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# R HealthBeat

Quarterly Health Magazine-Vol.9, March 2016

Nectar from  
God's own country

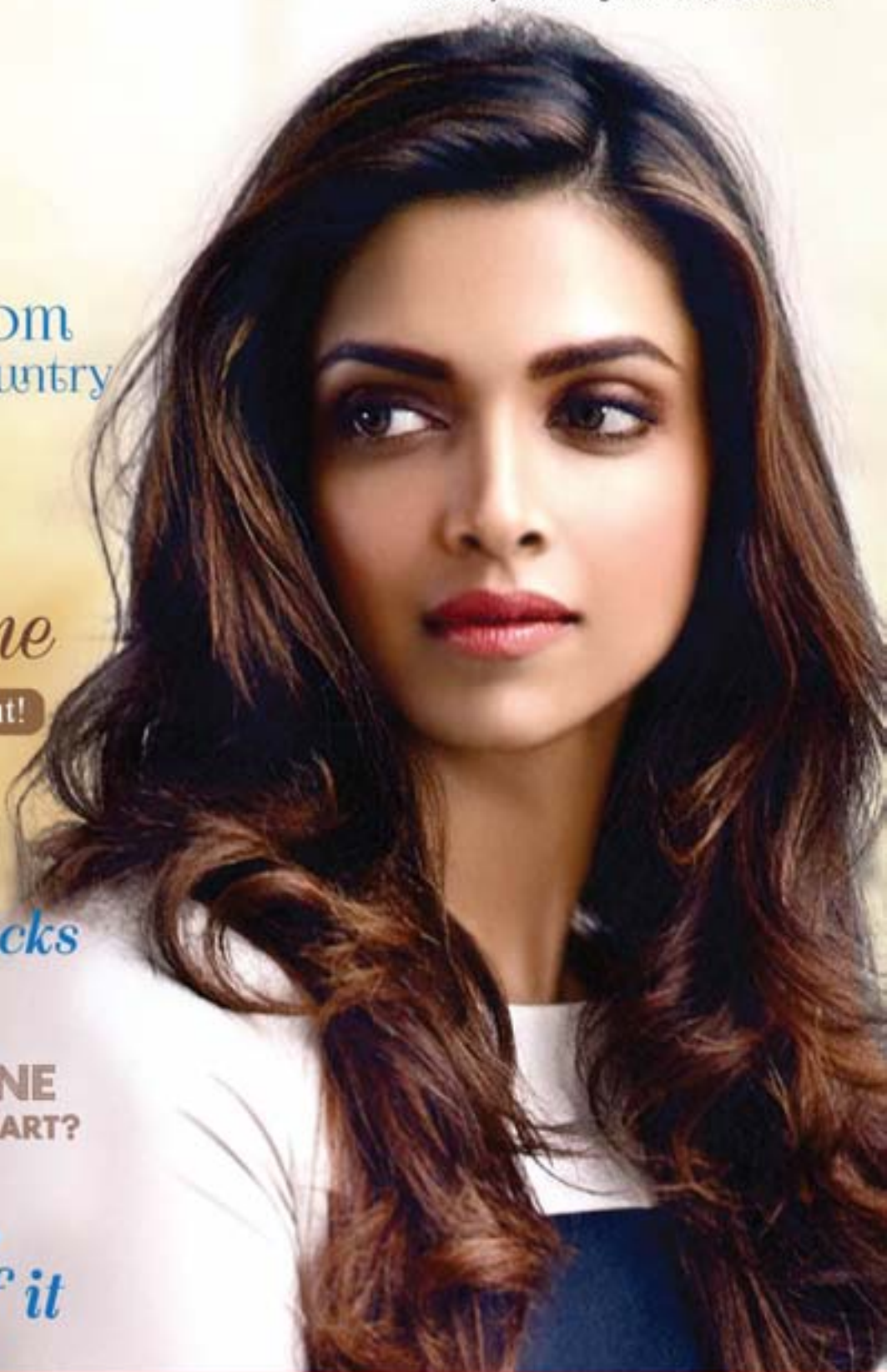
*Deepika  
Padukone*

Beautiful - Inside Out!

*Travel  
skin care hacks*

**IS YOUR  
SMARTPHONE  
REALLY HEALTH SMART?**

*Get the  
S(N)ack of it*



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# From the Editor's Desk...



**Rakesh Jain**

Chief Executive Officer  
Reliance General Insurance

Hello Readers,

Greetings from Reliance General Insurance!

This is a special edition for us as we turn 2 years old! R HealthBeat was launched with a vision to create, advocate and promote holistic living and well being. The journey has indeed been amazing and endearing all the way. I take this privilege to thank our experts, contributors and readers for their incredible support throughout. With all the feedback and suggestions that have amassed over these 2 years, it has guided us in improving with each edition.

The theme for this issue is 'Summer & Safety'. With the National Safety week being observed in the month of March, we have tried to highlight the health concerns that the ubiquitous smart phone raises with its prolonged usage in the 'Did You Know' section.

“ On the cover we have Bollywood's reigning Numero-Uno actor, Deepika Padukone. Owing to her athletic and sporty lineage, this diva carries herself with equal finesse and grace. ”

A study has revealed that 13 percent of women preferred travelling solo and 8 percent with their significant other. Be it for some 'Me Time' or the urge to unravel some sense of adventure, most of us want to dash off to a destination alone. But travelling alone has its own perks and share of risks too. Our articles 'Travel Hacks for Solo Woman Travellers' and 'Krav Maga'- a self defence technique would come handy.

