

"Your body is a blank canvas; choose wisely what you put into it."

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Read the Editor's mind

Dear Readers,

We at Paramount Health Services and Insurance TPA Pvt. Ltd. recently completed 20 glorious years managing the healthcare needs of the people in the healthcare ecosystem. In these years, we have touched 40+ million lives by servicing not only corporate clients but also through government initiatives.

We are privileged to have partnered with the Government to service Mass policies catering to the under-privileged section of our country. We have a rich experience of handling Mass Policies such as Artisan Health Scheme, across 13 states. This policy also holds the distinction of being the only Mass Policy in India that provides OPD services on cashless basis.

Since the last 5 years we have been actively handling several Government Health projects across various states in India, and at present we are servicing the following 8 Mass Policy projects:



Rajeev Gandhi Jeevandayee Arogya Yojana



Rashtriya Swasthya Bima Yojana



Deen Dayal Swasthya Seva Yojana



Rashtriya Swasthya Bima Yojana



Rashtriya Swasthya Bima Yojana
Biju Krushak Kalyan Yojana



Rashtriya Swasthya Bima Yojana



Samajwadi Kissan and Sarvhit Bima Yojana

Did you know?

How everyone's favorite finger-licking Dark Chocolate is born?

Chocolate begins its journey with the cacao tree (*Theobroma cacao*), which thrives on a mix of hot temperatures, rain and shade.

Each tree bears oval fruits, or pods, which are about 5–12 inches long. Each pod contains 30–50 seeds, and these seeds are known as **cacao (or cocoa) beans**.

The following is the process from 'beans to bar':

1. Harvesting

The vibrant yellow/ orange colored ripened Cacao pods are chopped off. They are opened and their seeds are removed. The seeds (or "beans") grow in five columns surrounded by a white pulp or pith.

2. Fermenting

Beans are then cleaned by hand, with the pulp left on to help develop flavor. Next step is fermentation, during which the beans begin to take on color and some of the flavors that you would recognize as "chocolate."

3. Drying

Fermented beans are dried either on wooden boards or bamboo mats under the hot sun, and are continually raked and turned over for consistent drying.

4. Winnowing

Beans are cleaned, then roasted at low temperatures to develop flavor. Shells are separated from the nibs (the "meat" of the bean) by a process called 'winnowing'.

8. Tempering

Tempering requires the chocolate to be slowly brought to a certain temperature. During the tempering process, the cocoa butter reaches its most stable form and gets a shiny surface.

7. Conching

'Conching' is a process of rolling, kneading, heating, and aeration. A conche is a large agitator that stirs and smooths the mixture under heat. Chocolate is then refined until smooth, the longer a chocolate is conched, the smoother it will be.

6. Making the Dark Chocolate

Cocoa mass can simply be combined with more cocoa butter and sweetener to make Dark chocolate. These ingredients are mixed, ground, and kneaded into a paste.

5. Preparing the Cocoa Mass

Nibs are finely ground into cocoa mass or cocoa liquor, which is solid at room temperature. When stored under extremely high pressure, this paste yields: cocoa powder and cocoa butter.

Dark Chocolate the 'Super food' is not only ready to satiate your chocolate cravings but also to provide you with various health benefits!



Benefits of Zumba



High calorie burning exercise:

Zumba is characterized by continuous rhythmic body movements resulting in a high calorie expenditure (average of 500-700 kcal, depending on weight and intensity)



An effective cardio exercise?

Oh yes! Zumba instructors focus on training people with varying intensity of exercise, to give your body an extra push and thereby increase capacity of lungs, heart and circulatory system.

A good strengthening exercise:

Did you know?

Zumba includes challenging movements like squats, lunges, kicking, twisting etc., which improve muscular strength and tones muscles too, if done regularly.



Improved Co Ordination:

Zumba as an exercise requires a disciplined co-ordination between your brain and body. Regular zumba sessions help train your brain for better co-ordination and discipline. This in turn starts reflecting on other aspects of your life, helping you multi-task better, handle routines in a better way etc.



Suitable for all fitness level:

So you are new to exercising... not to worry! You can do Zumba irrespective of your fitness level. If you wish to challenge your body, then Zumba is the right choice for you!

Improved self confidence:

Doing regular Zumba exercise makes you slim and toned which boosts your self-confidence. It is also a very good stress buster exercise.



Fun filled work out

Ever heard of Hip-hop, Cumbia, Salsa, Merengue? They are popular dance forms and Zumba is an exciting mixture of these forms! The peppy fun movements will make you forget that you are actually exercising! This is one exercise where you will not find monotony!

This article is contributed by our in-house Fitness Expert who regularly visits corporate clients to conduct Zumba sessions.

What's in a name! -SURPRISING FUN FOOD FACTS

Are you aware....?



