

R Health Beat

April 2021 - Quarterly Health Magazine Vol. 27

05

Differences you'll see in the new world

Good news for those who love working in **PAJAMAS**

Patients preference **TELE HEALTH**

Change

the prescription for life post-pandemic

DR. SANDEEP NAYYAR

"We need to be prepared for the after effects of COVID"



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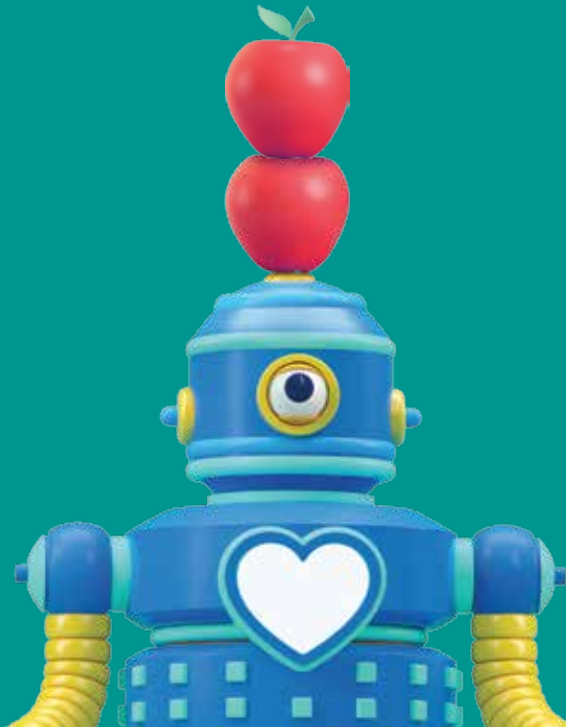
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From the Editor's Desk

Dear Reader,

With the onset of the year 2021, we heard the news on Vaccination. While 2020 has been a year of uncertainties, 2021 is expected to be a year of positivity and change as we adapt to the new ways of life. We will view 2021 in terms of pre-vaccination and post-vaccination trends. The pandemic has changed the way we live, work, travel & entertain; in short, everything for us. This new edition of R HealthBeat and its theme – '2021 - Year of Change' focuses on these various aspects and what we can expect in the times to come.

No one will argue when we say 2020 was a rough year. Now that's in a rearview and we have to move on with preparedness. The news is ripe with information surrounding the COVID vaccine. It's good news that we have all been looking forward to. Countries are opening up and economies are limping back to normalcy. However, one thing is for sure, that the life we get back will be significantly different from the one we had before the pandemic. The enclosed topics throw light on how our life will change after the pandemic with equal emphasis given on vaccines, lifestyle changes as well as our habits.

The big news is that 2021 may bring even more changes than 2020. New trends will be adopted in 2021 such as Work from Home, Online Education, Digital Currency, Digital Health Passport, Future of Cuisine, Internet of Things and so on. 2021 will be a year of consciously shaping the future with complete use of technology to our benefit. Fitness has taken a new shape and the industry has evolved with a hybrid of indoor & outdoor activities. Also, travel has changed in this pandemic and new trends have been added in our travel vocabulary. Read about the latest travel trends in this edition.

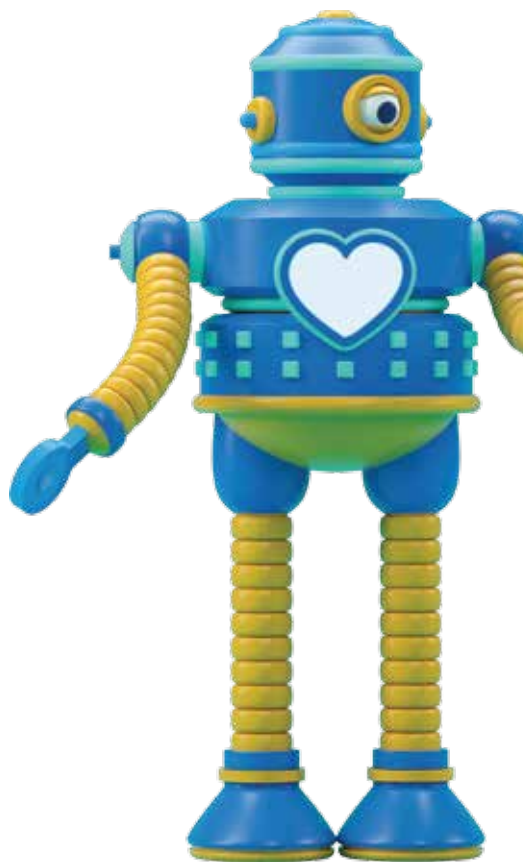
Thanks for your continued support and enjoy reading this issue. Wishing you the best of health always.

Warm regards,
Rakesh Jain



Rakesh Jain

Chief Executive Officer
Reliance General Insurance &
Editor-in-Chief, R HealthBeat



