

HEALTHLINE

Paramount's Monthly Magazine

“Exercise is not about the weight you lose, but about the fitness you gain.”



**'DE-ADDICT'
FROM
SOCIAL
MEDIA FOR
A HAPPIER
LIFE**

**FART FACTS
- THE
THUNDER
DOWN
UNDER**

**AN
AWAKENING
TO SOME
'SLEEP
FACTS'**

**PARENTING
AND
EARLY
CHILDHOOD
DEVELOPMENT**



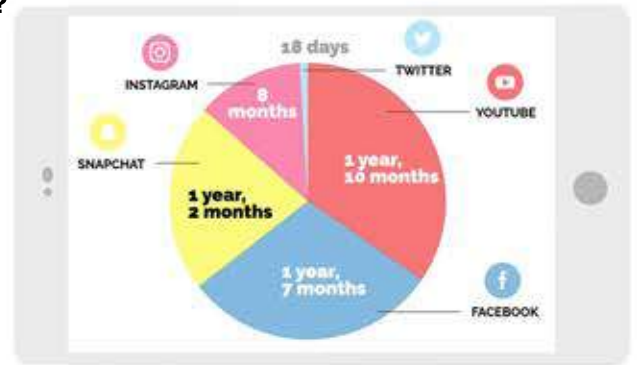
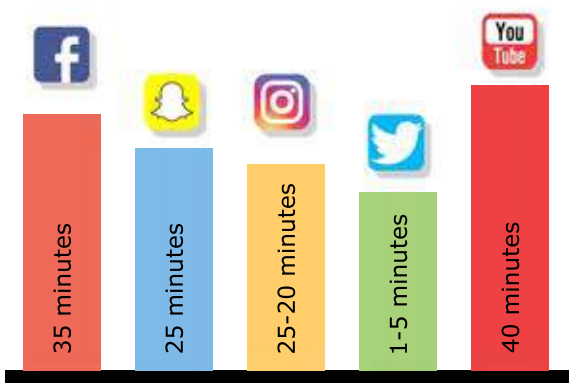
How many cumulative hours in a day do you spend mindlessly browsing through social media?



If you fall under the 'Never' category - **Excellent!** However, do read on to know how you have done yourself good. The rest of you, read on to find out what good you CAN do by controlling your use of social media.

Now, let's take a look at the average time people spend on social media in a day?

How much cumulative time of their life have people lost?



So in total an average person spends 5 years and 4 months of his life on social media.

What you could possibly do in this much time?

- You could write the next 2 books of the Harry Potter series like J. K. Rowling.
- You could launch another next generation system like Steve Jobs.
- You could discover a few more record breaking theories like Einstein.

Imagine the amount of precious time lost when you are addicted to the Social Media!

Why Social Media is a magnet pulling its users back to it again and again?

Using Social Media provides you instant gratification – like getting instant response from loved ones, getting appreciation through 'likes' etc. Instant is what we like, don't we? This releases 'Dopamine' – the 'feel good' hormone, the same hormone that makes one feel good while smoking, drinking and gambling. But remember this 'feel good' feeling is nothing but 'pseudo-happiness'.

Social media is not bad but as the saying goes - anything in excess becomes an addiction and makes matters worse for the person addicted.

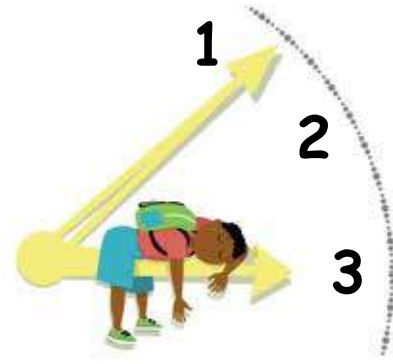
So take these small steps to De-addict from Social media to develop meaningful relationships and lead a more fulfilling life:

- Set time slots for using social media for personal use and use the rest of the time productively
- Turn off notifications or keep your phone away when you are engaged in important activities
- During family time, meetings and personal interactions avoid being glued to the phone
- Keep interactions with family, friends and relatives more personal rather than through Social Media
- Avoid checking your social media updates on waking up, rather set some positive morning rituals

Get off spending time aimlessly on social media and get on with a purposeful life outside which could lead to real happiness!

