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R HealthBeat

Quarterly Health Magazine - Vol. 18, Nov. 2018

*Beat that
Jet lag*

**Eat healthy
while you trot
around the globe**

Wellness Getaways

**Travel in
Pursuit of
Wellness**

*A 5000 year old
Indian Ayurveda
detox*

*Rishikesh - World
Capital of Yoga*



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From the Editor's Desk

Hello Readers,

With the festive season fast approaching, it's time to plan breaks! This new edition of RHealthBeat gives you an insight to plan for a different type of holiday, one that optimizes mind, body and soul.

Travelling in pursuit of wellness is the best way to learn about new things as well as give some attention to our health and well being. As they say:

“ *Wellness encompasses a healthy body, sound mind and tranquil spirit. Enjoy the journey as you strive for wellness.* ”

Travel to destinations all over the globe and make the most of your wellness journey by experiencing their culture, healthy food and eating habits along with their wellness offerings to gain a holistic experience as described in 'Health & Fitness Travel'.

Check in wellness retreats around the world to take a more reflective and long term approach to your wellbeing as mentioned in 'Happiness & Wellness offering around the world'.

Discover our own country, India, with new pair of glasses as it becomes fastest growing destination for travelers visiting for wellness. Learn and experience the benefits of Yoga and various types of meditation at the very birthplace of Yoga-Rishikesh. Realize your goals of healthier lifestyle with Ayurveda.

Get attuned to nature and enjoy positive health benefits of nature as mentioned in 'Getting in Tune with Nature'.

Read interesting itineraries to get started with your journey of wellness and wellbeing or create your own itinerary from the different wellness offerings across the world as this break can be an annual tonic for your body, mind and soul!

In the end I would like to wish you all Healthy & Happy Holidays this season!

Thank you 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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EDITORIAL TEAM

Editor
Anand Singhi
Raman Arora

Project Head
Dr. Mahesh Yelapure

Concept and Content
Dr. Snehal Divekar
Nisha Trivedi
Sakshi Dogra

Marketing & Compliance
Santosh Sen
Prasun Pratik

Printing & Publishing
Ashfaque Shaikh

Readers' Connect



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

Reliance Health Magazine comes out with useful information for all age groups regarding health & nutrition. We gain lot of knowledge from this and wish to thank the team on behalf of Symrise and request them to continue this in future.

T. Kannan

Head - Human resource
Symrise Private Limited

R HealthBeat gives a sneak peek into the world of wellness and it brilliantly compiles health and fitness content. A different theme for each issue and a well thought through approach is really commendable. I look forward to more engaging content and hope RGI team continues to impart knowledge with same zeal and enthusiasm.

Patrick Masson

Executive Director – HR & Admin
Volkswagen India Pvt. Ltd.

Hats off to R HealthBeat for providing valuable tips on health & wellness which makes it a delightful read. I appreciate Reliance Team for their efforts and wish them best of luck.

K Sankar

Manager- HR & Administration
Herrenknecht India 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

Visit www.reliancegeneral.co.in for more articles and updates on Healthy Living and Wellness.

TRAVELLING IN PURSUIT OF WELLNESS!

With a growing understanding of holistic health comes the desire for a different type of holiday; one that optimizes mind, body and soul. From mindfulness coaching and meditation to sleep therapy and silent retreats, a new crop of wellness travel experiences is going further to revive and restore sufferers of modern-living burnout. Switching off is no longer about lying still and doing nothing, people want to maximize their time away and are looking to seek self-improvement opportunities at every touch point.

From 'healthy' to 'well'

There is a greater awareness of how unhealthy lifestyles can significantly increase the risks of illnesses such as heart disease, diabetes and cancer. Managing stress, clean eating and boosting well-being have therefore become hot topics.

Beth McGroarty, research director at The Global Wellness Institute observes: "There is a profound shift in the way that people consume

wellness. Once a luxury or add-on, it's now being infused into every aspect of daily life – from how people work to what they eat and wear and choose to do in their spare time." And since studies have shown that experiences, rather than "things," make us happy, satisfying one's wanderlust may well be a wiser idea than splurging on material goods. In the words of travel futurologist Ian Yeoman: "Luxury becomes more about enrichment than materialism."

Wellness tourism

As the movement expands, so it inevitably diversifies. What's clear is that discerning travelers are no longer impressed with a token Pilates class or a mere gym membership.

Immersing guests in more exotic wellness narratives is one way that five-star facilities can deliver the transformational experiences these clients crave. "It's all about that elusive, perspective-changing interior journey," says Beth McGroarty.

At Australia's prestigious Peninsula Hot Springs bathers can enjoy plays, concerts and talks while floating in its seven pools, thanks to state-of-the-art underwater speakers – hot baths effectively become an amphitheater.



WELLNESS RETREATS FROM AROUND THE WORLD



The new Six Senses Bhutan has created a **multi-chapter wellness circuit** where spa-goers journey between five lodges, each based around one of five key pillars of Bhutan's "Gross National Happiness Index."

