



75 INDEPENDENCE DAY 15TH AUGUST

On January 24, 1950, the Constituent Assembly of India adopted the hymn "Jana Gana Mana," which had been renamed "Bharoto Bhagyo Bidhata" by Nobel laureate Rabindranath Tagore, as the country's anthem

In addition to India, five other nations also commemorate their independence on August 15. Bahrain, North Korea, South Korea, and Liechtenstein are those countries

Goa remained a Portuguese colony even after India attained freedom. Only in 1961 did the Indian Army annex it to India. Goa was the final state to join the Indian subcontinent

In Kolkata's Parsee Bagan Square, the Indian national flag was raised on August 7, 1906. It has three horizontal stripes of red, yellow, and green. Pingali Venkayya, a freedom warrior, created the initial version of the current national flag of India in 1921. The present flag, which features the Ashok Chakra in the centre and the colours saffron, white, and green, was formally adopted on July 22, 1947, and unfurled on August 15, 1947

Only one location in the country produces and supplies the Indian flag. The Indian national flag is produced and supplied by the Karnataka Khadi Gramodyoga Samyukta Sangha (KKGSS), which is based in Dharwad, Karnataka. According to the Bureau of Indian Standards (BIS), only hand-spun and hand-woven cotton khadi fabric is used to create the flag

WORLD LUNG CANCER DAY 1ST AUGUST



How to take care of your lungs?

Practice breathing exercises



Avoid smoking



Avoid smoking zones as passive smoke can also damage lungs



Go out for a stroll in early morning



Have a lot of plants in your home as they emit oxygen



Use masks in polluted areas



Avoid places with huge amount of factory smoke, irritants, etc



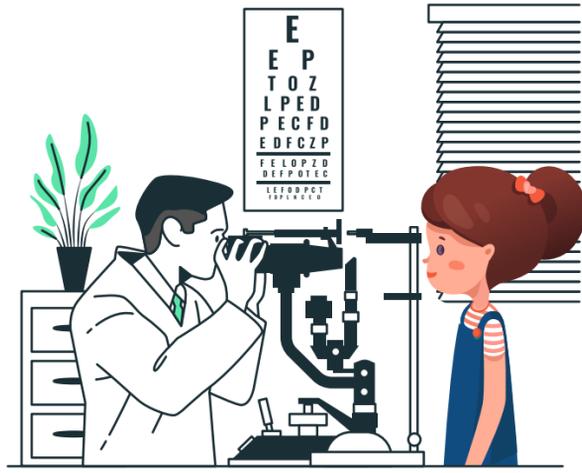
Use a cloth around your nose and mouth while dusting



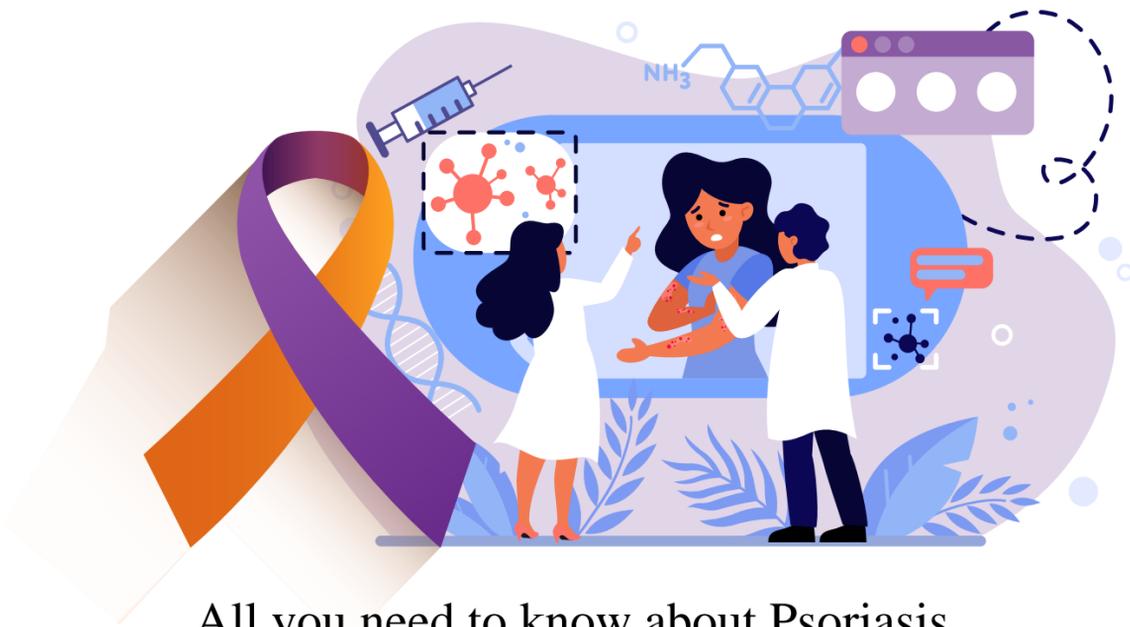
CHILDREN'S EYE HEALTH AND SAFETY MONTH AUGUST



