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## Read the Editor's mind

Dear Readers,

The Indian stock market is set to dramatically evolve this year, as more Insurance companies announce their intention to get listed on the exchange. Several private sector insurance companies are set to enter the **IPO (Initial Public Offer)** market. The Government has also approved this year, the listing of five wholly-owned PSU general insurance companies (proposed during 2016-17 budget).

While several criteria set out by governing bodies need to be met before a company can go for an IPO, here are some positives if a company is planning an IPO:

Helps companies to raise capital to finance its growth opportunities

Companies will ensure transparency in procedures & there is pressure for improved Corporate Governance

Once listed, companies have increased responsibility of maintaining a positive public image

The visibility that comes along with a successful IPO can increase the firm's brand value and acts as a marketing tool

Listing process usually also leads to improvisations in existing internal processes and controls

By getting themselves listed, companies become increasingly accountable to their investors. For investors who are keen on stock market participation, IPOs are usually considered as a good investment option. However, consult your financial advisor and be sure to analyze the fundamentals of the company, before making an investment decision.

## DID YOU KNOW? - FACTS ABOUT YOUR TEETH

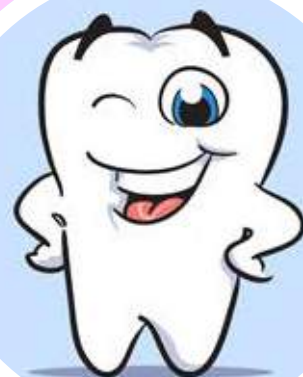
Without them you cannot chew and break those morsels of food. Without them you cannot break into that lovely smile. Without them you cannot speak to your hearts content. Who are they? They are your 32 white soldiers lined up in your mouth. Here are interesting facts about your pearly white teeth:

**Teeth is one of the parts of the human body that cannot heal by itself.**

**Tooth enamel is the hardest substance in the human body.**

**Teeth starts to form before a baby is born, but becomes visible later.**

**Each individual tooth has its own unique profile, and teeth also vary from person to person.**



Mr. Fit



If yours is a desk job, one that involves long hours of work at the computer, chances are that you may be facing issues such as neck stiffness, lower back stiffness, shoulder pain, pain in upper back, tightness of knee joints etc.

I can help you deal with these issues with these simple exercises that can be performed at your workstation itself:



Neck Rotation



Shoulder rotation



Standing hip rotation

Each exercise - 10 times clockwise & 10 times anti clockwise



Knee bending exercise - 15 times



Seated Neck stretch hold 10 seconds, repeat twice



Seated Upper back stretch-hold 10 seconds, repeat twice



Seated knee hug hold 10 seconds, repeat twice



Seated spinal twist hold 10 seconds, repeat twice



Seated glutes stretch hold 10 seconds, repeat twice



Standing toe touch hold 10 seconds, repeat twice



Seated Sideways stretch hold 10 seconds, repeat twice

\*Contributed by our in-house Fitness Expert

Our in-house Fitness instructor regularly conducts sessions at various corporates providing customized programs such as – Aeroyoga, Fitness @ Desk, Zumba, Women fitness programs, Couple workout programs etc.



- 1) Who discovered Blood Group?
- 2) Which Vitamin is essential in healing wounds?
- 3) Which is the smallest bone in your body?

Answers on last page

### How long to meditate?

Beginners can initially practice meditation for 3 - 5 minutes and can eventually increase the time after getting comfortable. However, it is important to be consistent with the time and breathing technique.

### When and How many times can one meditate?

There are no known or specified timings that one should stick to. Preferably, early morning and late night is the ideal time, when it is quiet. However, once you are consistent with the technique you can practice meditation for at least 10 minutes in a day.

### Why should one meditate?

Today every individual faces challenges and stressful events that disrupts their mental balance and vitality. Meditation is an approach towards training our mind to retain this balance and avoid being negatively affected in any way. It helps in tackling difficult situations with a calm mind. This allows one to be free from worries and mental discomfort. Practicing meditation on a regular basis helps in silencing our restless mind. It allows us to connect with our inner strength, achieve inner peace and become more mindful.



### How to meditate?

Meditation can be practised simply by focusing on the breathing pattern. Here is an overview of the correct meditation technique:

- Sit upright
- Close your eyes to avoid any distractions
- Follow your natural breathing pattern and avoid controlling your breath
- Notice the movements that occur in your body while you are breathing
- Focus on your breathing to avoid wandering thoughts
- Everytime your focus drifts get it back on your breathing
- At the end, rub your palms and cover your eyes 2 times
- Slowly open your eyes

All in all, meditation increases the functioning of brain, allowing one to focus better on a given task. It reduces anxiety, improves memory, boosts creativity and elevates compassion. It may be tough to still that restless mind but a consistent meditation habit can help you reap long term benefits and lead to happiness!





## High Blood Pressure Myths & Facts

High blood pressure is known to be a common health condition experienced by many.

Here are some myths and facts you should know about blood pressure:

### Myth

Since all of my family members are suffering from high blood pressure, there's no chance for me to escape this ailment.

### Fact

It is true that high blood pressure can run in the family and is a hereditary condition. However, this can be prevented by following a healthy lifestyle and proper eating habits.

### Myth

I have not had any of the high blood pressure symptoms like severe headache, vision problems, sweating, sleeping problems etc. Therefore, I don't need to worry about it.

### Fact

High blood pressure may affect you for years without displaying any symptoms. It is known to be a "Silent Killer" as it often does not show any symptoms, but may harm your arteries, kidneys and other organs. Therefore, a regular checkup will help you to be aware of your readings.

### Myth

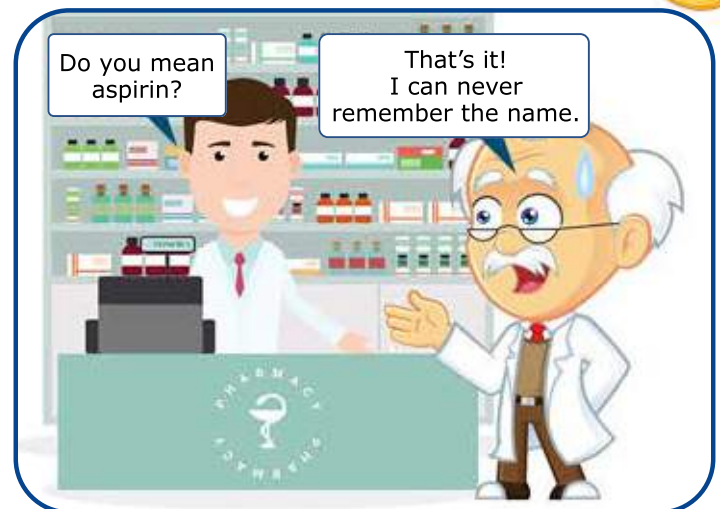
I have been on high BP medication for a while. However, my readings are comparatively lower now. So I can stop taking my medication for high BP.

### Fact

If you have been diagnosed with high blood pressure for a while, it is understood that the condition may last lifelong. Therefore, it is important for you to take the medication and follow the instructions given to you by your healthcare professionals to maintain normal blood pressure.



## Take a Chill Pill



Quiz Answers: 1) Austrian scientist Karl Landsteiner 2) Vitamin C 3) Stapes bone in the ear

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