I usually go to sleep anytime between 11 p.m. to 1 a.m. and I get around 6 hours of quality sleep. Thankfully my body is now used to this and I no longer require 8 hours of sleep.

Irregular sleeping patterns can interrupt the circadian rhythms. While your body does get adjusted to the sleep you missed out on, a long term practice of irregular sleeping habits results in fatigue, reduced ability to focus and lack of alertness. Also, recent studies suggest that regular loss of sleep can have negative effects on cognitive, behavioral and metabolic health and may also lead to lifestyle diseases such as diabetes and hypertension.*



To explain this further, here is an example:

People working in shifts are more prone to experience disturbance in circadian rhythm as the quality of sleep they experience is poor. It will be interesting for you to know that our body uses sunlight to determine how much of the sleep-promoting hormone melatonin has to be secreted. For a person working in night shift, melatonin production may occur when they need to be awake and alert for their job. Also, for such persons, exposure to sunlight may prevent the production of melatonin at a time when they are supposed to catch up on their sleep (daytime). This kind of poor sleep quality can have a negative effect on overall health in the long run.

* Circadian rhythms are physical, mental, and behavioral patterns that follow a daily cycle. They respond primarily to light and darkness in an organism's environment. Circadian rhythms, also known as the biological clock of the body, control alertness and sleep. This process takes place with the help of specific proteins that interact with the cells present throughout the body.



Note: A man can survive without water and food for several days but cannot survive without sleep for more than 7-12 days.

Did You Know?

FART FACTS - THE THUNDER DOWN UNDER



Flatulence or Fart - which occurs nearly in all living organisms is a mixture of hydrogen, nitrogen, oxygen, carbon dioxide, sulfur dioxide, and in some cases - methane.



A human being farts every day, enough to fill a medium-sized balloon.

Smelly fart is due to the hydrogen sulfide generated by the intestinal bacteria when carbohydrates like sugar, starches and fiber are not absorbed properly during the digestion process.



The word "fart" is actually derived from the Old English words - 'ferten or farten' which means 'to break wind.'

The aforesaid gases are produced as a byproduct while breaking down food during the digestive process by trillions of bacteria present in the intestine.

The sound of fart depends on the amount of bottled up gas, the tightness of the sphincter (the muscular ring that surrounds the anal canal), and the force with which the air comes out.



The average speed of a fart is about 3 meters per second.

Farts are one of the natural urges that are not supposed to be suppressed for a long time.



Welcome to the wonderful and mysterious world of parenting! Most parents are caught unawares in the world of parenting and often wish for a handbook! While there is no personalized handbook that is available, here are some simple ways to encourage your child's overall development.

Ways to nourish your child's Cognitive and Intellectual development

Cognitive development refers to the way in which children learn to think logically, reason out and solve problems. It is important that parents create a healthy and engaging environment so that children develop their cognitive skills. Here's what you can do:

- Participate with your child in various skill-building activities (reading, role-playing, science activities, etc.) and engage with them in play-way methods. This will help build language skills, thinking skills, creativity, etc.
- Nurture your child's creative interests. Encourage imaginative learning, and engage your child in reading activities, art, craft and brain games such as memory games, word and number games.
- Ensure children get sufficient sleep at night.
- Give your child the opportunity to learn through their senses and allow them to explore their toys and learn.
- Plan trips to interesting places such as the library, museum, zoo to stimulate their sense of curiosity.

Most importantly, listen to their questions carefully and respond with interest. This will build your

child's sense of self-worth and confidence while dealing with challenges.