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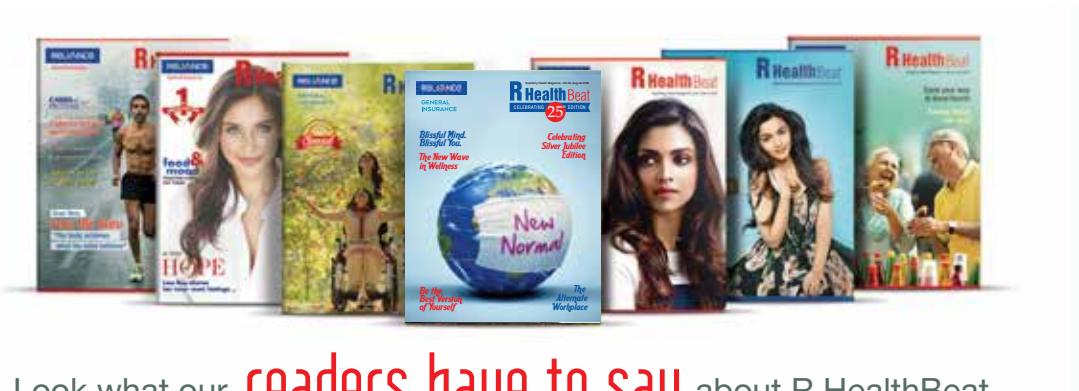
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Look what our **readers have to say** about R HealthBeat

It is an unique initiative by Reliance General Insurance in the crisis period of COVID-19. It will help us immensely as a general health handbook. Hats off to the Reliance team for their hard work and determination!

Mr. Sandip Mukherjee

R P Sanjiv Goenka Group
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The topics covered are interesting and relevant to the present situation. It's a good read as the magazine provides insight into the wellness world with amazing content. Looking forward to the next edition.

Ms. Chaitra Balakrishna

HR - Sonus Networks India Private Limited

Found the magazine to be informative as it includes details on the growing need for digitalization in the health industry and I enjoyed reading these articles. Congratulations to the entire team of R HealthBeat for their stupendous feat.

Mr. Pradeep Singhi

Director -
RS Advisory Services Pvt. Ltd.

Scan the QR code to read the previous editions of R HealthBeat

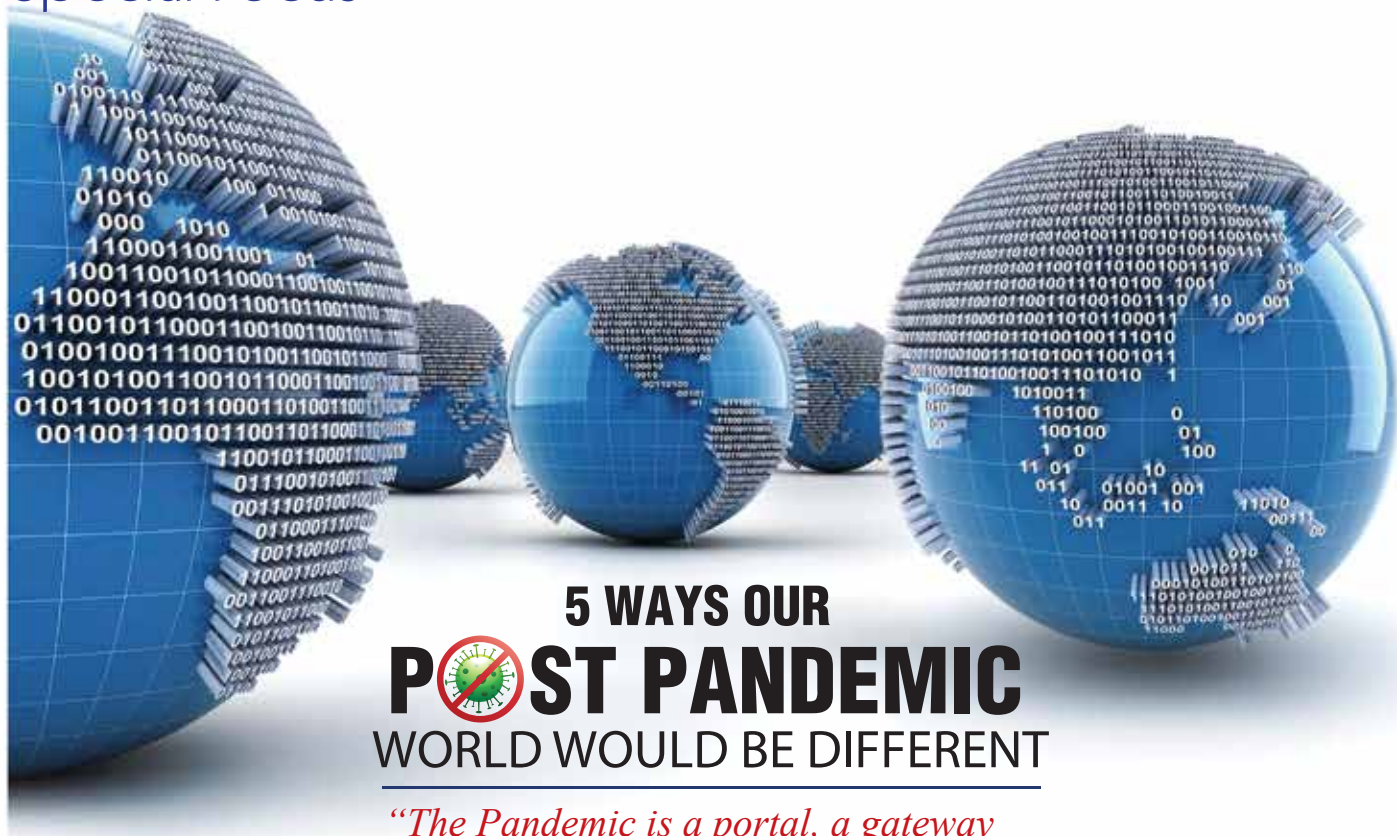


GET IN TOUCH

We look forward to getting to know you better!