In the 'Technology in Healthcare' section, we always attempt to bring you game changing innovations in the healthcare industry. In this edition, we give you a low-down of 'The Consumer Electronics Show' held at Las Vegas in January 2016, which gives you a glimpse of the digital healthcare technology.

The month of May is approaching and so is the oppressive summer heat. However, it's still a way to rejoice in the anticipation of the imminent vacations. Add a twist to your vacations this summer and enjoy the perks of an off-season haven by indulging in Summer Safaris with your loved ones. Explore 'Travelogue' to know more.

Most of us are snack addicts. Nearly 40% of a person's diet is met through snacks and mini-meals. Long working hours and hectic schedules elevate our hunger pangs and make us binge on samosas, theplas, aloo chips, pakoras. None of them do any good – they are delicious but unhealthy taking a toll on our diet regimen. Our article 'Get the Snack of it' focuses on such start-ups who have redefined healthy snacking at workplace.

Happy reading and thank you once again for your continued patronage.

**Go Fit, Stay Healthy!**

# What's Inside

## 1 Readers' Connect

## 2 Did You Know

Is your smartphone really Health Smart -  
Infographic on safe use of mobile phones

## 4 Doctors' Corner

- Save yourself from Summer Stroke
- Summer skincare hacks

## Celeb Speaks

Deepika Padukone -  
Beautiful Inside Out

## 8 Fitness Today

- Kalaripayattu - Learn the Martial Arts technique of Bajirao Mastani
- Krav Maga - Self Defence
- Summer heat can't be your excuse to not work out - 5 Innovative ways to stay fit indoors



### Special Focus

Nectar from God's Own Country

6



## 12 Food

- Gourmet food served right at your door
- Smita Duggar's Recipe - Som Tam



## 11 15 Travelogue

- Safe Travel for the Solo Woman
- Summer wild safaris



## 18 Technology in Healthcare

Health technology showcased at  
Consumer Electronic Show (CES) 2016, Las Vegas

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

“

The magazine is very informative. Best of Luck to the entire team.

**Dr. Mahesh,**  
Oracle Investigation Agency

”

“

I loved the magazine! It's crisp, simple and full of delight. I'll definitely look forward to read further editions!

**Mr. Alok Anand**  
DGM (International Business),  
Aikem Pharma

”

“

A very creatively presented magazine. Short and sweet. I must appreciate the efforts in putting together a very readable and interesting collage of ideas put together by the Reliance Team. A committed step in the direction of wellness for all.

**Rani Sudhakar**  
Ranipeta | Vice President

”

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](mailto:rgicl.rcarehealth@relianceada.com)

Visit [www.reliancegeneral.co.in](http://www.reliancegeneral.co.in) for more articles and updates on Healthy Living and Wellness.

## Did You Know?



### Cellphone affecting your eyes?

Computer Vision Syndrome (CVS) is caused by continuous exposure to screens, including smartphone.

#### Symptoms of CVS

##### Dry Eyes

We normally blink 16-20 times a minute

But when looking at a smartphone the blinks are down to just 6-8 times a minute

##### Head Aches

Poor neck position and eye strain increase the chance of headaches

##### Blurry Vision

Strained ocular muscles can no longer focus at varying distances

While this is temporary in the beginning, it may gradually become permanent

##### Eventual Nearsightedness

Focussing on a screen for longer periods of time strains eye muscles, which are naturally designed to focus on things 20 feet away

## IS YOUR SMARTPHONE REALLY HEALTH SMART?



#### Preventing CVS



Blink often



Find protective eyewear



Use saline drops



### Mobile phone speaker & your hearing

Regular use of mobile phones for more than four years almost doubles the chance of developing **Tinnitus** - the debilitating condition that causes constant ringing or buzzing in the ears.



Of mobile users are likely to develop Tinnitus



Users who average 10 minutes or more per day increase their chances of Tinnitus development to 71%



## Mobile phones & posture



10-20%

Of people with overuse issues on cell phones also have problems with computers.

91%

of the mobile texters hyper-flex their necks while texting.

Arthritis and other degenerative diseases that were earlier seen in people in their 40s & 50s are now seen in children as young as 15 due to poor posture.

Zzz

## Sleep deprivation



Cell phone radiations delay your sleep by 6 minutes and can shorten your stage-4 sleep cycle by 8 minutes.

**Radiation** from cell phones and Wi-Fi has shown to cause diminished reaction time, decreased brain motor function, social and emotional problems and inability to focus on complex and long-term tasks

## Protect yourself against cell phone radiation



### Use a headset or speaker

Choose either wired or wireless. If you go wireless make sure to take your headset out of your ear when you're not on a call. Use your phone in speaker mode.



### When in use, hold the phone away from your body

Why? The amount of radiation absorbed by your head and body decreases dramatically with even a small distance.



### Call when the signal is strong

Fewer signal bars means the phone must try harder to broadcast its signal. Research shows that radiation exposure increases dramatically when cell phone signals are weak.

# Summer Stroke

Heatstroke is a condition caused by your body overheating, usually as a result of prolonged exposure to or physical exertion in high temperatures. This most serious form of heat injury can occur if your body temperature rises to 104° F (40° C) or higher.

Heatstroke requires emergency treatment. Untreated heatstroke can quickly damage your brain, heart, kidneys and muscles. The damage worsens the longer treatment is delayed, increasing your risk of serious complications or death.