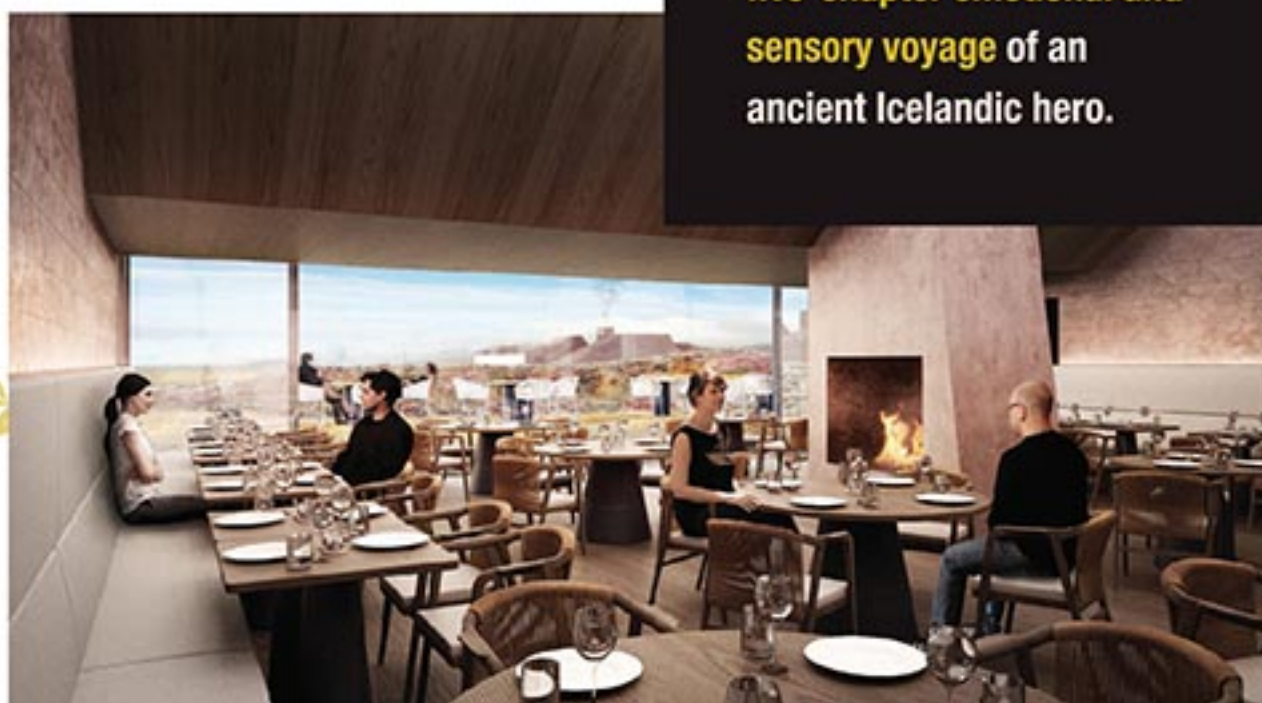


"Secular monastery" in Eremito in central Italy, famed for its 50-hours silent experiences. The 14th Century building is set in 3,000 hectares of protected natural reserve and at 8 p.m. each night a gong announces the start of a silent candlelit dinner. This formula all added up to it being named Conde Nast Traveler's 2016 "Best Mental Recovery" retreat.



Iceland's Red Mountain Resort casts visitors as the fearless stars of a dramatic saga, as they follow the **five-chapter emotional and sensory voyage** of an ancient Icelandic hero.

The newly opened Amanyangyun resort near Shanghai has as its centerpiece a cultural pavilion based on ancient Chinese scholars' studios, where guests can **learn traditional arts such as calligraphy and painting or watch a Kunqu Opera performance.**



Experience Detox the Ayurveda way

For more than 5000 years, Ayurveda has been practiced to promote wellness in India and is deeply embedded in our culture. Ayurveda in India has grown manifolds over the years and a number of rejuvenation centers throughout the country are dedicated to the practises offering various treatments and detox plans.

Ayurvedic detox plan works with body's innate intelligence to promote natural self healing and a holistic balance between physical body and mind. It helps body cleanse and feel vibrant throughout the changing seasons as it is based on the body types, tendencies, personality traits and nutritional needs.

Vatas Pittas Kaphas



VATAS

People with small bone structure and tend to be thin

✓ FOOD INCLUDE:



Ghee or healthy fats with each meal to help with grounding



Cooked foods, including cooked veggies and cooked or dried fruit



Healthy fats like coconut or olive oil



Spices that help warm the body



Warm water or tea



Eat at predictable, regular times to help with digestion

✗ FOOD AVOID:



Too much juice, drinking too much water and consuming frozen foods.



