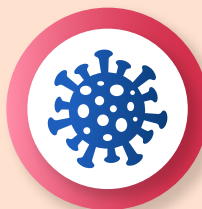


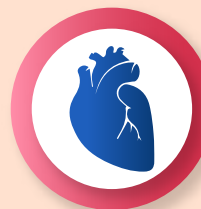
WHAT'S THE BUZZ?



Maharashtra to install 460 TB testing machines



H1N1-Covid combination patients seen in Kerala



India-made artificial heart to be 8 times cheaper than the imported one



Sex ratio at birth, worst at Uttarakhand with 844 and best in Kerala with 974



Researchers invent viral exposure detecting facemask

HEALTH TIPS FOR OLDER ADULTS



Be Active

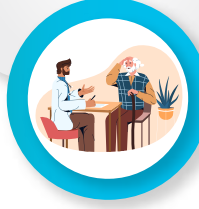


Connect with others

Keep a note of all your medications



Visit the doctor regularly



Ask for help whenever needed

Keep a note of important things if you tend to forget



WORLD MENTAL HEALTH DAY

10th October

WHAT CAN YOU DO TO IMPROVE YOUR MENTAL HEALTH?



Eat well

Get creative



Relax



Exercise



Have a good sleep



Do not stress over small things



Talk to your friends

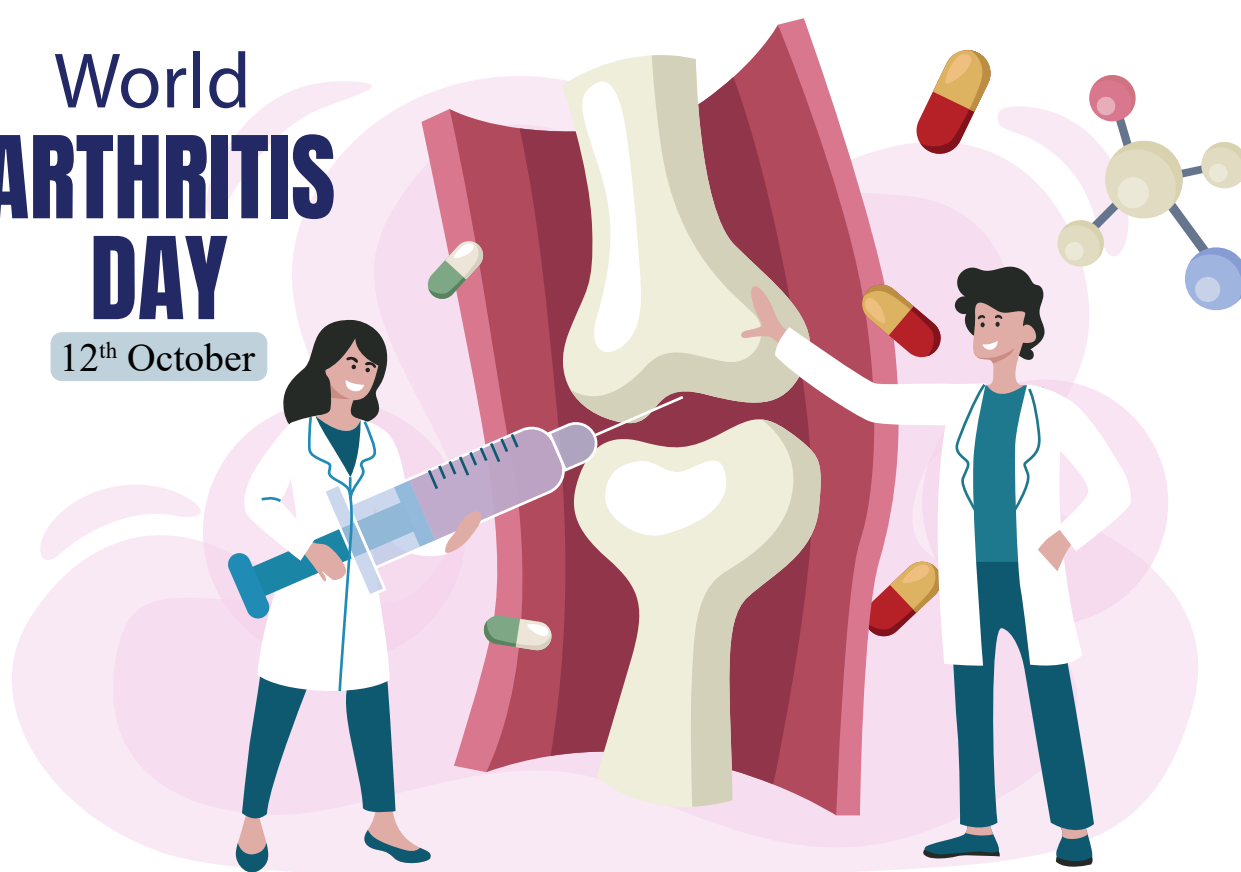


Do not feel shy to seek help

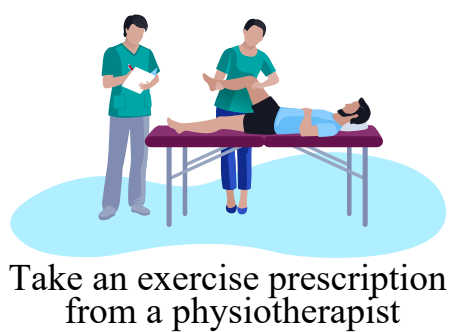


World ARTHRITIS DAY

12th October



MANAGING ARTHRITIS



GLOBAL HANDWASHING DAY

15th OCTOBER



DO YOU WASH YOUR HANDS PROPERLY?



Take a little amount of soap



Rub palm to palm



Wash back of hands



Wash fingers



Clean base of thumbs



Wash the fingernails



Rinse hands thoroughly



Dry the hands

WORLD FOOD DAY: LEAVE NO ONE BEHIND



Buy only the amount you would need



Any excess quantity should be donated to various NGO's who work in this sector



Run food donation drives in hospitals and slums



DO NOT WASTE FOOD



DID YOU KNOW ABOUT THESE SIGNS OF STUTTERING?



Difficulty in starting a word or a phrase



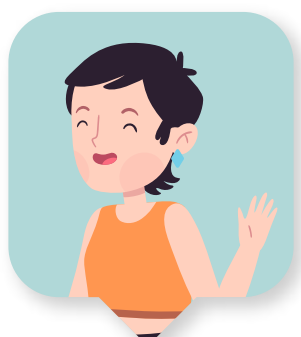
Pausing before a word or phrase



Anxiety about talking



Tremors of the lips or jaw



Rapid eye blinks while talking



Repetition of words/phrases

CHILL PILL CORNER



My Doctor asked me to stop talking to people



Well not in those exact words. He said I had to reduce the stress in my life.

Same thing.

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

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