WHO ARE AT RISK?



## Signs and Symptoms



## What Causes It?

Heatstroke can occur as a result of:

- Exposure to a hot environment, also known as non-exertional or classic heatstroke. It typically occurs after exposure to hot, humid weather especially for prolonged periods.
- Strenuous activity, also known as exertional heatstroke is caused by an increase in body temperature brought on by intense physical activity in hot weather.

## Care

If you have symptoms of heat exhaustion, you should see a doctor immediately. The doctor will perform a physical examination, check your blood pressure, pulse and temperature and assess how dehydrated you are. The doctor may also request lab tests of blood and urine samples.

## Treatment Plan

**Primary Treatment:** Rest in a shady spot or better, in an air-conditioned room and drink cool (not icy) fluids. You can lower core body temperature by immersing yourself in cold water or spraying yourself with cold water and fanning. Water is usually enough to reverse dehydration, but you can also have a sports drink that contains electrolytes.

**Drug Therapies:** Doctor may recommend an oral or intravenous saline electrolyte solution.

## Nutrition and Supplements

Health care providers may recommend drinking fluids that contain electrolytes. Endurance athletes may want to take mineral supplements including:

- Calcium • Magnesium • Potassium

Foods high in these nutrients include dark leafy greens, nuts, seeds, whole grains, sea vegetables, blackstrap molasses and bananas.

**Please note:** Taking any of these minerals in large amounts may cause unwanted symptoms and/or mineral imbalances. Consult your doctor to determine the correct amount of mineral supplementation to meet your needs.

## Dr. Talat Halim - MBBS, MD

Director, Emergency & Trauma department,  
Fortis Memorial Research Institute - Gurgaon.



# Skin care hacks while travelling

Summer weather is ideal for travelling as everyone tends to escape to a beach holiday or high up the cold mountains. Summer heat also exposes our skin to harsh elements taking a toll on the skin. Here are a few tips to keep in mind to let you enjoy your summer escapades while looking fresh skinned and photo-ready!

## Sunproof your skin religiously

Whether you are at high altitude or on a sunny beach, wear a sunscreen that carries a 35 SPF (or higher) and apply it 20 minutes prior to stepping out. Neglecting sun protection can lead to pigmentation anomalies in addition to collagen and elastin damage.

## Go for cream...not lotion

It's advisable to apply a heavy moisturizer the night before you travel. This increases the skin's hydration before the effects of road-tripping dehydrate it.

## Lip balm with SPF

Your lips are amongst the most sensitive skin on your body and high heat or air condition causes the lips to feel dehydrated. So you should take care of them by using a protective SPF lip balm.

## Blot out excess oils

Carry blotting papers to wipe excess oil or dirt from the 'T' zone of your face. The blotting paper removes impurities and keeps make-up intact.

## Cool down puffy eyes

After a long, tiring trip our eyes tend to get puffy. Put crushed ice in a washcloth or use ice cubes as a compress to battle the bloat. Or you can also use refrigerated green tea bags/black tea bags on your eyelids to reduce the swelling around your eyes.

## Always carry towelettes on your trip

Spilled your drink? Need to cleanse your face? Freshen up en route with these face wipes.

## Keep hand sanitizer ready

Dermatologists recommend against touching our skin while we travel as we tend to pick up any unknown bacteria that might result in a skin problem after our arrival. Using an anti-bacterial hand gel on palms disinfects our hands and ultimately protects face from germs.