Frozen or very cold foods



Staying up late at night and eating just prior to bed



Fasting or skipping meals

✓ FOOD INCLUDE:



Seasonal cooling fruits and veggies



Space out meals by at least 2-3 hours to avoid heartburn



Eat cooler foods over excessively hot foods



Use medium-heat cooking methods



Eat smaller meals throughout the day instead of only two to three big meals



Sweet, bitter and astringent foods like leafy greens, legumes, sprouts etc.

✗ FOOD AVOID:



Very oily foods or anything deep-fried



Too much of raw food



Hot/spicy, fried foods, sour foods, tomatoes, yogurt, vinegar, artificial sweeteners and alcoholic drinks



PITTAS

People with medium athletic build and are versatile in terms of putting on weight or muscles

✓ FOOD INCLUDE:



Lower-fat dairy products, lighter fruits, honey, beans, grains



Seasonal veggies and spices



Eat slowly and mindfully to avoid overeating



Balance between hot versus cold foods



Choose pungent, bitter and astringent tasting foods over sweet, sour & salty foods

✗ FOOD AVOID:



Eating too many sweet foods or very fatty meals



Foods and beverages with too much salt water



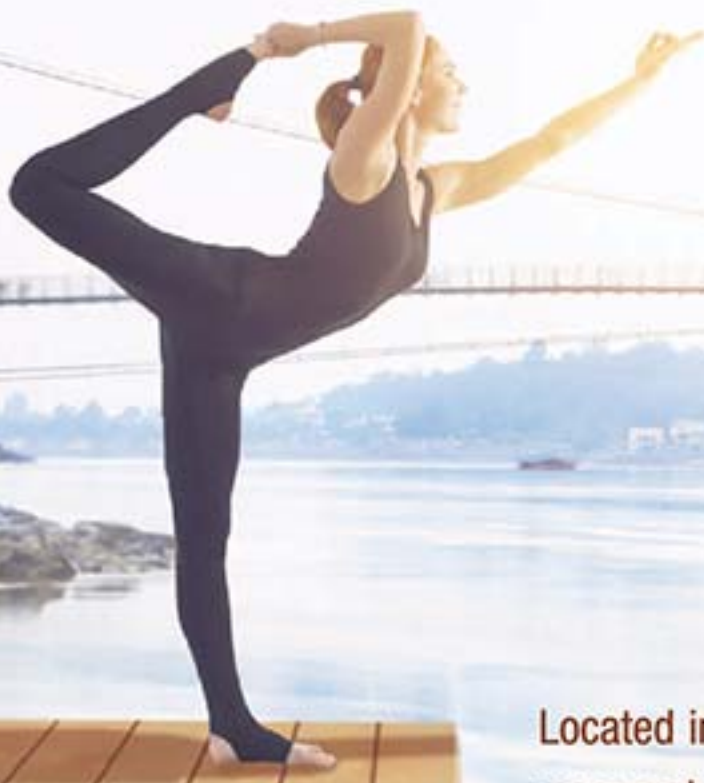
KAPHAS

People with bigger and solid build and tend to struggle with weight gain

Benefits of Ayurvedic diets plan • Improved digestive and metabolic processes • Improved health of the gut/microbiome
• Weight management • Enhanced detoxification • Less anxiety and more inner calm

Experience Rishikesh -

The Yoga Capital of the world



Located in the foothills of Himalayas, home to lush greenery, pristine waters and fresh air, rich in yoga and spiritual heritage.

Over the years Rishikesh has established itself as the yoga capital of the world. The city is brimming with yoga schools from those who teach various disciplines of yoga and their variants like Kundalini Yoga, Deep Yoga, Ashtang Yoga etc. to those who mix Yoga with new age healing techniques like aroma therapy, ayurvedic massages and wellness music.

City offers affordable yoga retreats which will attune one to ashram life and will provide great opportunity to try out gentle way of learning yoga and release everyday stress. Through these yoga retreats one can learn and integrate the manifold facets and benefits of yoga.

Why Yoga Retreats!

- **De-stresses from busy life and helps relax**

Yoga retreats are helpful in spending time focusing on one self and having a clearer state of mind with more mindful and balanced outlook. This gives a feeling of lightness, relaxation, de-stress and recharged. Also, most of the retreats restrict the usage of technology hence helping one to take a break from additional stress that technology brings.

- **Detoxes and cleanses body and mind**

Retreats help in technological and body detox. Yoga twists in particular can be very powerful detoxing postures, as we squeeze toxins from internal organs and allowing fresh oxygen and blood to travel to these organs. Breathing deeply and pranayam also speeds up detoxing process.

- **Connects with and helps spend time in nature**

Spending time in nature has a healing and rejuvenating effect on many levels. Breathing in fresh air and taking conscious walks in the mountain areas filled with trees, plants and other natural beauty brings in a feeling of calmness and happiness

- **Allows time for self reflection**

Be present with emotions and just notice and listen to what arises in your mind. It helps in creating time and space to reflect so we can improve our consciousness.

- **Deepens your yoga and meditation practice**

One learns different yogic practices to help balance and expand the flow of energy through all levels of your being; physical, mental, emotional and spiritual.