We welcome your suggestions, questions or ideas. Also to know more about our Wellness Program you could write to us at rgicl.rcarehealth@relianceada.com

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5 WAYS OUR **POST PANDEMIC** WORLD WOULD BE DIFFERENT

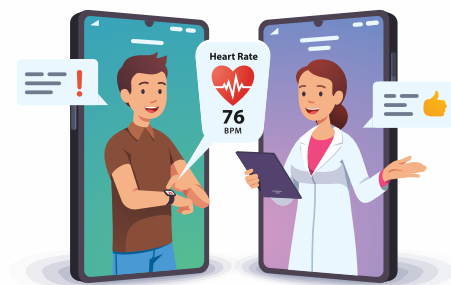
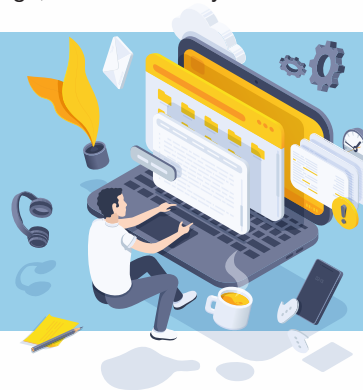
*“The Pandemic is a portal, a gateway
between one world & the next”*

- Author Arundhati Roy on COVID-19

Though COVID-19 has uncovered many inadequacies, it has brought about positive transformation and opened a plethora of opportunities for change, like the five ways below:

TECHNOLOGY: NEW BROWSER

Social distancing has made the internet our new friend. Hobbies, sports, education, work, telemedicine, payment - everything is possible at the push of a button. The internet experienced a renaissance during the pandemic & our browser is now our main service hub for everything.



HEALTHCARE: INCREASED TELEMEDICINE

Mental health issues have increased during the pandemic due to isolation & transitioning back to the new normal way of life. While the physical examination is still important, many medical issues can be diagnosed & managed virtually. Since Virtual Doctor's consultation has reduced our wait time as well as transport & mobility concerns, telemedicine is likely to be increasingly incorporated into routine medical care.



JOB STAFFING: INCREASED WFH OPTIONS

The pandemic forced businesses across the world to shift to work remotely using services like Zoom, Slack, Microsoft Office Suite & G Suite applications. This transition has forced companies to re-evaluate their long-term staffing needs. Moreover, the benefits of WFH are attractive, including increased family time & reduced strain with family. It is evident that WFH will be a more prominent option moving forward for employees compared to pre-pandemic policies.

EDUCATION: VIRTUAL CURRICULUM WILL GROW

Post-pandemic, it is likely that virtual education resources will continue to be used. However, it is essential to recognize that the virtual curriculum will not be a replacement for the in-class curriculum. The virtual curriculum has a great value as a supplemental educational resource to help aid student learning but is unlikely to be adopted as the new standard of public education, at least in the near future.



TRAVEL: STRICTER PRECAUTIONS

The travel restrictions are now particularly stringent & it is likely that certain preventive protocols will be in place moving forward. An intervention like universal masking is a simple precaution to minimize the ease of spread of disease. As per McKinsey & Company report, the hotels will perform thorough sterilization tactics with strict limitations on overcrowding.

Every pandemic in the past has taught us lessons about the importance of our responses & preparedness, the most important; that this will not be the last one. The Covid Pandemic has brought us closer than ever before. We have realized that we can lose what we have now. Let us all relook & have a positive optimistic approach to the future.



HOW LIFE WILL (AND WON'T) CHANGE AFTER THE VACCINE

COVID Pandemic has brought a new meaning to the word 'Freedom'. It would not be surprising if, after many years, people refer to this phase as **BC & AC, that is Before Covid & After Covid.**

With the turn of 2021 across the globe, we started to hear the news of vaccination and how that could return our life to the so-called normalcy of the pre-Covid period. Daily life has been turned completely upside down over the course of the pandemic. It won't be transitioning back to our pre-conceived idea of normal anytime soon. It's important for us to recognize that due to lags in vaccine production and high demand, there'll be no immediate change in our society.

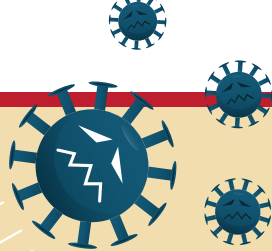
In many ways, there's no more 'old normal': We have to adapt to some sustained changes in our society as a whole. For instance, our current Zoom-obsessed reality will be here to stay and that there will be more virtual meetings and an embrace of a work-from-home lifestyle. We might not give away our masks for times to come.

Even after you've been vaccinated, if you're lucky enough to get a vaccine in the months that follow the initial rollout, you will still have to wear masks and

practice social distancing till everybody else is vaccinated and this would take some time. Immunity is not an on/off switch; the virus is still circulating in the population and there's always a chance the vaccine isn't working for you. In some ways, this may be the hardest phase of post-vaccine life to navigate. Deciding which risks to take will involve calculations that can prove exhausting.

What's safer to do once most of the population is vaccinated?

It should be much safer to move around once our community achieves herd immunity - the point when the virus can't easily spread because enough people have become vaccinated or have already had the illness. It's too early to know exactly when we'll hit that threshold. Experts stressed that even when herd immunity is reached, COVID-19 is not likely to disappear outright. Scientists also say it's unlikely that life will look exactly like 2019 again. In the new normal, we will continue wearing masks in crowded places as people are more aware about the infection. And there will probably be more systems in place to prevent pandemics from being as deadly as Covid.



GIVING POWER TO

WARRIORS OF THE HUMAN BODY

- UNLEASHING THE POWER OF IMMUNITY

Our Immune system is not a single entity and it requires balance & harmony to function well.

How can you boost your immunity?

The first thing to do is to choose a healthy lifestyle. Let's start with the basics; wash hands for 20 seconds, do not touch your face and take social distancing seriously.