## Drink up, stay hydrated

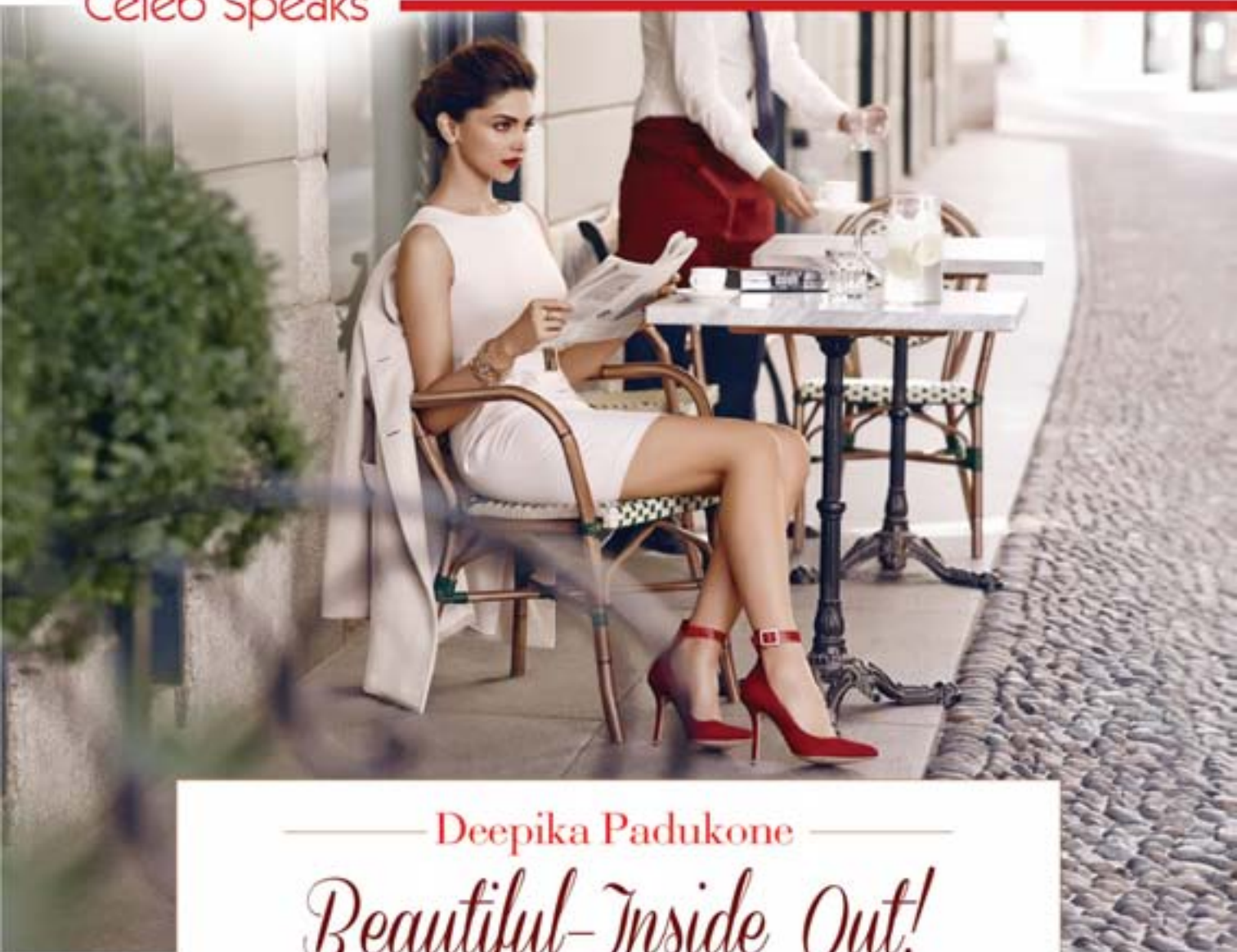
Now that your face is feeling hydrated, we encourage you to do the same with the rest of your body. Water, with a squeeze of lemon, remains a great choice for staying hydrated during travelling. Tea & coffee both have their merits but are not great hydrating liquids as they have natural diuretic qualities.

Also, in summers, we advise pure cotton, light coloured full sleeve shirts to prevent burning and tanning of skin

**Dr. Ramanjit Singh,**

Senior Consultant Dermatology & Cosmetology  
MEDANTA, The MEDICITY Hospital - Gurgaon





— Deepika Padukone —

# Beautiful-Inside Out!

*Bollywood's reigning Numero-Uno heroine will soon give Hollywood heroines a run for their money!*

*Yet her willingness to work hard and determination to reach greater heights are undiminished.*

*Whether eating healthy or thinking healthy, she reaps the benefits of both.*

*How does it feel to be touted as the Number One actress today?*

It's a nice feeling! When I say it's a nice feeling it's not really about people calling me No. 1 and being on magazine covers or being called No. 1 in trade. Of course, that's nice too! What is overwhelming is the intangible quality of love and appreciation that you get from your audience and it is beyond just my films. I feel that people are giving me a lot of love for the work that I am doing or for the person that I am. I don't know what it is that I have done that they are giving me love back in return. But

whatever it is, it's a nice feeling. It's not really a tangible thing and it's not the number or the race or any of that. It's really the feeling when I step out of the house... It warms my heart!

*You are clearly blessed with great genes as far as your slim athletic structure goes!*

That's true, but I must add that while I was in school, badminton practice from 5 am to 7 am was a daily routine for me. That wasn't all - once school had ended, another two-hour practice routine would follow! It was a tough routine but I adhered to it

every single day while I was growing up. I've said this before that this training must have had a big role to play in terms of how my body developed and maintained itself. The good part is that even after I quit playing and stopped exercising, the earlier training helped me come through this period with not many ill effects!

*With summer around the corner, do you adopt any particular skin and hair care routine?*

Well, I have a daily skincare regimen which doesn't vary too much depending on the season. It includes moisturiser with SPF (Sun Protection Factor) during the day. At night, I remove whatever make-up I wear and then apply hydrating cream. I'm very particular about having plenty of water, balanced meals, sufficient sleep and regular workouts. In order to tackle the damage that travelling and exposure to extreme climatic conditions wreaks on my hair, I swear by tender coconut hair oil massages. This treatment, at least once a week, protects my hair from permanent damage.

*When did you feel the need to adopt a structured workout plan?*

Given the profession I was in, modelling followed by films, I was inspired by the desire to look a lot better. I wanted a more defined look that my body had the ability to achieve. When I started to train with Yasmin, I was introduced to Pilates and strength training. This combination brought about great improvement in my tone and definition. Weight-wise, I didn't lose more than two kilos or so, but I lost inches all around which was more than visible!

*How do you beat boredom when it comes to your fitness routine?*

The trick is to mix it up so you stay sharp. I am not a fan of conventional gym exercises, so I try and do a lot of freehand weights combined with around five sets of stretching exercises. I do around 20 reps. This is interspersed with Pilates or stretching routines. Running is not my cup of tea. Also I must mention that while I do exercise as often as I can, there are times I am unable to work out for days at a time while travelling or shooting. Still, I try and balance it out with Pilates or Yoga on my own.

*You also learnt Kalaripayattu, an ancient martial arts form, from Daksha Seth for Bajirao Mastani...*

Yes, like I mentioned, as an actor you get to learn so many different things. I learnt Kalaripayattu for the film and there was lots of caution maintained while shooting the war and fight sequences.