A day in Yoga Retreat

- Morning starts at 5:00 a.m. with an hour of meditation session aimed to help one to be more aware and focused on present moment.
- Meditation is followed with mantra chanting which is aimed to calm the mind and enter into a clearer state of consciousness
- Breathing awareness sessions are part of morning rituals as they teach the breathing techniques to take deep

clean breaths and fill the body with clean air.

- Morning exercise also includes yoga asana practice
- Meals served are mostly vegetarian which are good for body as well as spirit
- Before bedtime meditation session of half an hour is conducted which is either guided, self, music or mantra meditation.

Best time to visit is between March to April & September to October.

Mindfulness Meditation

We live a harried lifestyle and chronic stress is one of the greatest health robbers present there in our life 24/7, which is the antithesis to health, wellness and a sense of wellbeing. This is where having a meditation practice can help. Meditation can be viewed as a way to clear the mind, let go and achieve peace. Mindfulness is being actively aware of feelings, thoughts, behavior, etc., in a non-judgmental way. The blend of the two techniques is referred to as "mindfulness meditation." It can be enjoyed by anyone to feel healthier in everyday life.



You can plan your holidays for discovering and experiencing the methods and benefits of meditation listed here:



Mindfulness meditation

encourages you to focus objectively on your thoughts as they move through your mind, so you can achieve a state of calm.



Concentration meditation

teaches how to focus your mind



Heart-centered meditation

involves quieting the mind and bringing the awareness to the heart, an energy center in the middle of the chest.



Tai chi meditation

combines physical exercise with breathing and focus.



Walking meditation

turns your focus to both body and mind as you breathe in time with your footsteps.

Meditation Retreats around the world

India: De-stress programs at the foothills of Himalayas in Rishikesh or in the woods or beaches of Kerala provide a tranquil atmosphere to indulge in activities like Pranayam and meditation for an improved overall health.

Portugal: Experience mediation, breathing classes or medical spa on the beautiful coastlines to enhance your health and wellbeing.

Thailand: Check in wellness retreats located by the beaches to learn a more balanced approach to life with meditation and Tai-Chi classes for escaping the stress and fatigue of busy schedules.

Spain: Learn mediation techniques for stress management, improved sleep in natural environment for overall wellbeing.

Getting In Tune With Nature

Your surroundings can have a significant effect on your physical and mental health. Being in nature can improve your mood, behavior and even your nervous, endocrine and immune systems. Beaches, forests, mountains and all other natural green environments have positive health benefits. Here are few reasons you need to plan for forest bathing to spend time in nature and attune yourself to the world around you:



Being in nature reduces stress

Spending time in nature has a physiological effect on the body, reducing blood pressure and the hormone cortisol, which is linked with stress. Being in green acts as a refreshment for the brain improving focus, creativity and problem solving activities.

Natural light improves sleep

Modern day lifestyle has shifted the sleep patterns leading to poor quality of sleep, which can have a negative effect on mental health. Natural light can help to regulate your biological clock. Spend at least 20-30 minutes outside in the morning to sleep better.



A nature walk could help your heart

Among the many health benefits, nature extends a protective mechanism on cardiovascular system. Walks in nature reduce blood pressure, depression, anxiety, confusion and fatigue. Many cultures also promote forest bathing which is spending time in the woods.



Green exercise for feeling refreshed

While exercise is nearly universally recommended as a means of improving overall health and well-being, the benefits of green exercise are even greater. Exercising in more natural environments reduces levels of anxiety, depression and stress levels, leaving one with clarity and feeling refreshed.

Being in nature has a calming effect

The sounds of nature shift your nervous system into a relaxed state. Every time you plan for a walk in nature breathe deeply, take long, deep satisfying breaths and allow yourself to relax. Spend time by water bodies or stargaze at night to quieten your mind for more clarity and feeling refreshed.



Walking barefoot on Earth for better health

Kiss the earth with your feet to enjoy various health benefits like improved immune and nervous systems, biological rhythms and boost in energy levels.

Natural environments promote everyday emotional health & well-being

Sedentary lifestyle in urban environments has been lined with poor mental health. A quick walk or spending time in nature can help alleviate stress and anxiety and facilitate clarity, emotional well being.



HEALTH & FITNESS TRAVEL

Wellness Spa Breaks



When travelling in pursuit for wellness, the goal is to checkout feeling healthier and better than what you checked in! So if you are in need of deep relaxation or stress relief, plan for spa holidays which are all about relaxing and de-stressing as well as offering various health benefits. Here are few destinations you can choose to plan your spa holidays:



Ayurvedic Spa in India

This spa seeks to improve your health and well-being by creating a balance between mind and body through an assessment of lifestyle. Treatments are based on herbal preparations, diet, purification and yoga. This type of spa treatment is great for detoxifying and cleansing body and mind, strengthening immune system and improving overall well-being



Thai Spa in Thailand

This spa offers a combination of acupressure, body rocking and assisted stretching. This is a great choice if you're looking to treat back or shoulder pain, a stiff neck or muscle strain. It also helps to improve circulation and your spinal alignment.