Bananas are actually berries! (Since they develop from a single flower and an ovary, bananas are classified as berries).

The very popular avocado is actually a fruit! These nutritious fruits are known to be rich in good fats that help lower bad cholesterol levels.



Raspberries and strawberries – While they are called berries, they are just individual fruits that grow in groups and are not really berries in the botanical sense!

However, whatever be their name, all these fruits are nutritious and tasty!

1 The more you exercise with the same intensity, lesser is the amount of calories you lose as the sessions pass by.

If we exercise very religiously daily, we should always be aware about the above fact that the more you exercise with the same intensity, lesser your body responds to the exercise. The reason behind this is that initially when you start exercising with certain intensity, it is challenging for the muscles and other tissues hence they use more calories to cope up with the intensity. However, over a period of time they get adapted to the intensity of exercise which results in reduced responsiveness to that exercise. Hence, the body uses lesser calories to cope up with the same intensity. This is the reason we should always increase the intensity of exercise but again that should be at the right time and under expert guidance.

Mr. Fit



2 Abs workout increases belly size rather than making it slimmer.

It is a common notion that working out the abs helps you achieve a slimmer and trimmer abdomen. However, the reality is that abdominal muscles are no different than any other skeletal muscles of the body. When we do abs exercises like crunches, leg raises, plank etc, it causes abdominal muscle to grow and become stronger. Hence, doing ab exercises regularly makes your belly stronger and allows it to increase in size like any other muscles but it does make it look toned and sharper. This gain is always good for health and facilitates fat loss around your abdomen, and your unhealthy belly fat is replaced by healthy and strong muscles.

3 Over - exercising can make you unfit.

We have seen many people over - exercise to achieve their goals faster which can be harmful to the body. When one exercises, there are various physiological and hormonal changes which occur in the body such as - increased metabolism, elevated heart rate, increased blood flow to the recovering muscles etc. Over-exercising the same group of muscles, without adequate rest between two sessions and at an unmanageable intensity, acts as an obstruction in the recovery process. It puts the brain and other internal organs under pressure which causes various side effects like loss of sleep, drowsiness, loss of appetite etc.

Hence, you should always take expert guidance to be aware of how much exercise is adequate for your fitness level.



MYTH BUSTERS – by Dr. Hoshiyaar

Myth: I have been smoking all my life, even if I quit now, the damage is already done and it will not benefit me in any way!



If you think that it's too late for you to quit smoking and that there will be no benefits of quitting, here is some good news.

This is what happens in your body after quitting smoking:

20 minutes after quitting: Your pulse rate and blood pressure drops to normal, with your hand and feet recovering to normal body temperature.

8-12 hours after quitting: The level of chemicals like carbon monoxide present in your blood due to smoking drops down substantially, allowing the oxygen molecules to bind the red blood cells.

48 hours after quitting: The lungs start to excrete and cleanse the accumulated mucus within. Moreover, nerve endings start to function appropriately.

Weeks- months after quitting: The nicotine level in your system gets depleted, which dramatically increases the lung capacity. Thus, improving the blood circulation and regenerating new cells.

1 year after quitting: The risk of getting coronary heart diseases is almost half of that of a person who smokes.



Dr.
Hoshiyaar

Benefits for those who quit smoking in comparison with those who continued:

At about 30: Person gains almost 10 years of life expectancy.

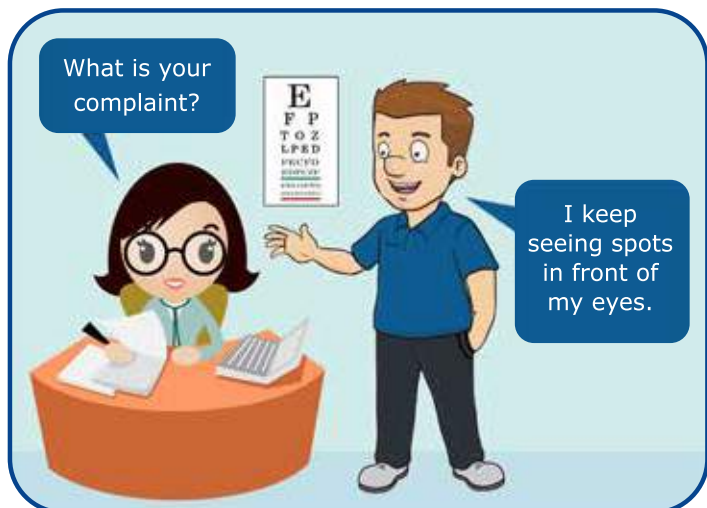
At about 40: Person gains 9 years of life expectancy.

At about 50: Person gains 6 years of life expectancy.

At about 60: Person gains 3 years of life expectancy.

(Source of Information – WHO)

Take a Chill Pill



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