*What kind of food are you most partial to?*

Since I am usually away from my home my favourite food remains the food my mother cooks. It is so difficult to pick one dish from amongst all that she makes. She is a fantastic cook! I am quite fond of South Indian food so I love snacking on upma, idli once in a while. My other favorite is Maharashtrian dal; it is so simple yet too yummy. Sweets are my weakness. Chocolates were a favourite when I was younger but now I only treat myself occasionally.

*How do you strike a balance between eating out and eating healthy?*

Olive in Mumbai or Sunny's in Bangalore are my favourite eating places. I love having the Mediterranean food there - Tossed salad and steamed fish with grilled vegetables. Ping Pong in London offers healthy dim sums and is great to savour on. For fine dining, I'd pick Scalini in London. I love Italian food too.

*Are you very particular about diet?*

Actually, I believe in eating what you like but remember to pick healthy. I am someone who loves munching every other hour. So I also have smaller meals rather than one large meal. I am of course conscious about what goes in but if I am craving something I ensure I fulfil my craving.

*Fame is temporary. How do you prepare yourself to handle living without it?*

I know one day, all of this will go away. I am not scared of it all. It is the reality of life. Tomorrow there would be someone else at the position that I am at today. I am a very secure person, very family-oriented and I don't expect to be in the spotlight all my life. That is something that cannot happen and if anyone thinks that it can happen, then they are delusional.

**Preferably Pilates!** Deepika is a complete Pilates baby! Her body reacts best to Pilates as opposed to all other forms of exercises. So with Deepika I only make her do Pilates; it works beautifully and you've seen the results on screen. Pilates has worked wonders on her body and uses a combination of strength and yoga to tighten the core muscles of the body and relax the mind. As a routine, it helps build flexibility and creates endurance in legs, abdominals, back and arms through resistance training.

It also involves a steady control on breathing that helps to relieve stress and allow proper oxygen to reach core muscles. The flexibility helps co-ordination and balance and adequately trains all the muscle groups in the body.

- Celebrity fitness trainer Yasmin Karachiwala



## The 3 styles of Kalaripayattu

### Vadakkan or Northern style:

Emphasizes on flexible movements, evasion, jumps and weapon training. 'Meipayattu' or physical training and full body oil massage are the main elements of this style.

### Madhya Kerala or Central style:

Mainly practiced in the northern parts of Kerala, the participants start using weapons training only after acquiring expertise on lower body strength and speed through practice of different Chuvadus (steps).

### Thekkan or Southern style:

Mainly prevalent in south Kerala and Tamil Nadu, it includes several stages of training such as Chuvatu (Solo forms), Jodi (Paired training), Kurunthadi (Short stick), Neduvadi (Long stick), Katthi (Knife), Katar (Dagger), Valum Parachayum (Sword and shield), Chuttuval (Flexible sword).

'Kalari' means 'the fighting art of kalari or battlefield in English'

'Payattu' means 'training in art to combat'

Considered to be the mother of all Martial Arts, Kalaripayattu has its roots in Kerala. It synthesizes elements of the ancient sciences of war (Dhanur Veda) and medicine (Ayurveda) while at the same time transforming these through techniques of weapons use, exercises and massage. Traces its origin to Sage Parshurama, the master of all Martial Art forms.

A traditional, rural form yet fits into our urban modern lives; Kalaripayattu has lived through centuries and today it is a source of attention, speed, accuracy, peer respect, health & immunity. It helps one develop mental discipline, increase concentration & co-ordination. It is a source of inspiration for self-expression in various dance forms, both traditional and contemporary in theatre and fitness.

### Health benefits galore

It increases the overall flexibility as it stretches your entire body including your arms, legs, shoulders and back. It cleanses the toxins inside the body by activating lymphatic system. It is a great stress buster as it rejuvenates body and mind. Also improves concentration and focus.

### Is 'Kalari' meant for you?

It takes about 3-4 months to years for one to master the art. This art form strictly demands a veteran's guidance. It is not recommended to learn the form without first consulting your physician, if you have had a heart attack, kidney trouble or any other major ailment.

Sources: <http://www.mid-day.com/articles/kalaripayattu-for-the-urban-indian/16013166>  
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### Lesser known facts:

- Actors Deepika Padukone & Ranveer Singh were trained in this ancient Martial Art for their movie 'Bajirao Mastani'.
- Kalaripayattu is the secret behind Bollywood actress Parineeti Chopra's weight loss and a much fitter physique, who practices the art everyday for an hour.
- Vidyut Jamwal started learning this art when he was just three years old. The actor also plans to open a University in Kerala to impart training to Martial Arts aspirants.

# KRAV MAGA



**No Rules. No Poses. No Tap-outs.**

**Only street effective techniques designed by the Israeli Defence Forces.**

Krav Maga literally translates to 'contact combat', and is a unique Israeli form of self-defence technique.

No prior Martial Arts experience is required to become proficient in Krav Maga.

**Things to know about Krav Maga**

It is not a Martial Art.  
It is a **self defence system.**

It is designed for **everyone & anyone.** Men, Women, Children & Seniors despite their age, size, weight, height or any physical condition can learn Krav Maga.

## History:

Developed for the military in Israel by Hungarian-Israeli martial artist Imi Lichtenfeld. Initially used to defend the Jews against the Fascists in Czechoslovakia in the 1930s, it has since gained popularity amongst both, the military and civilians across the world.

