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Read the Editor's mind

Dear Readers,

THIS year, for the first time the general budget was presented along with the Railway budget on Feb 1, altering the tradition of presenting it on the last day of February. The budget this year, also came at a time when the country was slowly getting used to the Demonetization move of the Government, the after-effects of which are expected to spill into the first half of 2017.

Here are few welcome proposals put forth for the healthcare sector in the Union Budget 2017-18:

Creation of additional 5000 Post-Graduate seats per annum to ensure adequate availability of specialist doctors to strengthen secondary and tertiary levels of healthcare in the country

Setting up of two new All India Institutes of Medical Sciences in Jharkhand & Gujarat

For senior citizens, it is proposed to introduce Aadhaar based Smart Cards containing their health details

1.5 lakh Health Sub Centres to be transformed into Health and Wellness centres

A nationwide scheme for financial assistance to pregnant women was announced earlier. Under this scheme, Rs.6000 each will be transferred to bank accounts of pregnant women who undergo institutional delivery and vaccinate their children

These proposals reflect Government's keenness to strengthen the current healthcare system. Through creation of additional Post-graduate seats, it is clear that Government is trying to address the critical scarcity of specialist doctors. Also the focus on Wellness is equally appreciable especially since it involves a cultural and mindset shift of the population – to focus on Wellness as against responding to Illness. While these measures may not yield immediate results, they are expected to have a positive impact in the long run.

Did You know? – '**Namaste**'- The Indian greeting and its benefits

Namaste!

Namaste is translated as "I bow to the divinity within you from the divinity within me." The **Namaste mudra** is performed by pressing the palms of the hands together also known as **Anjali Mudra**. It is used in greetings, praying to God and in various asanas regularly.



Its significance:

When we join the palms together while greeting, it is said to provide **connection between the right and left hemispheres of the brain and represents unification**. There exists the Divine known as the soul (ātmā) within us. Performing Anjali Mudra is an honouring of one soul by another.