Geothermal baths of Iceland

Astounding natural surroundings of Iceland offer an opportunity to see the most stunning natural sights, such as its waterfalls, geysers and geothermal baths as well as the famous Blue Lagoon and Northern Lights to unwind while offering a multitude of health benefits like treating respiratory problems, improving skin and blood circulation, relief from pain and increase in endorphins.

Thalassotherapy in Portugal

Portugal is admired by visitors for stunning sandy beaches and cliffs which make up its fantastic natural coastline. Spas here allow making the most of that coastline, offering a number of beach activities, and Thalassotherapy treatments which utilize the natural healing powers of sea water to improve blood circulation, relief from consistent or recurring pain, better skincare.

Aromatherapy of Greece

Its warm, bright climate, deep blue oceans and fantastic landscapes make this a destination of choice for many. It is a particularly pleasant location for relaxing spas offering Aromatherapy with essential oils derived from plant materials. These oils when massaged are absorbed through the skin, different oils are used depending upon personal needs like calming, cleansing or decongesting. This is a fantastic therapy for stress relief and deep relaxation.

Hot stone Spa of Oman

Land of natural beauty and fabulous spas, Oman is an excellent place to revitalize with both resort and destination spas offering various spa treatments. Hot stone therapy involves smooth, heated stones of different shapes and sizes, placed on various muscles. The heat released is deeply relaxing and releases tension at the deepest level. This therapy helps to improve circulation, relieve any aches and pains and reduce stress and anxiety.

Thermal Spa of Italy

Italy is home to natural thermal spa centers and ancient Roman baths offering various health benefits like relief from muscle and joint pain, relaxes the body and helps to sleep better





On the way to that long awaited trip to abroad! You step out of the plane full of excitement and anticipation but you feel out of sync. That feeling is of Jet lag, a physical reaction of our body when we hop time zones. Moving around day and night really confuses body's biorhythms and one might face symptoms like disorientation, irritability, insomnia, fatigue, dry eyes, headaches and irregular bowels. Consider these tips to beat the time zone tiredness:



Prepare yourself week before your flight

Air travel can be a physical stressor, so be kind to your body in the week prior to departure. Get more rest, eat healthy and clean, go for a massage or ramp up your meditation practice to start your trip in as relaxed a physical & mental state as possible.

Adjust your light exposure

You can manipulate your body clock and ease into a new time zone as quickly as possible by controlling your exposure to light and darkness before travel.

Keep on moving

Get up from your seat at regular intervals to walk and stretch to keep the blood flowing and preventing it from pooling in your extremities.



Keep a check on time!

While travelling internationally, time plays an important role. To reduce the effect of jet lag, your arrival time is important. Try to schedule a flight so as your destination's local time is close to your wake up time. Once you're on the plane, set your watch to the new destination's local time and keep yourself awake if it's still day time there. This will be helpful in preparing for the new rhythm.

Dietary Tactics

Restrict your diet to foods that are easily digested. Keep food as simple and healthy as you do on the ground, with lots of veggies, good fats, and protein.



Sleeping pills are a big NO!

If you're in need of some shut-eye, do it the natural way. Intake of sleeping pills can leave you feeling fuzzy when you land.

Keep yourself hydrated

Air inside airplanes is usually quite dry and you may notice skin stretch and dry up a bit since you're deprived of water. Keep yourself well hydrated and avoid caffeine-heavy beverages such as coffee, cola and energy drinks. These artificial stimulants will affect your ability to sleep and increase jet lag recovery time.



Travel gadgets to make your trips easy!

One of the best things you can do for your upcoming trip is to figure out what you might need while travelling to control or at least minimize many of the inevitable inconveniences. With some advance preparation and the right equipment you can ensure a fun, energizing and exciting vacations. Here are few gadgets for you to keep in your backpack for your next trip.



Ergonomic Travel Pillow

The design of these pillows will help sleep better by preventing your head from falling forward as you sleep. These are perfect to use on airplanes, buses, trains, cars, camping, while backpacking, on wheelchairs, at airport terminals, or even while watching TV. Also, lumbar pillows help maintain healthy posture and reduce the strain of sitting for long periods.

Pill Organizer

It can be tricky enough to keep track of your medication schedule at home; add jet lag, a different daily routine and a new time zone, having a pill organizer can be a lifesaver.



White Noise Sound Machine

It is the perfect bedside partner! This small electronic device makes the background noise "white noise". It masks and covers other sounds that could potentially disturb your sleep.

Solar Powered Power bank

These power banks are must have in your backpack. They just require UV rays to charge up. So whether you are hiking or just relaxing on the beach, you can charge up your phone without having to rely on a power source.