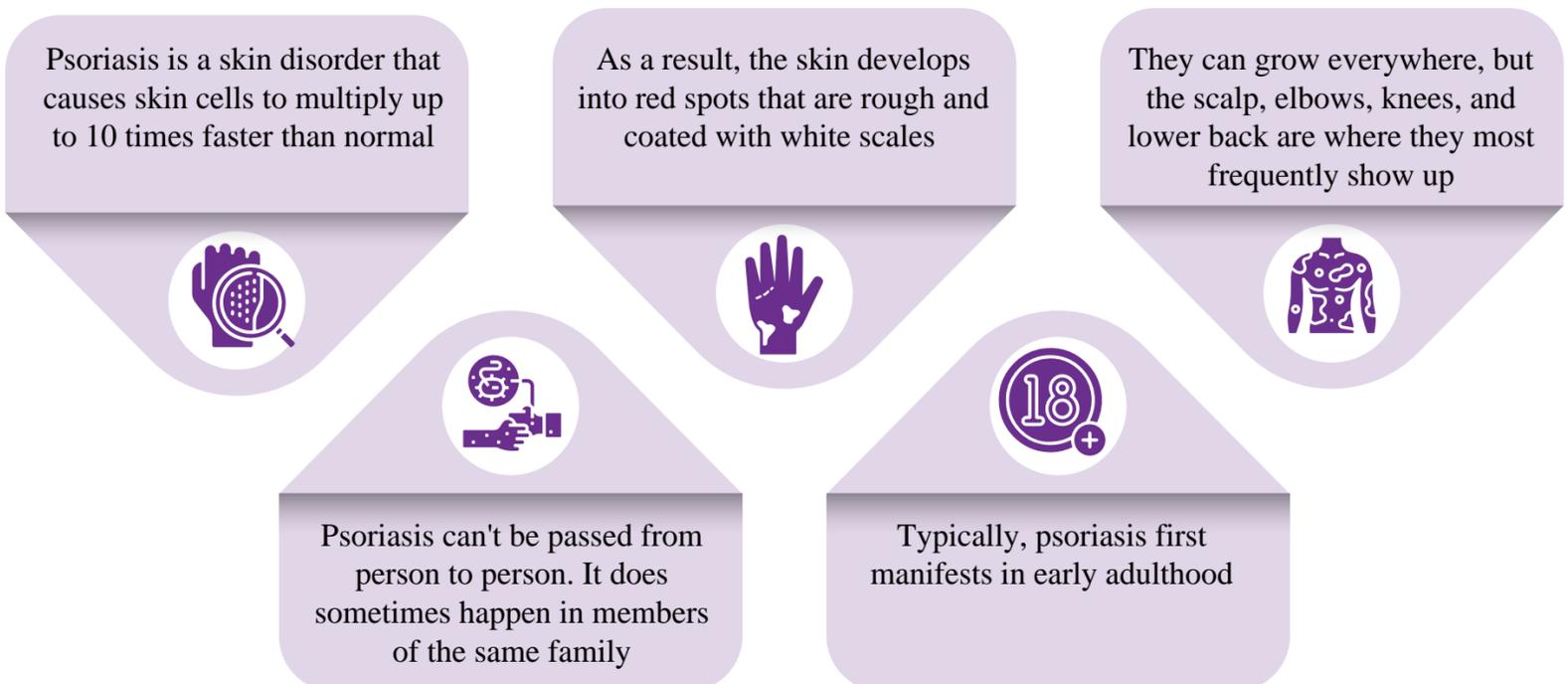
Simple tips to take care of your children's eyes