## What it helps with:

Krav Maga is for real life situation and efficient brutal counter-attacks. It's a cardio and strength workout that puts you in survival mode. The regular Krav Maga classes are packed with a bunch of explosive calisthenics exercises: jumping jacks, sit ups, push ups, mountain climbs as well as some boxing and defense basics which are great for cardio.

## What fitness level is required:

In order to move and effectively defend yourself, it is of utmost importance to be fighting fit. Muscle memory is important for quicker reflexes and the numerous repetitions that one undergoes is bound to keep you in shape.

Sources: <http://timesofindia.indiatimes.com/the-style/health-fitness/fitness/The-all-new-self-defence-technique-Krav-Maga/articleshow/18029818.cms>  
<http://www.healthfitnessindia.com/profile/blogs/new-maga-india-martial-art-self-defence-schools-trainers-course>  
<http://www.dnaindia.com/health/hyport-krav-maga-israeli-self-defence-makes-a-big-in-mumbai-1864867>

# Enter the *New* Buzz in Fitness



2015 has taught us that fitness can be anything but monotonous or repetitive. At times staying fit is a constant fight against time, inertia and boredom. During such times, certain trends help reinvent fitness and prove to be a reliable source of reinvigoration.

Fitness is no longer a chore. It's no longer a gruelling 6 am alarm clock. Currently, it's all about discovering new and exciting ways to train and learn. Find out the new game changers of 2016:

## *Kizomba*



Having originated in Angola, this African Dance form provides a lower body workout due to the frequent footwork as well as the flexibility of the hips & knees with a mix of French-Caribbean Zouk music and Semba music (Mix of Congo & Guitar) in the background.

## *Pink Rope*



This playful workout is a mix of jumping rope for a few minutes at a time, alternated with a host of body weight exercises. This workout reduces stress, stimulates brain and also helps one to burn as much as 600 calories in one session.

## *Surfboard Workout*



This 45 minute workout session aims to burn 500-900 calories with the help of a patented surfboard fixed with stability balls to mimic the volatility of the sea by fusing Pilates, Plyometrics and Yoga. An intense yet fun workout on a surfboard within the four walls of a studio.

## *Zumba all the way*



### **Aqua Zumba**

Mimic the Zumba dance with traditional aqua fitness disciplines. This low impact, high energy exercise helps tone muscles.

### **Zumba Toning**

Put emphasis on toning and sculpting to define those muscles. Use dumbbells for squats, lunges, bicep curls, chest presses & overhead presses to get toned arms and abs.

### **Zumba Sentao**

It's time to transform a chair into a sizzling dance partner with the explosive Zumba Sentao program that strengthens your core, torches calories and sculpts muscles.

# Nectar from God's own country

One of the most healthy and effective natural drink available to mankind is Coconut Water. Its immense benefits have been highlighted since ancient times and the various nutrients that it offer boost the immune system like nothing else. Read on to discover amazing facts as to what makes a Coconut drink special.



It is a natural way  
of getting more  
**calcium and magnesium**  
into your body.

### Perfect For Hydrating your Body.

Out of each cup of coconut water (240g),  
228g is pure water.

### Potentially Protects Against Aging.

Coconut water contains cytokinins, which  
supposedly have 'anti-aging, anti-cancer and  
anti-thrombolytic effect in humans.'

### It helps in Thickening the Blood

because of the presence of Vitamin K, a  
vitamin which has blood clotting properties  
and is isotonic to human plasma.

### Lower in Sugar than most Fruit Juices.

Most fruit juices are laden with sugar.

It is a rich source of Potassium  
and helps ease muscle spasms.



# Get the S(N)ACK of it!

Nearly 40% of a person's diet is met through **snacks and mini-meals** (this figure is as high as 50% in the developed world). Snacks that are readily available are not only unhealthy but also mundane and boring.

Most of us are snack addicts. Long working hours and hectic schedules elevate our hunger pangs and make us binge on samosas, theplas, aloo chips, pakoras. They are delicious but unhealthy. None of this does any good and takes a toll on our diet regimen.

A host of start-ups took mid-meal snacks to the next level by redefining snacking in India. They have come to our rescue from unhealthy eating habits through their range of **home-delivered**, sweet and savoury nibbles.





## Snackosaur

India's first Snack Subscription Service is here to solve your problems by offering a wide variety of nutritious dry snacks: sweet, salty, seedy, nutty etc. All healthy, interesting snacks huddled in a box that you can have delivered like barbeque edamame, strawberry wasabi peas, salted broadbeans and dried fruit mixes, granola bar etc. Snackosaur takes order for regular box of snacks which is sufficient for a person for an entire month. Each box has a guide which contains ingredient details, health benefits and calorie count.

**Presence:** Delivers all across India

**Based in:** Bengaluru

**Website:** [www.snackosaur.com](http://www.snackosaur.com)

## Snackexperts

This Chennai based start-up makes their snacks from locally available, fresh ingredients and are devoid of margarine, shortening agents, hydrogenated oils, emulsifiers, coloring agents and dyes that pose threat to one's health. Their snack pantry offers six categories currently- Sweet Retreats, Fruits Nuts Extravaganza, Fruits Fosterage, Scintillating Savouries, Sassy Seeds and Flapjack Fairies.

