



Every year has its highs and lows, and each one moulds us into the people we are today and will become tomorrow.

Onwards and upwards, no regrets!

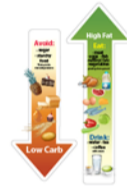
WHAT'S THE BUZZ?



India reports first case of **Zika virus** in Karnataka



A research claims that COVID challenges heart function



Low-carb, high-fat diet may help people with Diabetes type 2



Short term memory can be improved with Laser therapy



Cholesterol-lowering statins may reduce risk of common type of stroke

World Braille Day

4th January

Do's and Don'ts When Dealing with a Blind Person



DO provide a person with vision loss with a clear verbal picture when explaining objects. Don't forget to add details like colour, texture, shape, and landmarks.



DO touch them on the arm or address them by their name. This signals to them that you are speaking to them and not another person present.



SPEAK softly; **DON'T** scream. They are blind but frequently have excellent hearing.



USE terms like "blind" and "see" without reservation. Even if their eyes aren't functioning, "Nice to see you" still applies.

World Leprosy Day

30th January



- Together, we can give voice to all opinions and respect those who have dealt with leprosy.
- Leprosy sufferers struggle with their mental health because of shame, prejudice, and segregation.
- Leprosy patients have the right to live dignified lives free from stigma and prejudice associated with their condition.

Cervical Cancer Awareness Month

January



Tips to stay away from Cervical Cancer



Stay away from having several sex partners.



Refrain from having sex with someone who has several partners.



Do not engage in sexual activity with somebody who has genital warts or has any associated symptoms.



Stop smoking.



Use caution when engaging in sexual activity.

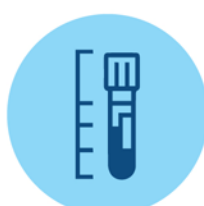
Essential Health Check up- Checklist



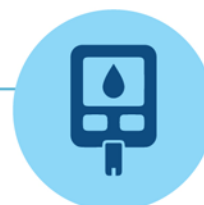
Complete haemogram



Complete urine analysis



Lipid analysis



Diabetes related tests



Thyroid tests



Dental routine checkup

Chill Pill Corner



“My doctor told me to avoid any unnecessary stress, so I didn’t open his bill.”

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