Focus on Foods



GARLIC: You may eat it raw or have it roasted. Allicin, a compound in garlic, has the ability to boost the immune system.

PREBIOTICS: Robust gut bacteria protect us from infections and Prebiotics help in keeping them healthy. Excellent sources are green bananas or plantains, jicama root and asparagus.

VITAMIN C & D RICH FOODS: Vitamin C & D play a major role in strengthening one's immunity. Consume foods like Amla, Lemon, Orange, Egg Yolk, Mushroom, etc.

ANTIOXIDANT RICH FOODS: Berries, Carrots & Spinach have antioxidants that protect you against oxidative stress, which translates to a stronger immune system.

Improve Lifestyle



Protect yourself from stress and bolster your immune system with a few lifestyle tweaks.

EXERCISE: 30 minutes of physical activity for 3-5 days a week can strengthen your immune system and helps your body fight infections and viruses.

MINIMIZE STRESS: When we experience stress, we release a hormone called cortisol that boosts inflammation thereby suppressing the immune system. Many studies have shown those reporting the least amount of stress were also the least likely to get infections.

MEDITATE: It lowers your heart rate and blood pressure & reduces anxiety. Plus, it's calming. So it's not surprising that it also helps strengthen the immune system.

Benefit from the vaults of AYURVEDA



Ministry of AYUSH recommends the following measures for boosting immunity with respect to respiratory health.

- Drink warm water throughout the day
- Practice Yogasana
- Spices like Haldi (turmeric), Jeera (Cumin), Dhaniya (Coriander) & Lahsun (Garlic) are recommended in cooking
- Take Chyavanprash in the morning along with herbal tea/decoction (Kadha) made from Tulsi, Dalchini (cinnamon), Kalimirch (Black pepper), Shunthi (Dry ginger) & Munakka (Raisin), once or twice a day
- Drink Turmeric Milk by mixing half a teaspoon of Haldi in 150 ml of hot milk

The Lasting Impression

- In conversation with Dr. Sandeep Nayyar on long-term impact of COVID



Over the past year, amidst the throes of the COVID crisis across the globe, every country had been struggling. With the onset of the New Year, steadily decreasing numbers and the vaccine, all hoped that the end of the pandemic was close. But there's mounting evidence this isn't the case and COVID-19 may leave a long-lasting impression on its victims.

In conversation with medical expert Dr. Sandeep Nayyar, let's try to understand what leads to these long-term complications and how one can combat this condition better. (Dr. Sandeep Nayyar – Senior Director & Head BLK Centre for Chest & Respiratory Disease is a leading name when it comes to speciality in chest & respiratory diseases treatment in India. He has been widely acknowledged for his versatile and patient-centric approach.)

How common are the after-effects or long-term COVID symptoms in India? Also, what symptoms are being observed in patients who have suffered a mild or a moderate COVID even after resolution of acute infection?

As time passes by, we are encountering more and more patients with post-COVID sequelae. As the number of new cases has gone down in India, we have fewer beds occupied with active cases, but the footfall of patients suffering from long COVID symptoms is increasing. Estimating the prevalence poses several challenges due to the current lack of consensus definition and limited data collection in national surveys.

The long-term symptoms may be:

- Myalgia i.e. Extreme weakness and fatigue
- Dry cough and breathlessness
- Chest pain
- Nausea, diarrhoea, abdominal pain and loss of appetite
- Persistence of loss of smell and/or taste
- Fever, headaches & sore throat
- Palpitation
- Mental confusion
- Dizziness
- Depression and anxiety, mood changes
- Insomnia or sleep deprivation
- Joint pain
- Bradycardia (Slowing of heart rate)
- Rashes

- Metabolic disruption (Such as poor control of diabetes)
- Thromboembolic conditions

How long will these post-COVID symptoms continue and are they severe and curable?

The trajectory of long COVID is heterogeneous with some improving over time, some worsening and others stable, with many experiencing ongoing fluctuating symptoms after 6 months. According to the NHS, many people recover within a few days or weeks or within 12 weeks after infection but some continue to face long-term health issues.

According to a study published in the Lancet, more than 75% of the people who were hospitalized for COVID-19 still had at least one symptom 6 months after recovering.

After excluding serious ongoing complications or co-morbidities and until the results of long-term follow-up studies are available, patients should be managed pragmatically and symptomatically with an emphasis on holistic support while avoiding over-investigation.

How worse can these symptoms get and who is at risk of getting it?

Anyone who has recovered from COVID infection can suffer from long COVID. It doesn't matter if one is young or old or whether the patient had any co-morbid condition or was perfectly healthy before. Even the severity of the disease doesn't matter as we have seen patients with even mild attacks suffering from long COVID after recovering.

COVID tends to affect older patients more severely. Those who survive are at high risk of sarcopenia, malnutrition, depression and delirium.

How severe are the effects on patients already suffering from long-term illness or any autoimmune condition?

- Prolonged COVID may limit the ability to engage in work and family activities
- Patient may experience family bereavement as well as job losses and consequent financial stress and food poverty

- Post-COVID chronic pain may affect patients of any age but seems to be common in elderly patients as well as those having some co-morbid conditions

- Physical symptoms add to the psychosocial impact of disrupted access to health care (Like arrangement for obtaining regular medication), core personal routine (Like walking to local shops), social interaction (Like meeting friends) and access to professional support networks

What should people do to manage the after-effects? What special care should be taken during the phase when a person is already positive?