USB Portable Humidifier

Humidity is significantly less in airplanes, which can be uncomfortable for lot of people complaining dryness of nose, throat and eyes. This portable humidifier attaches to a water bottle or glass of water, plugs into a USB port and then distributes a cool mist and maintains the humidity. It can also help you avoid dry, flaky skin.



Life Straw Personal Water Filter

Whether you are hiking or backpacking, the straw can turn contaminated water into safe drinking water without any chemicals, electricity or batteries. The hollow fiber membrane technology efficiently filters out bacteria to keep you hydrated.



Compression Socks

These socks improve circulation & may decrease the risk of blood clots. They provide support and make legs feel less tired after too much sitting or standing. Plus, they keep your feet warm!



EXPLORE HEALTHY EATING HABITS while traveling around the world

Travelling gives an opportunity to experience new cultures and food firsthand. It offers an insight into some of the healthiest eating habits from around the world. Across globe people chow down on delicious food without compromising their health and bodies.

Many local cuisines rely on natural and unprocessed ingredients and time-tested preparation methods.

Take a cue from the following cultures and their traditional diets to stay healthy even on your vacation.

Japan: Set the stage with small portions & colorful plates

- The Japanese diet is rich in seafood and fresh vegetables because of which people in Japan have lowest rate of chronic and cardiovascular diseases
- They emphasize on small portions, which helps to keep calories in check, while veggies provide a range of vitamins and minerals
- Meals are an important part of the day and culture in Japan. Taking time to appreciate your food, and cooking from scratch, can lead to healthier eating habits than frequently snacking, buying lots of ready-made foods or eating “on the run”.

India: Packed with flavors

- Indian cuisine features variety of spices like turmeric, ginger, red pepper etc. adding appealing color and health benefits like lower cholesterol, lower risk of heart disease, aid in digestion
- Many Indian dishes are vegetarian friendly and are great source of anti-oxidants

Ethiopia: Put Teff to the test

- Traditional Ethiopian cuisine emphasizes root vegetables, beans, and lentils
- Ethiopia’s traditional flatbread known as injera, is a plant based product made of teff flour, is high in fiber, vitamin C, and protein.

France: Please your palate

- French associate food with pleasure; rather than eating a large portion of a “healthy” dessert like frozen yogurt, try a small portion of a treat you love like chocolate truffle, this will give a sense of satisfaction and will help cut down food cravings.
- This habit has positive impact on your body, especially if you’re transitioning to a healthy lifestyle.

Spain: Healthy Snacking

- Nuts are prevalent in the Mediterranean diet, particularly in parts of Spain. They are rich source of protein, vitamins, minerals and fibre
- It is important to eat them in their natural state, rather than salted, sugared or dry roasted. Snacking on fresh fruit and vegetables and small amounts of unsalted nuts and dried fruit helps to increase nutrients and reduce saturated fat, salt and added sugars in our diet. This is helpful in managing weight, cholesterol levels and blood pressure.

Italy: Wine & Dine

- Moderate wine consumption; one glass per day for women and two glasses per day for men, can reduce the risk of heart disease and extends life.



Super healthy traditional foods across India

Traditional diets are a delicious roadmap to healthy eating. Traditional foods provide a much healthier and nourishing option than the highly processed foods that are stripped of their nutrients, flavor and even calories. Also, with the increasing urban hunger for a healthier lifestyle, many traditional varieties with amazing health benefits are becoming a part of our diet. Here is a list of hidden gems from Indian fields and as it is said "Let food be thy medicine", you can choose to make them a part of your plate

Diana Rice (Karnataka)

Diana rice is packed with vitamins and minerals. Its high fiber content combined with a low glycemic index makes it ideal for people with diabetes. It is also a great option for people on a diet.

Jhangora (Uttarakhand)

It is a nutritional powerhouse with high levels of protein, calcium, iron, minerals and vitamin B complex. It is also low in carbohydrates and is gluten-free, making it an excellent grain for those with gluten allergies, Type 2 diabetes and cardiovascular diseases.

Chak Hao Black Rice (Manipur)

It is full of antioxidants, vitamins, minerals, iron and fiber. Eating black rice can help protect the body against various ailments like heart diseases, obesity, inflammation and cancer.

Navara Rice (Kerala)

Navara rice holds an important place in the Ayurveda, its rice bran oil is also used to relieve a multitude of painful conditions like cervical spondylosis, stiff joints, back ache and rheumatoid arthritis.

Garlic Rock Salt (Himachal Pradesh)

A flavourful fusion of natural Himalayan rock salt with roasted garlic, is far superior in terms of health as well as taste to iodized table salt. It improves digestion, boosts metabolism, lowers blood pressure and reduces sugar cravings

Lakadong Turmeric (Meghalaya)

Lakadong turmeric is counted among the finest turmeric in the world. It is a powerful antioxidant known for many health benefits. The turmeric in it is between 6% to 7%, which is one of the highest, as against a mere 2% to 3% in most varieties of turmeric.