PSORIASIS AWARENESS MONTH AUGUST



All you need to know about Psoriasis





RAINY SEASON HEALTH TIPS



Drink clean water



Avoid street food



Consume a lot of probiotics like yogurt



Increase consumption of Vitamin C



Increase use of mosquito repellents



Maintain good hand hygiene



Do not let any water stagnate as it acts as a breeding ground for mosquitos

FREQUENT COLD AND COUGH? TRY THESE TIPS



Invest in a good vaporiser and take steam twice a day



Avoid eating cold food during evening hours



Change beddings, pillow covers and napkins regularly



Keep feet, ears and chest warm while going out



Use clean handkerchieves



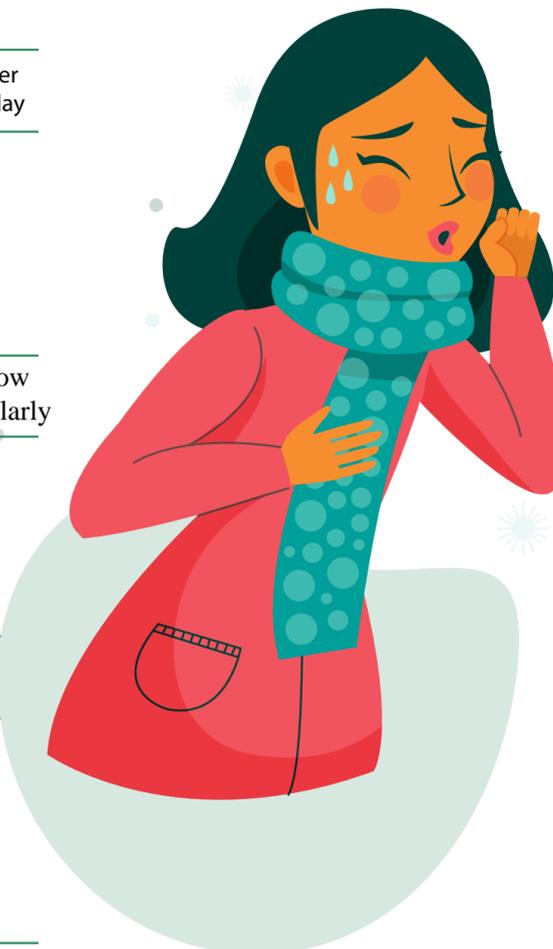
Eat immunity boosting foods like citrus fruits, spinach, yogurt, etc



Invest in some inhalers with eucalyptus extracts



Invest in some warm carpets



CHILL PILL CORNER

When was your last stress test?

Well, I went to work Yesterday



For feedback and employee benefit requirement please write to sales.healthbenefits@jbbodamail.com

CIN: U66010MH2002PTC138193 License Number: 133 (17 Mar 2021 to 16 Mar 2024) Copyright © 2020 J B Boda, All rights reserved.
J B Boda Insurance and Reinsurance Brokers Pvt Ltd - Registered Office Maker Bhavan 1 Churchgate, Mumbai - 400020, Maharashtra, India. <https://jbbodagroup.com>

Disclaimer : By using or accessing the brochure, you agree with the Disclaimer below without any qualification or limitation. The statements made in this brochure are only for information purpose and not for the purpose of medical advice or guarantee of outcome. If you need medical advice, they should consult a doctor or other appropriate medical professional. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not assume liability of the information on this brochure and no representation or warranty has been expressly or impliedly given as to its accuracy, completeness or correctness. The information provided has been gathered from reputable sources such as the website of Ministry of Health and Family Welfare. However, J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. is not responsible for errors of omissions in reporting or explanation. No individuals should use this information contained in this brochure for self-diagnosis or self-treatment any health related condition. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. reserves the right to modify, alter, add and delete any one or more of the information provided in the brochure. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. shall be under no obligation to notify you of the amendment to the information. No warranties or assurances are given in regarding the accuracy of the information supplied in this brochure, and that no liability will accrue to J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. in the event that you suffers loss as a result of reliance upon the information provided in this brochure. You are responsible for your health and safety at all times. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not warrant that any insurance related information provided in this brochure, represents coverage provided to any insured, or are consistent with any present, future, local, state, or central laws, administrative rules, or prevailing case law. Any reference to insurance documents is only for general information and should not be used to claim coverage under any insurance policy.