- Pulmonary rehabilitation for patients having persistent breathlessness should be done post-COVID after a specialist review. Even for extra-pulmonary involvement, physiotherapy is quite helpful
- Patient peer support groups and attached mental health support service in the community should be given
- Support should be personalised with inputs from multi-professional teams like General Practitioner, District Nurse, Social Worker, Rehabilitation Team and Occupational Therapist as needed

What would you suggest as a way to deal with COVID & post-COVID self-care?

- Patients who were not admitted to hospital recover well with four to six weeks of light aerobic exercise, gradually increasing in intensity as tolerated
- Those returning to employment may need support to negotiate a phased return

Dr. Sandeep Nayyar

Senior Director & Head BLK
Centre for Chest & Respiratory
Diseases





PREPARING YOUR KIDS FOR PANDEMICS & BEYOND

Families across the countries are adapting to the evolving changes in their daily lives caused by the Covid pandemic. Schools, gatherings & non-essential businesses are closed. We are adjusting to the new normal. There is no immediate respite from Covid. So, it's necessary that our younger generation brings about changes in their daily life & social behavior to stay safe during the pandemic.



Stay calm & listen:

Try to find out what your child knows about the current situation & their misconceptions. Reflect on your own mental status before facing & answering them.



Be on your guard:

Today, staying safe is synonymous with washing hands, social distancing & wearing a mask. The new hygiene practices are somewhat difficult for them to remember all the time. The only option is to repeat it every now & then.

Keep all the explanations age-appropriate:

Provide brief, simple information that balances the facts with appropriate reassurance that concerned people are working to control the situation. Explain to them that we can contribute to bring down the pandemic by playing our role wisely.



Monitor the computer:

In this new learning milieu, one needs to monitor their children's level of interest & engagement in adapting to their new schedule & at-home materials. Observe your child so that they are following what is being taught in these classes. Check if they are taking notes or zoning out. Ask questions at the end of the lesson. Check whether they are finishing their assignments & submitting them on time.



Stay connected with school:

Schools have adopted a wide range of virtual learning tools & software including virtual tutoring platforms & learning management systems. Google classrooms, Teams & Zoom turned out to be popular choices for many. Find out how the school is communicating with its students. Be sure to read any communications you receive. Check with your children, particularly older ones, as they may be receiving information directly that would be helpful for you to know. Reach out to your child's teacher if you have concerns about their coping & keeping up with assignments or activities.



Keep them active & busy:

Play games, read books, paint together & involve them in daily household chores.



Learn & Earn:

Give them chance to earn their pocket money or their favorite toy by making them do what we want them to.



Be aware of their mental health:

According to NASP (National association of school psychologists), Parents & guardians should watch out for these symptoms if they exhibit for more than 2 weeks & contact a professional if required.

Age group

Symptoms

Preschoolers

Thumb sucking, Bed wetting, Clinginess & Fear of dark

Elementary

Irritability, Aggressiveness, Poor concentration, Nightmares & Withdrawal from activities

Adolescents

Agitation, Sleeping & Eating disturbances, Delinquent behavior



Watch out for Smartphone addiction:

If something can be worse than the pandemic, then it is the Smartphone addiction. Most of us, including our children, are glued to Smartphone. With time, please be firm & do not give in to their outburst. While banning TV or phones may not be entirely possible, allow a fixed time for watching them.

Children tend to run home during trouble. Parents remain the responsible ones who provide them a safe & healthy space to grow up. Let us create a safe haven within the confines of our home as to survive in the Pandemic.

THE SILENT PANDEMIC - LONELINESS



What is Loneliness?

'Loneliness' & 'Being Alone' are not the same thing. Loneliness' is actually a state of mind whereas 'Being Alone' is a conscious choice to recharge ourselves. However, being lonely is demotivating & deservating. One can be lonely despite being surrounded by people. It is a passive choice absorbed by the individual feeling isolated, misunderstood & rejected.

Overcoming loneliness during the Pandemic

If you are feeling lonely in these uncertain times, then you are not alone. Fortunately, there are many things that you can do to fight loneliness & maintain your mental well-being during the pandemic.

Maintain social connection with technology

Along with telephone, technology has changed the way people interact with each other. Apart from the traditional social media apps (Facebook, FB messenger, Skype, Instagram, etc.) which people use commonly, there is an increase in the apps that enable direct socializing like Houseparty, Google, Discord, etc.



Spend more time with your family

Utilize opportunities offered by the pandemic. Before the pandemic, some family members may have been distracted by work & school commitments but now they have more time & a degree of freedom to connect with each other. This is vitally helpful to defend against loneliness.



Maintain a healthy lifestyle

Eat a balanced diet, exercise regularly & get a good quality of sleep. Take up a new hobby that you always wanted to try. Exercise has both physical as well as psychological health benefits. We may not be able to exercise together as before, but we should be able to maintain physical activities at an individual level. These activities can be performed at a group level by setting a common goal, sharing our progress or creating a friendly competition via social media.



Manage cognition, mood & emotions

Loneliness is often associated with negative thoughts (cognitions). Conscious breathing, meditation & other relaxation techniques are helpful for the mind & body. If you are social distancing & isolating, then remind yourself that this situation is just temporary & you will get through this. Emotional support from family & friends is especially important during this harsh pandemic period, but one should not hesitate to seek help as well.



Share your feelings but don't compare

Many people may only share good things happening to them on social media platforms. Avoid comparing yourself to anyone as this may make you feel lonelier. Moreover, we can never be sure what someone is going through. Accept the situation & take each day as it comes.



If you suspect that you are suffering from chronic illness, talk with a mental health professional. Just like a medical condition, it can get worse if left untreated.