Jamun Powder (Jharkhand)

Packed with nutrients like protein, calcium, iron, minerals, vitamins, fructose minerals and a multitude of antioxidants, the humble jamun has a host of health benefits. Other than reducing cholesterol and improving digestion, skin health and eyesight, jamun also helps control blood sugar levels in diabetics.

WELLNESS AND WELLBEING ITINERARY

While traveling gives us the opportunity to disconnect from everyday life and widens our perspectives, wellness travel allows us to learn a new set of rules to help build and maintain a healthier lifestyle. Read two interesting itineraries to know more about such wellness & wellbeing travels.



Seychelles

An island nation, Seychelles is located in Indian Ocean, East of Africa near Madagascar. It is a complete package of breathtaking beauty, peace & relaxation, diverse and rare flora and fauna and healthy gastronomic delights.

Travelling in Seychelles: Seychelles is connected to all major cities of the world through its international airport as well as through Indian Ocean Cruises. Ferry rides are the only option to travel from one island to another and renting a car is best option to travel within an island.

Experiencing Seychelles

Start your journey with Mahé Island, a small town with distinct Creole culture and world's smallest capital Victoria. Jungle clad mountains sparkling with white beaches, tropical forests and botanical gardens of Mahé offer you to enjoy a walk along the nature trails that wind along the mountain pass and lead to you spectacular vantage points. You can also indulge in Tropical Massage & Spa while simply relaxing on the beach

Snorkeling & Diving

Snorkel or dive into the blue water and explore an amazing underwater world with amazing flora and fauna and experience various health benefits like increased ability to stay calm and positive effects on anxiety disorder. Beaches of Praslin Island like Anse Volvert, Grand Anse, Anse Lazio with very soft sand and calm sea are perfect for lifetime experience of swimming and snorkeling in sea. Breathtaking beauty of Praslin and stunning views, sublime beaches

where the only sounds you will hear are the waves crashing on the shore and seagulls flying overhead can bring calm and tranquility to a busy mind.

Hiking, rock climbing, rappelling and Ziplining

Go hiking and trekking in the mystical jungles of Morne Seychellois National Park and experience the most beautiful sights. It's the largest nature reserve in Seychelles. The entire park is high mountains, thick jungles, exotic variety of indigenous flora and fauna and breathtaking natural landscapes.

Feeding Tortoise

Visit Curieuse Island, a protected bio-diversity and is home to massive population of giant tortoise that may weigh up to 250 kgs and age around 100 years. One can feed vegetables, leafy plants to these giant tortoises. The unique red colored soil, mangrove trees and natural vegetation of Coco De Mer nuts make it a perfect place to be and soak in all the natural beauty.

Staying & eating option in Seychelles

Travelers opt to stay at Mahé or Praslin for convenience of travel and budget self-catering hotels. Enjoy fresh seafood during your stay at Seychelles; vegan options are also there on the menu!





The Land of Thunder Dragon, Bhutan is a small Buddhist kingdom of immense natural beauty, nestled peacefully in the heart of the majestic Himalayas and is known for monasteries, art, mountains and its rich culture.

Travelling in Bhutan: Paro airport is the sole international airport in the Kingdom of Bhutan. Public transport and taxi services are there to travel within.

Experiencing Bhutan

Soak in Spirituality at the Tiger Nest Monastery

This beautiful monastery is perched precariously 3,000 feet above the valley floor with a twisting stairway lined with strings of colorful prayer flags leading up to it. It's a fairly steep climb uphill, the serenity and beauty of the complex are breathtaking.'

Meditation and Yoga Retreat

Start your journey from Thimpu, capital of Bhutan. Meditation and mediation retreats are a common practice amongst Monks and Buddhist practitioners in Bhutan which provide respite from the stress of everyday life.

Rafting down crystal clear, glacier fed rivers

Rivers of Bhutan fed by the glacial-melt of the Eastern Himalayas, six major rivers (Wang Chhu, Sunkosh, Puna Tsang Chhu, Mangde Chhu, Kuri Chhu and Dangme Chhu and their tributaries), have been scouted for kayaking and rafting. This can be experienced at Paro and Thimpu.

Hike through the forests of blue pine and rhododendrons

The breath-taking, iconic Taktsang Monastery (Tiger's Nest) perched precariously on a sheer cliff face 3000m above the Paro valley floor. Considered the pinnacle of the holiest places in Bhutan, the steep climb brings you along an amazing, scenic route to the monastery which seems to hug the cliffs, defying gravity.

Immerse yourself in nature

Bhutan is a paradise for bird lovers and home to many species of birds that are in danger of extinction like blood pheasant, Himalayan Monal, Fire tailed Myzorins, white-naped Yuhina etc. are a few. Many bird watching tours are arranged from Paro and Thimpu.

Hot Spring Therapy

Hot springs are known as Tshachus/menchus, and are found in many parts of the country. River rocks are heated and then placed in the bath. As the temperature of the water rises, the rocks crack and release steam and minerals into the water. The medicinal properties of these hot springs have been used by the Bhutanese people for centuries and have a positive effect on joint pain, stomach problems and arthritis.

