



August is the month of national celebrations. As India celebrates the 74th year of its Independence on 15th, August we pay homage to the countless freedom fighters who fought for freedom. On this special occasion, we salute our armed forces, who ensure our safety and freedom. We also honor our frontline warriors who work hard to provide the best possible care during the coronavirus pandemic.

HAPPY INDEPENDENCE DAY

WHAT ARE THE SIDE EFFECTS of the COVID-19 vaccine, and how to manage them?

While many of us might have taken the right step of getting vaccinated against the high virulent coronavirus, a few might still be skeptical about the vaccine and its side effects. We urge people eligible to get their shot and not worry about its minor side effects.



Usually, people experience:



Soreness at the injection site with pain in the injected arm



Mild fever



Moderate fatigue



Headaches



Chills



Diarrhea



These side effects usually go away within a few days. Do not shy away from taking your second dose, fearing the side effects you might have experienced after the first dose.

Doctors advise taking paracetamol to alleviate your discomfort if you experience any side effects of the COVID-19 vaccine.^[1]

MANAGE YOUR BLOOD GLUCOSE LEVELS DURING LOCKDOWN

With the advent of the COVID-19 pandemic, several countries, including India, have declared a complete lockdown to restrict the spread of the contagious coronavirus. But managing blood glucose levels in the new normal has become quite challenging for people with diabetes. But by incorporating the following lifestyle changes, people with diabetes can easily manage their blood glucose levels while staying at home in the lockdown.



DO NOT IGNORE FITNESS THIS MONSOON!

During monsoon, the level of activity of most people gets reduced; therefore, experts suggest focusing on diet as, during monsoon, people tend to indulge in fried snacks. Experts also recommend cutting down on calorie intake, especially when you cannot work out because it is raining outdoors

If you are experiencing workout blues, try these workouts that you can do at home.^[2]

WARM-UP EXERCISE



Jogging on the spot for at least 2 minutes
Jumping jacks at least for 2 minutes



EXERCISE



Squat/Supported squat for 10-15 repetition
Plank hold for 30-60sec
Leg swing 15-20 times
Push-ups 15-20 times



Apart from exercise, try doing 3-4 sets of stretching exercises too.

SPEND SOME TIME WITH YOUR KIDS WHILE DOING YOGA TOGETHER

Yoga is an old form of exercise that helps in physical, mental, and spiritual well-being. Anyone can do the yoga exercises. It is also a great way to keep your kids busy and inculcate healthy habits in them. Yoga instills discipline, focus, and concentration for your little one. We know your little one cannot do complex yoga asanas, so here are few yoga asanas that you can do with your child.



1

Lion Pose

It helps to relieve stress, which is essential during the lockdown.



2

Table Pose

It helps to strengthen the bones



3

Bhramari Pose

It helps to increase concentration



4

Cobra pose

It helps to strengthen the back



IT IS PSORIASIS AWARENESS MONTH:

Let us unite and educate people about psoriasis, to deepen their knowledge about this skin condition. Misconceptions and myths associated with psoriasis can sometimes affect the social well-being of an individual suffering from it.



MYTH

Psoriasis is contagious.

TRUTH

Psoriasis is not contagious. It is an autoimmune disorder.



MYTH

There is treatment for psoriasis.

TRUTH

With treatment you can manage the symptoms of psoriasis.



LET US DEBUNK COMMON MYTHS ASSOCIATED WITH PSORIASIS

MYTH

Women with psoriasis are infertile.

TRUTH

Women with psoriasis can give birth to healthy babies.



MYTH

People with psoriasis should not go out in sun.

TRUTH

People with psoriasis can go out in sun like everyone.



SOUP UP YOUR IMMUNITY

with a hot bowl of soup this monsoon:

Monsoon brings lovely showers and infuses a new life on the planet. There is so much to love about the monsoon, but this season's romance sometimes brings a ream of flu. And as we are amid the coronavirus pandemic, it is crucial to eat foods that help to enhance our immunity. So try adding some delicious yet healthy and immunity-boosting soups to your diet.



Carrot Ginger Soup:



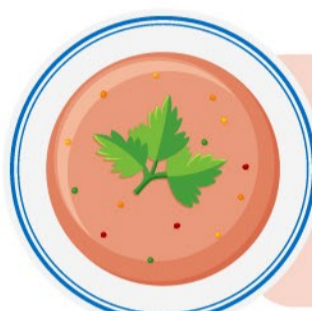
Ginger helps to improve gut health, and carrots are rich in antioxidants that help boost immunity.

Pumpkin soup:



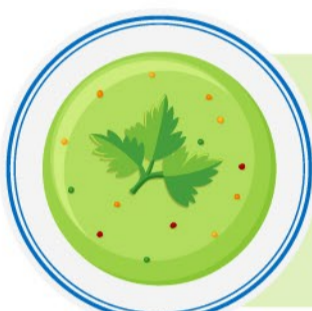
Pumpkin is rich in vitamin A, vitamin C, vitamin E, iron, and folate that helps to strengthen the immune system.

Tomato peppercorn clear soup:



Peppercorns help in regulating heart rate and high blood pressure.

Broccoli Mushroom soup:



Broccoli is rich in vitamins C, E, K, and folic acid. Mushrooms, meanwhile, are rich in antioxidants, which help to enhance immunity.

PROTECT YOURSELF FROM infectious diseases prevalent during monsoon

While the showers monsoon relieves us from the summer heat, the damp monsoon conditions provide a perfect breeding environment for germs, which can cause various infectious diseases.



Wash/sanitize your hand regularly.



Keep yourself hydrated.



Eat healthy food. Wash your fruits and vegetables properly before consuming them.



Eat food rich in antioxidants like tomatoes, lemon, gooseberry.



Protect yourself from mosquito bites.



CHIT-CHAT CORNER

Wife: Why is there a plaster on my husband's eye, when my husband has undergone eye surgery?
 Doctor: To stop him from using phone.



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