**Presence:** Delivers all across India

**Based in:** Chennai

**Website:** [www.snackexperts.com](http://www.snackexperts.com)



## The Nibble Box

Every Nibble Box is an eclectic mix of 4 snacks from over 100 snack recipes which include nuts, seeds, munchies, dried fruits, granola bars etc. Each box contains 4 snacks, each snack with 2 servings in a pack, which makes your box last for a week. The Nibble Box deals in nutritional nibbles that are free of artificial sweeteners and flavours and loaded with figs, fruits, nuts, seeds and oats; all neatly zip-locked and packed in a box. Choose a trial box or subscription to start your weekly supply of snacks.

**Presence:** Free doorstep delivery anywhere in India

**Based in:** Mumbai

**Website:** [www.thenibblebox.com](http://www.thenibblebox.com)

## The Green Snack Co

Claiming to be the first Kale Chips producer in India, The Green Snack Co, delivers Kale chips to you. These gluten free wafers are neither baked nor fried. They are dehydrated in order to preserve nutrients without any added preservatives, MSG, flavorings etc. using fresh Kale leaves. With 7-10 gms of proteins per pack, the nutrient density of this snack tends to surpass any other snack.

**Presence:** Buy online or pick them from your nearest gourmet/health store

**Based in:** Mumbai

**Website:** [www.thegreensnackco.com](http://www.thegreensnackco.com)



**So join the bandwagon of guilt-free-snacking delivered right at your door-step ...**

Sources: • <http://brownpaperbag.in/mumbai/food-and-drink/kale-chips/> • <http://www.thedailypeo.com/the-snack-off-the-nibble-box-versus-snackosaur/>  
 • <http://www.techinasia.com/want-to-snack-and-not-feel-guilty-snackosaur> • <http://www.trythetartups.com/startup-story-snackexperts-web-based-snack-delivery-platform/>  
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# Beat the Heat

with this Exotic Thai salad

A tangy and crunchy salad made from shredded unripe papaya

## Thai Green Papaya Salad (Som Tam)



### Ingredients for salad

- 4 Cups of thickly grated raw papaya
- 1 Cup of sliced deseeded tomatoes
- 1/2 Cup chopped spring onions
- 1/2 Cup chopped coriander leaves
- 1/2 Cup roasted peeled peanuts
- 2 Tbs lemon juice

### Ingredients for dressing

- 3 Tsp sugar
- 2 to 4 Green or red chilies
- 1/2 Piece ginger
- 1/2 Tsp pepper
- Salt to taste

### Method

- Roughly pound all the ingredients for the dressing and mix with lemon juice
- Toss with papaya, coriander, spring onions and tomatoes
- Pound the peanuts and roughly toss with salad
- Serve chilled

by Chef Smita Duggar

MasterChef India - Season 1 Finalist

# Travel Hacks

## for Solo Woman Travellers

A travel and holiday information portal from India conducted a survey among 20,000 women and found that 13% preferred travelling solo while 8% with their significant other.

Be it for some 'me time' or the urge to unravel some sense of adventure, most of us want to dash off to a destination alone. Taking a note of this, we have tried to list down some tips & tricks that women can adopt while travelling alone.



### *Pack it up smartly*

**Clothing:** Buy a female-friendly backpack to stock in your essential clothing. Also, do not carry excessive beauty products.

**Cash:** Avoid carrying too much cash or important documents. Use the hotel safe instead.

**Essentials:** Carry your IDs, medications, phone, power bank in your handbag.

### *Dress appropriately*

Read thoroughly before visiting any country as to what type of dressing is acceptable and what is not. This would ensure some respect for the local people there on your part.

### *Get your homework done*

Do your research about the place you are planning to travel, but leave enough flexibility in your plans for adventure to find you.

### *Women-only accommodation*

Find hotels that provide women only accommodation as it provides a safer ambience. While making a reservation, it is advisable to ask the receptionist for the same.

### *Be careful of what you drink*

Stay away from alcoholic beverages handed to you by strangers. Don't let your drink out of your sight as it reduces the risk of adding any unwanted additives.

### *Use 'trusted' public transport*

On public transport sit where there are other women. Only take registered taxis and note down the cab number too. Carry the phone number of a taxi firm with you. Look out for other female traveller friends as they make great allies.

### *Travel during daylight*

Minimize the possibilities of being stranded alone due to lack of transport or encountering any criminal activities by travelling during daytime.

#### **General safety rules**

- Plan your daily itinerary well in advance
- Don't tell strangers of the place you are staying
- Split cash/cards into separate bags
- Ignore any unwelcome remarks or propositions if you receive them
- Be wary of new friends
- If you are lost and you don't feel safe, walk into a café or restaurant and confidently ask for directions as people will assume you can take care of yourself

Please do share this with a female traveller you care about.  
Do you have additional safety tips? Please share with us  
at [rgicl.carehealth@relianceada.com](mailto:rgicl.carehealth@relianceada.com)



It's time to amble through India's supreme wildlife that teems with rich flora & fauna including the endangered species like Great Single Horned Rhinoceros, Asiatic Lions & Royal Bengal Tigers in their pristine surrounds.

We present 5 of the best safaris to experience the unparalleled beauty of the Indian jungle this summer!!!



## Sasan-Gir National Park

### Land of the Lion

**Best for:** Asiatic Lions, Leopards, Chinkara, Blackbucks, Jackals, Striped Hyena & over 300 avifauna species.

**About:** Located in Western India's Gujarat Peninsula across the Bay of Cambay from Mumbai on the Arabian Sea, this sanctuary is the only abode of Asiatic Lions in the World.

**Time to visit:** March to May are considered to be the ideal months to visit.

**How to reach:** The nearest airport is Keshod Airport at a distance of 38 kms. It is also well connected by rail & roads.