Staying and eating option in Bhutan

Stay options ranging from budget resorts to luxury resorts are available in Bhutan. Many wellness retreats are located in Paro and Thimpu. A vegetarian finds many options in Bhutan and so does a meat lover.

Bhutan





HAPPINESS & WELLNESS

Offerings around the world

All cultures around the world seek wellness and happiness to elevate one's health. Each country has found a solution that works for them. Depending on your style, read and try these happiness & wellness practices from around the world to give yourself a break from your busy schedules.

Iceland: Hot Springs

Iceland is known as "the land of fire and ice" because of its unique mix of glaciers and volcanic activity. These hot springs are said to have benefits such as acne control, anti-aging properties, pain relief, increased endorphins and better blood circulation.



China: Acupuncture

The traditional Chinese treatment of acupuncture involves inserting needles into a body to balance energy. Depending on the placement of the needle, acupuncture is used to cure headaches, back pain, neck pain, allergies and blood pressure problems.



South America: Mate Tea

It is a herbal tea made from the leaves of a plant named Yerba mate which is rich in antioxidants, boosts energy, protect against infections, help lose weight and can boost your immune system. Swap your daily tea with mate tea.

India: Laughter Yoga

A combination of breathing and laughing that strengthens immune functions, brings more oxygen to the body and brain and gives an improved sense of happiness. Be more intentional about making laughter a part of your life



Tibet: Tibetan Singing Bowls

Tibetan singing bowls are used for sound healing. They produce an energy that is said to heal stress disorders, pain, depression and other forms of unease. The sonic waves resonate with your brainwaves and synchronize to create a feeling of peace.



Japan: Shinrin Yoku

The Japanese practice "forest bathing." It's a preventative health care method based on the belief that there are health benefits from living in the forest. The time spent in nature is said to encourage clearer intuition, increased flow of energy, deepening of friendships and overall increase in happiness. Make it a goal to get outdoors and into nature at least once a week.



Egypt: Cupping Therapy

A medical practice used by the Egyptians of using cups made from bamboo or glass to pull bad toxins out of the body. Cups are placed on the patient in the area that needs healing and heat is applied.



Indian Wellness Getaways

With the stressful lives that we lead, just getting away from the chaos to a quiet destination doesn't help much. To get more out of your break, plan a vacation which will improve one's physical and emotional wellbeing and offers an added long-term wellness feature. India offers you many such retreats located amidst nature which offer comfortable stay, organic meals, yoga, spa and detox therapies. At these tranquil retreats, travelers are also encouraged to connect with local culture through art, surfing and cooking classes as well as reconnect with themselves.

Plan your wellness getaway at a location of your choice and take your first step towards the synergy of mind.

Himalayan Foothills, Uttarakhand & Himachal Pradesh

The Himalayan foothills are home to some of the best retreats that pack in the wonders of Ayurveda, Yoga and Vedanta with a modern approach. The areas around the Sal forests, bordering the spiritual town of Rishikesh and the Ganges River valley offer some of the most luxurious escapes. Fitness and healthy organic cuisine, which help restore balance and harmonies energy, is the primary focus.

Locations to Plan for: Rishikesh, Dharamshala, Bir

Experience: Yoga and meditation retreats, walk in nature, traditional & modern healing programs, spa, trekking and ashram stay

PONDICHERRY

Auroville is a city within the city of Puducherry located midst of forested, semi-urban, and beach areas. It offers programs and workshops that open a window to learn and improve the communication between the body and mind using a holistic approach.

Location to plan for: Auroville

Experience: Yoga programs that take place along Auroville Beach's long sandy stretch with the serene backdrop of sea

GOA

The coconut grove, long stretches of beaches; starry skies, aesthetic and laid back atmosphere of Goa make it a perfect choice for a relaxed holiday.

Locations to plan for: Palolem, Ashvem, Cola beach, Mandrem

Experience: Yoga Classes by the beach, ayurvedic treatments, swim in secluded beaches, kayaking, bird watching, dolphin watching trip and fishing.

KERALA

There is no better place to engulf your senses with nature and rejuvenate with natural medicine than the forests and coastal town of Kerala. Time spent amidst the many retreats fringing the Pala tree lined jungles or the welcoming waves of the coastal town allow you to experience the authentic healing practices of ancient India.

Locations to plan for: Palakkad, Varkala

Experience: Ayurvedic lifestyle and programs to cure various ailments and aches surfing and yoga retreats

KARNATAKA

Plan your stay in cottages with aesthetic of quiet elegance, antique doorways, stone pillars and earth tinted furnishing far from the madding city life. De-stress & de-tox with yoga classes, walk on the beaches, learning local culture and indulging in fresh seafood

Location to plan for: Gokarna

Experiences: Ashtanga & Hatha Yoga Classes, meditation by the beach, pottery and art classes, hiking, boating and kayaking excursions



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