniques. Yoga is known to have multiple benefits which include – better flexibility, relief from various types of pain and aches, improved concentration and improved overall health. Here is your mini guide to yoga asanas, classified into Beginner, Intermediate and Advanced levels.

### Beginner level Yoga Asanas

These asanas are less technical and can be performed by anyone. They help to build the foundation and pave the way for progression to the next level. They also improve muscle co-ordination which is important as one progresses across levels.



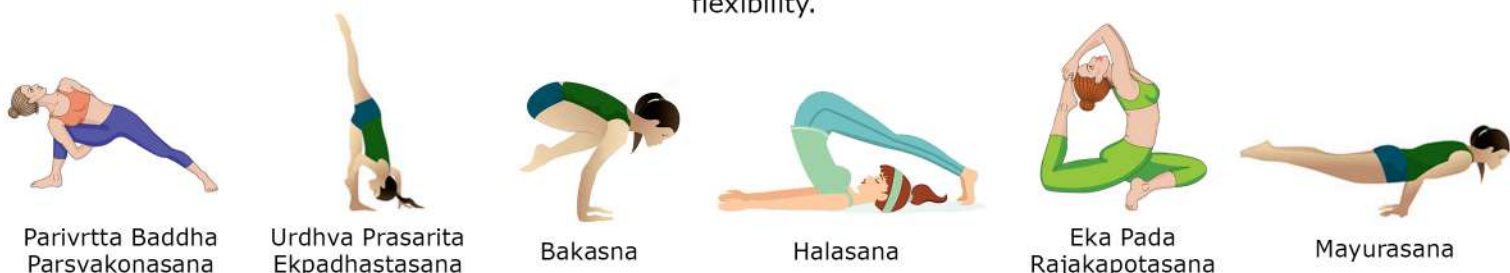
### Intermediate Level Yoga Asanas

These asanas involve multi-joint co-ordination which is essential for improved flexibility and muscle co-ordination.



### Advanced Level Yoga Asanas

These asanas are slightly tougher and will be easier for those who have been practising the Beginner and Intermediate levels of Yoga regularly, for at least 1-2 years and have achieved significant muscle control and flexibility.



Please note that these asanas have been mentioned here for reference purposes. They have to be performed under expert guidance only.



# Healthy Snacking @ work - A Salad and A Sandwich

A healthy salad or a sandwich is a perfect munching snack compared to the oil soaked vadas, greasy bhajiyas or any other junk snacks easily available.

Try these tasty and healthy salad and sandwich instead.

## Sweet Corn and Kidney Bean Salad

### Ingredients:

- 1 ½ cups cooked rajma (kidney beans)
- 1 ½ cups cooked fresh corn (preferably sweet corn)
- 1 small chopped onion
- Salt and black pepper (kalimirch) powder to taste
- Olive Oil
- Vinegar

You can also add herbs like oregano, basil and chilly flakes.

### Method:

- Mix all the salad ingredients in a bowl
- Put in the refrigerator until you eat
- Toss the salad well, before eating



### Health Benefits:

Sweet corn and kidney beans in the salad make it rich in multiple vitamins, minerals and protein. The fiber content in the salad promotes digestion. Vinegar can help keep blood sugar levels more stable. Olive oil used in the dressing contains high amount of vitamin E, K and other antioxidants that help fight serious diseases.

## Green gram (Moong) Sprouts, Tomatoes and Basil Sandwich recipe



### Ingredients:

- 1 ½ tbsp of mayonnaise
- 2 tbsp finely chopped basil
- 1 stem celery finely chopped
- 1 stem parsley finely chopped
- 4-5 finely chopped cherry tomatoes
- 2 tbsp steamed green gram sprouts
- 4 finely chopped purple cabbage leaves
- 2 whole wheat bread slices
- 1 ½ tsp butter
- 1 iceberg lettuce leaf
- ½ tsp vinegar
- Salt and pepper to taste

### Method:

#### For the stuffing

Mix the mayonnaise, basil, celery, parsley, cherry tomatoes, green gram sprouts, cabbage, vinegar, salt and pepper in a bowl.

#### For the sandwich

- Apply butter on 2 slices of bread
- Place 1 lettuce on 1 slice and put 1 portion of the prepared stuffing and cover with another bread slice

### Health Benefits:

Basil, Parsley and celery are rich in vitamin, iron and minerals. Lettuce is known to be rich in anti-inflammatory, anti-microbial and anti-oxidant properties. Green Gram sprouts provide proteins to your body and helps boost your energy levels. Cherry tomatoes are a rich source of Vitamins and minerals that boosts your immunity system. Purple Cabbage is an excellent source of Vitamin K that is required to maintain optimal bone health.





**Myth :** *Anxiety is no big deal.*

**Fact :** *Anxiety can cause significant problems to your health.*

Many people experience anxiety in everyday situations, such as when they're taking a test or going through a job interview. But anxiety can become a problem if it starts to affect your ability to go through everyday life.

Anxiety can cause behavioral and emotional symptoms like persistent worries, fears, and thoughts. It also can cause physical symptoms like rapid breathing, sweating, tense muscles, and headaches. It can affect your eating and sleeping.

It's important to talk to your doctor if you think your anxiety is causing you bigger problems.

**Myth :** *Anxiety is a problem mostly for adults.*

**Fact :** *Anxiety affects both children and adults.*

Although anxiety is the most common mental illness for adults, it's also common in children. About 7 percent of children aged 3-17 years old (about 4.4 million kids) have diagnosed anxiety, according to the Centers for Disease Control and Prevention (CDC).

Anxiety can cause children behavioral, emotional, and physical symptoms in children, just as they can in adults.

**Myth :** *Anxiety and depression are unrelated.*

**Fact :** *Many people who suffer from anxiety also suffer from depression.*

It's common for people to have both depression and an anxiety disorder. According to the ADAA, 50 percent of people with depression also have a diagnosed anxiety disorder.

And it's not just depression. According to the ADAA, anxiety is related to several other mental and physical health conditions:

- Bipolar disorder
- Eating disorders
- Sleep disorders
- Substance abuse
- Headaches
- Chronic pain
- Attention deficit/hyperactive disorder
- Irritable bowel syndrome
- Fibromyalgia

**Myth :** *I can get rid of my anxiety with a healthy lifestyle.*

**Fact :** *While you may be able to lessen your anxiety, it may not be cured.*

Maybe you feel better after getting some exercise, or eating healthy, or getting a good night's sleep. Maybe you cut out caffeine or other stimulants. Maybe you may choose to try natural or homeopathic methods to manage your symptoms, such as meditation, dietary changes, engagement in preferred hobbies or activities, or deep breathing. Maybe you avoid stressful situations altogether.

While doing some or all of that may make you feel better in the moment, it won't cure your anxiety disorder. It's important to seek out professional treatment to confront the causes of your anxiety disorder, instead of just trying to reduce stress.