Telemedicine is having its moment. Over the last few months, millions of people have relied on video calls to talk to their Doctors. But as the pandemic moves across the globe and eventually recedes in some places, how long will this moment last? The Covid pandemic saw the healthcare sector inundated with cases.

Telemedicine was already on the rise with apps such as Livi (UK), Teladoc (US), Practo (India), WhiteCoat (Singapore) & Doctoroo (Australia), however, the Covid-19 and the ensuing panic saw a huge spike in users.



TELEHEALTH IS HERE TO STAY



India has the potential to revamp the way healthcare is delivered. It's the second largest online market in the world. Aarogya Setu app turned out to be a cost-effective digital platform launched to trace the transmission & saw at least 50 million downloads since its launch.

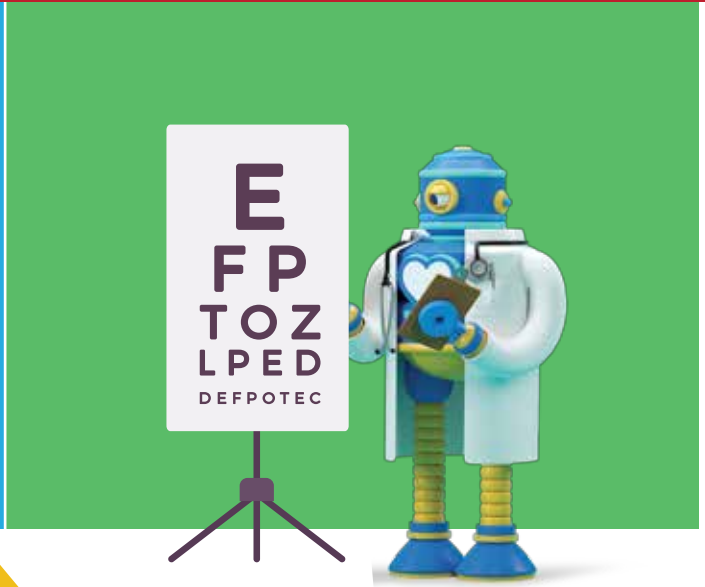
The current applications have proved extremely valuable in managing medical emergencies or addressing healthcare concerns at mass gatherings or remote locations. ISRO's Telemedicine Pilot Project which began in 2001 applied satellite technology to connect remote, rural medical colleges & mobile units to major specialty hospitals in cities & towns. During Maha Kumbha Melas, the use of Telemedicine allowed thousands of pilgrims to avail healthcare as well as ensured zero casualties during these mass gatherings.

Many Indian corporates have also pitched in to provide Telemedicine services. RGICL launched **RHealth Assist** which proved to be a one-stop assistant to cater to the healthcare needs of their customers, employees & their families.



While no one truly knows what the post-pandemic world would look like, it is evident that Telehealth technology will evolve and become a permanent part of our daily lives. The rules of the road are complex and are changing at a pace like never before. It is quite clear that the ever-evolving of Telehealth will be one of those solutions that will become a part of our 'New Normal'.





VIRTUAL LEARNING & WORKING FROM HOME HURTING YOUR EYES

Due to the pandemic, the use of gadgets has inevitably increased. When we fixate our eyes on the computer or a gadget for a long time, the blinking reflex in the eye is reduced, whereas its purpose is to keep moisture off the surface of the eye. Digital Eye Strain (DES) or Computer Vision Syndrome (CVS) affects over 50% of people including both children & adults and the symptoms are eye ache, pain & fatigue, dry, runny or sandy eyes & blurred vision. It may also cause other symptoms like pain in the neck, shoulder and back and hence this problem needs attention.

Behavioral changes to alleviate symptoms

Appropriate lighting: Close window curtains & use “soft white” indoor lighting. Position your computer with all windows to the side of your screen, instead of behind or in front of it.

Reduce glare: To reduce the effects of glare, you can purchase an anti-glare screen that can be installed on your computer. Additionally, if you already wear corrective eyeglasses, make sure that your lenses are made with anti-reflective coatings.

Replace older computer screens: Computers with cathode ray tube monitors are known to cause a “flicker” of images - a common cause of digital eye strain & fatigue. Newer flat-panel LED screens have an anti-reflective surface to make screen time more comfortable for your eyes.

Adjust your display settings: The display settings can be adjusted to help minimize eye strain & fatigue.

Brightness: Adjust the brightness of your screen so it's similar to the brightness of your room.

Text color and size: Adjust text color and size - black text on a white background is easiest on the eyes.

Reduce blue light: Adjust the color temperature of your screen to “warmer” colors such as red & orange to reduce blue light emission, which can also cause eye strain.

Keep blinking: Blinking helps your eyes to stay moist, & prevents dry eyes & irritation. According to research, people blink less frequently when staring at a computer screen.

20-20-20 rule: The 20-20-20 rule involves looking at something that is 20 feet away, for 20 seconds, every 20 minutes. Looking at distant images relaxes the ocular muscles responsible for focusing, thereby reducing fatigue.

Make your workstation comfortable: Your desk & chair should be at a comfortable height so that your feet rest on the floor & the screen is positioned just below your eye level.

Computer glasses: Computer glasses are also helpful if you wear contact lenses & experience dry eyes after prolonged screen time.

