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HEALTHLINE

Paramount's Monthly Magazine

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The best
PROTECTION
any woman can
have is
COURAGE.

Elizabeth Cady Stanton

- WOMEN'S DAY
- INHALE POSITIVITY, EXHALE NEGATIVITY
- DESKERCISE - FITNESS @ WORK
- IMPORTANT WORKOUT FACT REVEALED

• MARCH 8TH • Women's Day

International Women's Day is just around the corner and we bring to you our latest issue of Healthline focusing on women's health this month!

Let's start with some basic insights related to women's health:

- According to the National Health Portal of India, women of the country are facing issues like malnutrition, lack of maternal health, diseases like AIDS, breast cancer, domestic violence, suicide.
- There are some basic medical tests recommended for women in their 20s and 30s like blood pressure test, cholesterol profile, breast exam, pelvic exam, pap, eye examinations and checking immunisations and keeping a tab on weight.
- Women in 40s should consider these tests: blood sugar, breast exam and mammogram, blood pressure, looking for moles, pelvic exam and pap, eye check up, weight check up and regular immunisations.
- Some methods of birth control: female condom, male condom, oral contraceptives, abortion and sterilisation.

In this issue we will be talking about maternal health, breast cancer examination and precaution, and menstrual hygiene.



Being
A
WOMAN
IS A
Super
POWER



DESKERCISE

FITNESS @ WORK

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.

You can deal with these issues by engaging in simple exercises which can be done at your workstation.



Neck rotation



Shoulder rotation



Standing hip rotation

Each exercise - 10 times clockwise & 10 times anticlockwise



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



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

Tips for Fitness @ your workplace

- Take a walk during break time.
- Take the stairs instead of the elevator.
- Move around the office - fill up your own water bottles, get coffee on your own, walk over to the copier for taking copies.
- Maintain proper posture at your work-station.
- Set an alarm after every hour to remind you to get up and stand and stretch or move around.



If you practice breathing exercises regularly, you will be able to control your breathing pattern, and it will change your physical health and emotional health significantly in the long run. You will also be able to stay as cool as a cucumber in stressful situations.

Here is a mini-guide to breathing exercises and how to do them:

1. Deep Breathing



Method:

1. Sit or lie flat in a comfortable position with eyes closed.
2. Place one hand on your belly. Place the other hand on your chest.
3. Take a deep breath in through your nose while counting to three, and let your belly push your hand out. Your chest should not move.
4. Breathe out through your nose while counting to three. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing for 10 to 15 times.

6. Stay focused on the action of your breathing.

Benefits:

Effective for Stress relief, relaxation of the body and mind, and improves one's ability to deal with daily stressors.

2. 'Kapalabhati' or "Skull Shining Breath"



Method:

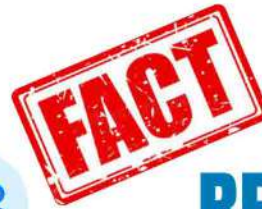
1. Sit in a comfortable seat with straight spine and exhale completely.
2. Inhale briefly through both nostrils, then rapidly and sharply exhale (again out of your nose) while pulling your navel in towards your spine.
3. The exhalation has to be short and quick, but very active, while the inhalation has to be short and passive. Pull your navel in as you exhale.
4. Do one round of continuous 30 breaths (counting your exhalations).
5. If this seems strenuous, start with 15 and gradually work your way up.

Benefits:

Helps clear mucus in the air passages, relieves congestion, reduces bloating, builds heat, brings radiance to the face and improves lung functioning.



WORKOUT



REVEALED

1. The more you exercise with the same intensity, less 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.

2. 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.

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