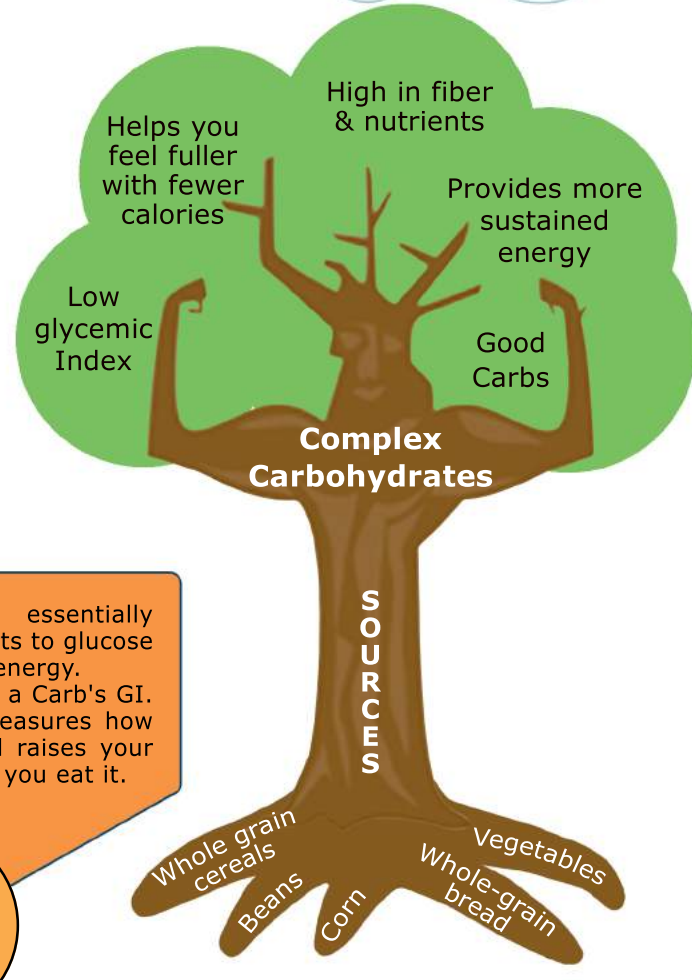
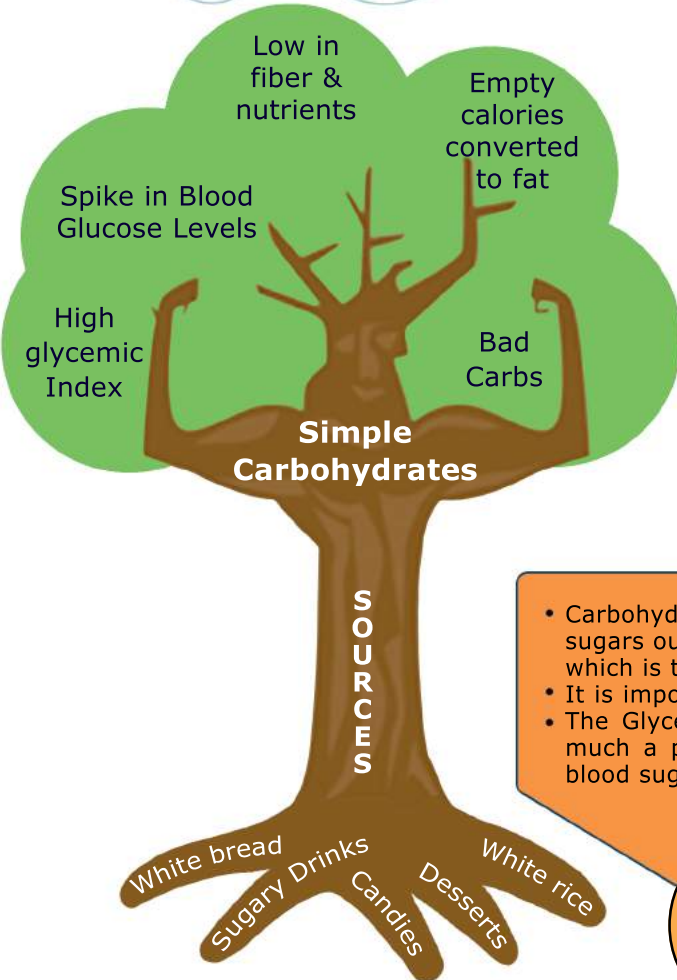
Its benefits:

- It is a non-contact form of greeting so the ease of flow of subtle **negative energies between two people is minimised**.
- It **restricts the transfer of germs** that may be exchanged in other physical forms of greetings like handshakes.
- It **stimulates multiple pressure points** located in the hands thereby **enhancing your energy level**.
- It is **useful for entering into a meditative state of mind**.

All about Carbs

Carbohydrates are one of the three basic macronutrients needed to sustain life.

Carbohydrates include sugar, starch, and fiber.



- Carbohydrates are essentially sugars our body converts to glucose which is then used for energy.
- It is important to know a Carb's GI.
- The Glycemic Index measures how much a particular food raises your blood sugar level when you eat it.

Glycemic Index (GI)

High GI - Bad Carbs:

Foods that are quickly digested and absorbed into the blood stream leaves you feeling tired and hungry faster. It also produces a rapid rise in blood sugar level.

Low GI - Good Carbs:

Foods that are digested and absorbed slower. This produces a gradual rise in blood sugar levels. Such foods benefit in weight control because they help control appetite and delay hunger.

News YOU can USE

Some heart-warming news for cardiac patients - Stents prices heavily slashed!

NPPA (National Pharmaceutical Pricing Authority) has fixed the ceiling prices for cardiac stents

- It was a huge relief for lakhs of cardiac patients, when the Indian Government announced a cut in the selling prices of life-saving coronary stents – upto 85%! The Chemical and Fertilizer Minister Ananth Kumar announced this decision on 14th February 2017 and said that the new prices are applicable with immediate effect. He also added that companies will also have to revise the price of the existing stock being sold in the market and that stringent action will be taken against hospitals and suppliers for overcharging.