**Let's love our eyes
by taking precautions properly & correctly.**

THE FUTURE OF REMOTE WORK

The Good, the Challenging & the Unknown

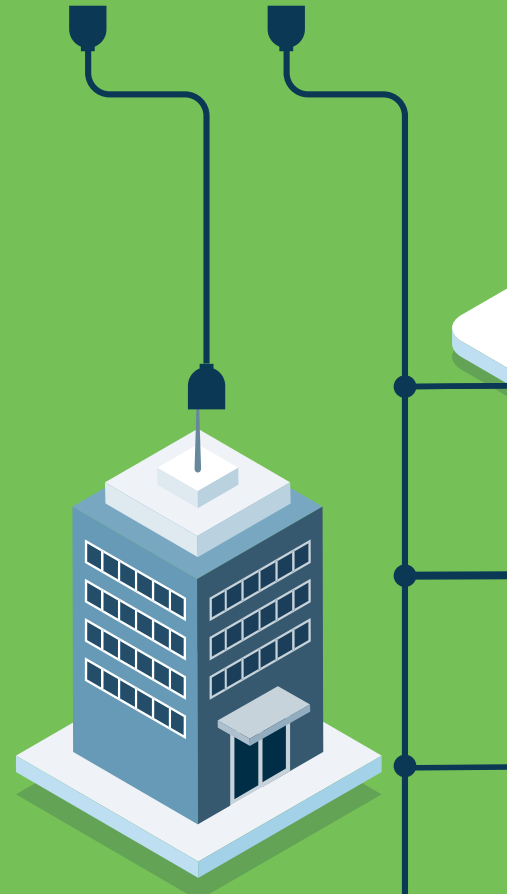
Although the Covid Pandemic has led to economic, health & social devastation, it has also created an unprecedented opportunity: to run the world's biggest ever workplace experiment. Telecommuting became a lifeline for operations that were resistant to work-from-anywhere arrangements in the past but found them to be the only way to continue operating amidst the lockdown & isolation. But will the changes stick for the long term? Or will workplaces revert to their pre-pandemic forms?

TODAY'S TRENDS

Many remote working trends we are seeing today are due to the shifting concept of what a workplace is. For employees, it's all about having a comfortable place to do their best work. The benefits of remote working for employers is all about keeping costs low & minimizing overhead. The mutual benefits of remote work for employees & companies have spawned several trends.

The **co-working** spaces are on the rise & only growing bigger. Giants like **WeWork & Ucommune** (China) have recognized the incredible demand for flexible work environments. Another new aspect is of "**Digital Nomad**" lifestyle trend, popular in the younger generation to embrace a world without anchors. It simply involves working remotely while on extended vacation. Unlike this, Gigging lets let's the employees work multiple jobs without the constraints of traditional office hours. **Gigging** allows younger workers to forgo potentially higher-paying jobs with less freedom in order to secure several jobs without giving up their productive work arrangement.

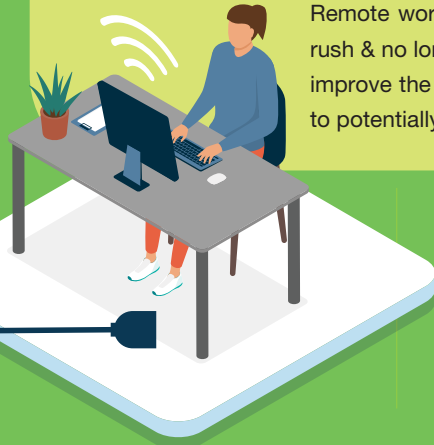
Condensed week are slowly creeping into remote work schedules. Many European companies have tested the concept of a shorter work week. Working 4 days for 8 hours in a week allows them for maximum production as compared to a traditional desk job. This motivates the workers to use their free time to live a good life & feel motivated.



Good

Working remotely allows for increased flexibility & autonomy for employees. Technology such as video conferencing, collaboration platforms & cloud services keeps people connected & allows them to work from anywhere, anytime. But it's not just employees who benefit as employers are starting to view remote work as an important part of hiring & retaining top talent, staying competitive in their field & even saving on business costs. Working remotely allows for a better work-life balance. For women, in particular, remote work is a mixed blessing. It boosts flexibility and independence by allowing them to work in their flexible work hours. Thereby, it strikes a good balance in their professional & personal responsibilities. Employees want to be trusted & remote work helps them build this trust. It gives them a sense of confidence that motivate them to work harder. This also favors employee retention rates.

Remote working also promotes employee well-being. With no commute, no lunch rush & no long hours in the office away from family or friends, working remotely can improve the health & wellness of employees by reducing stress & limiting exposure to potentially sick co-workers.



Future

While no one knows exactly what the future has in store, it's all but certain remote working will play a major role in how the workplace will evolve in the coming years. More than that, it's certain to continue changing the way we work.

Challenges

A remote based lifestyle can certainly offer many advantages to both organizations & professionals, but has its own set of challenges which are unfortunately often used as an excuse to not allow remote work in some organizations, despite being solvable. When one works remotely, it becomes very easy to get into the habit of sitting & doing work all day by yourself. This may increase focus & productivity but can make you feel isolated from people & lonely.

When working remotely, a fluid online communication among team members is a key to achieve results. Organizations must then set clear communication protocols & channels to facilitate a clear exchange between their team members when working remotely, right from the start. Slack, PukkaTeam, Appear.in & ProofHub are a few the tools that can help in communication between remote teams. Internet connectivity issues & security risks can also slow down one's work if they are not looked into.



Fitness

BEYOND THE GYM

EXPLORE
THESE
FUN FAMILY
WORKOUTS



If you are juggling a job & home school, you may find it hard to help your children stay active. Or maybe you are the one who's lost the workout mojo or perhaps you are putting in longer working hours or exhausting yourself in daily household chores.