## Periyar National Park


**Best for:** Wild elephants, Tuskers, Tigers, Gaur.

**About:** Perched among the Cardamom Hills in Kerala, this park with its lush green slopes is a nature lover's paradise. This is the only national park in India that has an artificial lake flowing through the forests. For an unbeatable wildlife experience, go bamboo rafting along the river to witness the rich flora & fauna.

**Time to visit:** It remains open all year round. However, the best time to visit is September to May.

**How to reach:** Periyar National Park is a three hour drive from Kochi which is a well-connected city and has an airport as well.





## Bandhavgarh National Park

»»»»»»»» Where Tigers thrive »»»»»»»»

**Best for:** Tigers, Leopards, Golden Jackals, Striped Hyenas, Wild Boar, Sambar, Antelopes, Chinkara and Sloth Bear.

**About:** Considered the best Tiger Reserve, this park has the highest density of Tigers in India. Spread over 100 square kms, Bandhavgarh was once a home to the White Tiger.

**Time to visit:** The park is open from October to June. April, May & June are ideal for Tiger sightings.

**How to reach:** Nearest airports are Jabalpur & Khajuraho from where the park is a 4-6 hour journey by road.



## Kaziranga National Park

»»»»»»»» Only Habitat of the endangered One-Horned Rhinoceros »»»»»»»»

**Best for:** One-Horned Rhinoceros, Tigers, Elephants (wild), Wild Buffalo, Monitor Lizards, Grey headed Lapwing and Spot-Billed Pelican.

**About:** A world heritage site, the park hosts two-thirds of the world's Great One-Horned Rhinoceros. Kaziranga also boasts the highest density of tigers among the protected areas in the world and was declared a Tiger Reserve in 2006.

**Time to visit:** Open daily from 1<sup>st</sup> November to 30<sup>th</sup> April, unless due to rains or any exceptions the park has to be closed earlier by the management for safety or



## Kanha National Park

»»»»»»»» Kipling's Kanha »»»»»»»»

**Best for:** Tigers, Swamp Deer, Leopards, Wild Boar, Golden Jackals, 300 bird species.

**About:** Kanha was the inspiration for 'The Jungle Book' author Rudyard Kipling. One of the highlights of this wildlife reserve is the thriving population of the swamp deer or the Barasingha, the last population of the hard ground subspecies in the world.

**Time to visit:** While the park is open from October to June, the best time to spot Tigers is during the summer months from April to June.

**How to reach:** Closest airport is Jabalpur airport which is 175 kms away or about three hours by car.

unless census may be scheduled. Park may remain open partially in the months of October and May subject to weather and road conditions.

**How to reach:** The nearest airport is located 74 kms away at Jorhat, Assam. The nearest railway station is Furkating, which is 75 kms away. Furkating is connected by trains from Guwahati, apart from Delhi and Kolkata.





## Health technology showcased at CES 2016

The Consumer Electronic Show held at Las Vegas in the month of January premiered a slew of healthcare products and thousands crammed their way to the show. It showcased the debut of new applications for 'Virtual Checkups' and ways to treat pain, manage stress and monitor chronic conditions such as Diabetes. Amid all the bling, we came across some health devices that we feel could be useful to you.



### *Withings Thermo & Go*

*The connected thermometer!*

An infrared thermometer which rather than being inserted in the mouth or armpit, measures temperature from the temporal artery on the side of the head. The user simply holds the thermometer next to their head or a child's head and an array of 16 independent infrared sensors measure the heat being emitted. The connected app will be available for both Apple and Android phones. It has an eight-month battery life and can be worn as a clip, pendant or on the wrist.

### *Misfit Ray & Specter*

*A wristband fitness tracker that doubles up as a fashion accessory!*

Misfit announced two new devices: Ray – An activity tracker and Specter – A pair of sleep-tracking headphones. Similarly to Misfit 2, Ray has a three-axis accelerometer and a vibration feature that reminds user to get up and move throughout the day, notifies them of a call or text and serves as a silent alarm. Ray is priced at \$99 and Specter doesn't have a price tag yet. Both will be available by the end of 2016.



## Changing the Healthcare landscape with innovative programs and technology

### L'Oreal's My UV Patch

*The new beauty skin sensor!*



A first of its kind stretchable skin sensor designed to monitor UV exposure and help consumers educate themselves about sun protection. The electronic patch that adheres directly to any area of the skin that consumer wants to monitor. With 90% of nonmelanoma skin cancers being associated with exposure to ultraviolet (UV) radiation from sun\* in addition to attributing to skin pigmentation and photoaging, this new technology comes as a savior.

### Sensaura

*Get emotionally connected!*

A high-tech mood ring wearable band that detects your real time emotions and triggers action to help you deal with your feelings. For example, if you're stressed it could play a relaxing song. Or if you're nervous, it'll give you a quick pep talk.



### Mio Slice

*Tailor your workouts with the new metric score!*

Mio's new tracker also comes with a new fitness metric to track called PAI (Personal Activity Intelligence). It's based on the Norwegian Hunt Study that established a relationship between longevity and activity. The score combines age, gender and maximum & resting heart rates into one number that the user is encouraged to keep under 100 in order to lengthen their lifespan. Instead of focusing on the typical '10,000 steps' goal, Mio Slice and PAI consolidate your age, gender and maximum & resting heart rates into one simple number – your PAI Score. The device will be available later this year for \$99.

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