To read more on this, kindly click the link -

<http://www.thehindu.com/sci-tech/health/Stents-prices-heavily-slashed/article17302037.ece>

De-stress @ your workplace with Dr.Hoshiyaar



Dr. Hoshiyaar

We are blessed with the most wonderful gift called-LIFE! Ensure that you spend your time with friends and family after work, take time to exercise, eat healthy and most importantly.....stop being negative and learn to see the positive side in situations!

Such conditions result in sick leaves and on recovery most employees find that there is so much work to do, they end up worrying how to catch up - leading to further stress!

Here's how you can deal with workplace stress in a positive manner -

- Track your stressors - **identify which situations create stress and plan your coping mechanisms to deal with such situations.** For example: it is not possible to control the anger or behavior of a colleague. Look for ways to deal with it, rather than stressing about it.
- Speak to your co-workers, family and friends. **Co-workers can especially offer you support and empathize well with you.** Take efforts to build new relationships at work.
- **Manage your time at work well** - prioritize and organize your work, plan your day efficiently.
- **Be proactive about your work** - ask for new projects and challenges. This will keep you stimulated.
- **Take a vacation or a day off, if you feel you are facing a burnout.**
- **Manage your health with exercise & nutrition** - this will make you more resilient to stress. Avoid foods such as alcohol, caffeine that can cause mood changes.
- **Engage in breathing exercises, meditation** and other calming activities regularly.
- **Maintain a healthy work-life balance**- give time to yourself and near and dear ones.

"Workplace related stress has become increasingly common."

Mental or physical stress in a person can often be directly linked to workplace stress. Some of the most common causes of workplace stress include:

- Fear of layoffs
- Job insecurity
- Over/under utilization of capacity
- Trouble with superior
- Lack of recognition
- Variations in work hours or conditions
- Fewer retirement benefits

What happens when you are stressed at work?

When you are stressed at work, it usually has a ripple effect on all areas of your life - it can affect your social, personal and work life. The repercussions could be:

- Frustration
- Tardiness

- Presenteeism & Absenteeism
- Inability to meet deadlines
- Costly mistakes at work
- Resentment towards company
- Strained relationships with peers and superiors
- Inability to enjoy balanced work life

Workplace stress can lead to alarming decreases in productivity and employees tend to display low morale, less loyalty and commitment to work.

How does stress take a toll on your physical and emotional health?

Stress can have drastic impact on your mental & physical health in many ways which include:

Physical health

- Weight gain/loss
- Digestive disorder
- Sleep disorders
- Frequent colds & Headaches
- Chronic ailments
- Increased drug, alcohol, tobacco use

Mental health

- Anxiety
- Bad temper
- Depression

If you still face issues in dealing with your stress, **do not hesitate to connect with a counselor** who can provide professional advice to help you deal with it effectively!

MYTH BUSTERS – by Mr. Always Fit

Starvation helps in weight loss.

To a certain extent this is true, but not entirely. Let me explain why-

Our natural body mechanism is to store the carbohydrates from food as glycogen in the liver and muscle. When the glycogen stores become full, the carbohydrates are stored as fat. In the presence of adequate glycogen in the muscle and liver, body uses maximum fat for energy. However, when you starve, the storage level of glycogen falls and leads to changes in body mechanism. The body now stops taking energy from fat and switches to protein (muscle) storage thus leading to muscle loss. This muscle loss is an UNHEALTHY loss and doing this can lead to drastic weight gain later on. Let me explain this further with a simple example –



"Consider a ship which is overloaded. To reduce the load, we only throw away unwanted luggage but not parts of the ship itself! Comparing this to our body - one needs to remove the fat that is excess luggage in the body and not parts of the body itself (muscle)."

*Contributed by our in-house Fitness Expert

Take a Chill Pill



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