Exercising is as important as ever right now for grown-ups as well as kids. Health professionals recommend that children & adolescents aged 6 to 17 should indulge in 60 minutes or more of moderate/vigorous physical activity a day.

One group surveyed parents in South Korea & China and found that in both countries children's screen time increased & their physical activity routines changed. The Lancet Child & Adolescent Health warned that "If this pandemic has reduced healthy movement behaviors among children, we should be concerned."

Working out together will get your family moving. For kids as well as adults, making movement fun with games can be very effective and physically demanding.

PUMP IT UP

There is always room for healthy housework. Starting from picking up laundry, sweeping floors or unloading the laundry can get your heart rate up. Rather than assigning jobs, the entire family can pitch in. This will give them a chance to reengage themselves.





BUILD UP THOSE BONES

You can turn any game into a bone strengthener by adding jumping, skipping or hopping in your daily regime. Hopscotch is one more way to jump around. It is a popular playground game in which players toss a small object into numbered triangles or a pattern of rectangles outlined on the ground and then hop or jump through the spaces and retrieve the object.

LEAN YOUR MUSCLES

Familiar resistance exercises like squats, lunges or leg raises (backward, upside-down, in different directions or with a twist) can keep the fun going.

FAMILY WALKS

Sometimes the simplest solution is the best. There are so many benefits to walking & the whole family can participate (even the baby in the stroller).

DO THE ZUMBA

Declare a dance party where you can play your favorite music and dance all over the house. It does not take long to work up the sweat and have fun at the same time.

STRUCTURE YOUR WORKOUTS

There are many other types of more structured exercises that can be done as a family. Engage in family hikes, trekking or do jujutsu together in the evenings. You may create a backyard full of activities that involve climbing, jumping and playing basketball.

FAMILY BOOT CAMP

Each family member writes down 5 of their favorite bodyweight exercises, for a total of at least 20. Exercises can be dance moves, calisthenics, martial arts or anything physical that the entire family can do.



STRETCH IT OUT WITH YOGA

The American Academy of Pediatrics recommends yoga as a safe and potentially effective therapy for children coping with emotional, mental, physical and behavioral health conditions. You may enquire about child-friendly workouts online or learn from the experts.

Though maintaining good health is very important, but exercising together can do so much more. Add these to your regular workouts & you'll never have an excuse to skip exercising!

TRAVEL TRENDS 2021



Never has there been a year when understanding the future of travel has been more important. Travel, of course, won't be the same as it once was, but maybe that won't be a bad thing. Cities will be quieter, UNESCO World Heritage Sites won't be over-crowded & the skies will be less polluted. The planet has had a breather, and although the tourism industry has been suffering massively, the pandemic has taught us a vital lesson – that travel is a privilege & not a right. Here are some of the key trends that have carved the path of travel.

DRIVECATIONS

Over 80% people indicated interest in traveling with family & loved ones, resulting in the growth of driving holidays as people were keen to travel to destinations within close vicinity of their homes, leading to the discovery of offbeat locations.

STAYCATIONS

Confined to the safety of their homes, people have been seeking creative yet safe ways to spend quality time with their close friends & family. Combined with minimal required travel, low on holiday planning time, cost & carbon footprint, staycations are perfect for travelers of all generations.

WORKATIONS

With the lines between work & play blurring in the past months, there has been a rising urge to escape the four walls of home & maximize work from rejuvenating environs like a beach, palace, mountains or by the pool. People are booking longer stays at hotels to balance time with family & inspire a burst of professional creativity.

HOMESTAYS

The premium homestay market in India is witnessing a steady growth as travelers are looking for more exclusive, unique & immersive experiences. Homestays give travelers an opportunity to bond together in beautiful unique locations, while experiencing authentic local culture & heritage.

BONUS

WELLNESS TRAVEL

The future of travel is increasingly shifting to focus on experiences that positively impact one's overall wellness. There has been a rising trend of travelers embarking on wellness retreats that allow them to reconnect with nature, indulge in curated wellness menus & rejuvenate their body & mind.

These travel trends spark a new beginning in 2021. One step at a time, travelers can take up & opt for what suits them best while adhering to the safety protocols & social distancing norm.

A WORD OF CAUTION

When taking a trip avoid a lot of different means of transportation or transfers. If you're planning to fly, check if your airline has measures in place to allow for social distancing, enforces face mask use, & provides ample access to hand sanitizers or hand washing. When you choose lodging, opt for a place where air can circulate through open windows. Walks along the beach, a day hike in the hills, a bike ride - these are great low-risk activities.

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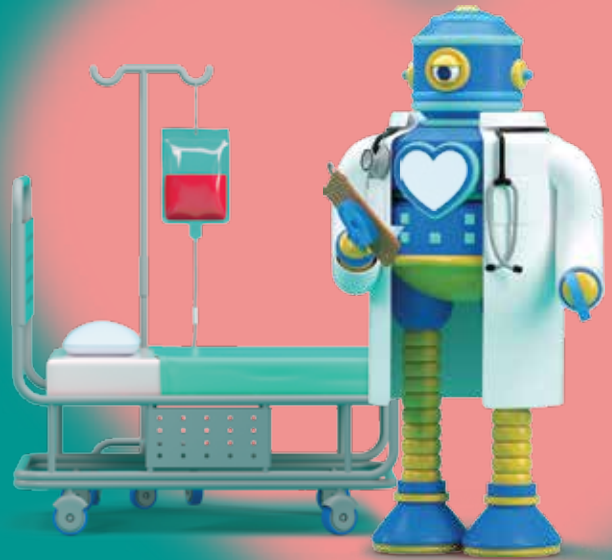
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