Ways to nourish your child's Physical development

- Provide exposure to fitness activities including outdoor sports.
- Provide them with healthy and nutritious food, preferably home-cooked.
- Ensure your child adopts good hygiene practices.
- Discourage inactivity by limiting their screen time.
- Engage small children in fine motor skill building activities such as threading, lacing, beading, etc.
- Ensure vaccinations are done on time.
- Track your child's developmental milestones.

Ways to nourish your child's Socio-emotional development:

Early years are important for your child's socio-emotional development. As your child's first role model, it is important that you lead by example and build positive behavior in your child.

- Build a strong bond and sense of trust with your child.
- Give your child ample attention and encouragement.

- Praise their accomplishments.
- Talk and discuss their thoughts, emotions, stress and peer pressure. Discuss topics such as negative digital influences, gender bias, 'good touch' and 'bad touch' etc.
- Avoid fighting or using abusive language in front of your kids.

Every child's unsaid words:

Mommy and daddy I love it when:

- You listen to me
- You sit down and play with me
- You cuddle me and read stories
- You guide me with home work
- You play with me
- You don't use the phone while talking to me
- You allow me to help you with your chores
- You appreciate my work
- You get back home from work on time
- You express your love towards me



Dear readers,

We would love to hear from you!

As a parent, what do you think is most important for a child's development? What kind of activities do you as a parent engage in, with your child? If you have any thoughts on these or on any topic related to parenting, feel free to write to us at corp.comm@paramount.healthcare and get a chance to see your name on our blog and social media pages!

Do send in your responses before the **30th of September, 2018**. We will be publishing few select responses on our blog and social media pages, along with the names of the contributors, in the first week of October...hurry up and send in your responses!



Dear Readers,

According to recent surveys and studies:

- 6.5% of India's population is suffering from mental illnesses and this is expected to rise to a whopping 20% in the next few years
- 64% of youth in one of the metropolitan cities in India have thought of ending their lives at some point of time in their lives



Alarming isn't it!

A major contributor to the increasing cases of mental illnesses can be attributed to Stress. Although mental illnesses are on the rise but they are still not provided timely attention as compared to physical illnesses. This could be because of the social stigma attached to it, unwillingness to spend on the treatments, or the lack of understanding that mental illness could be treated.

A welcome initiative by the Government of India (Government) and Insurance Regulatory and Development Authority (IRDA)

To focus on this neglected aspect of healthcare, the Government passed **The Mental Healthcare Act, 2017** which came into force from **May 29, 2018**. The **right to mental healthcare is the core of the Act**. It provides a person with mental illness - protection from cruel, inhuman and degrading treatment; right to information about their illness and treatment; right to confidentiality of their medical condition, and right to access their medical records, amongst other rights. To read more, visit the following -

https://www.irdai.gov.in/ADMINCMS/cms/Circulars_List.aspx?mid=3.4.1

Recently, **IRDA released a circular on August 16, 2018**, drawing reference to Section 21(4) of the aforesaid Act which states that **every insurer shall make provision for medical insurance for treatment of mental illness** on the same basis as is available for treatment of physical illness. All insurance companies have been directed to abide by this circular **with immediate effect**. To know more, visit the following -

<http://www.prsindia.org/uploads/media/Mental%20Health/Mental%20Healthcare%20Act,%202017.pdf>

According to the Act, Mental healthcare would include analysis and diagnosis of a person's mental condition and treatment as well as care and rehabilitation of such person for his/her mental illness or suspected mental illness.

Currently, mental illness is excluded from medical policies so this is certainly a welcome change. It may take time for the Insurance companies to understand and analyze how this provision can be incorporated in their current and future products. However, once this provision is implemented it will definitely allow the persons suffering from mental illness to get the suitable treatment and rehabilitation at the right time, with insurance protection.

Take a Chill Pill



They've just found a gene for shyness. They would have found it earlier, but it was hiding behind a couple of other genes.



What do you call someone who can't stick to a diet?

A deserter



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