

RELIANCE

GENERAL  
INSURANCE

Quarterly Health Magazine - Vol.25, August 2020

# R Health Beat

CELEBRATING

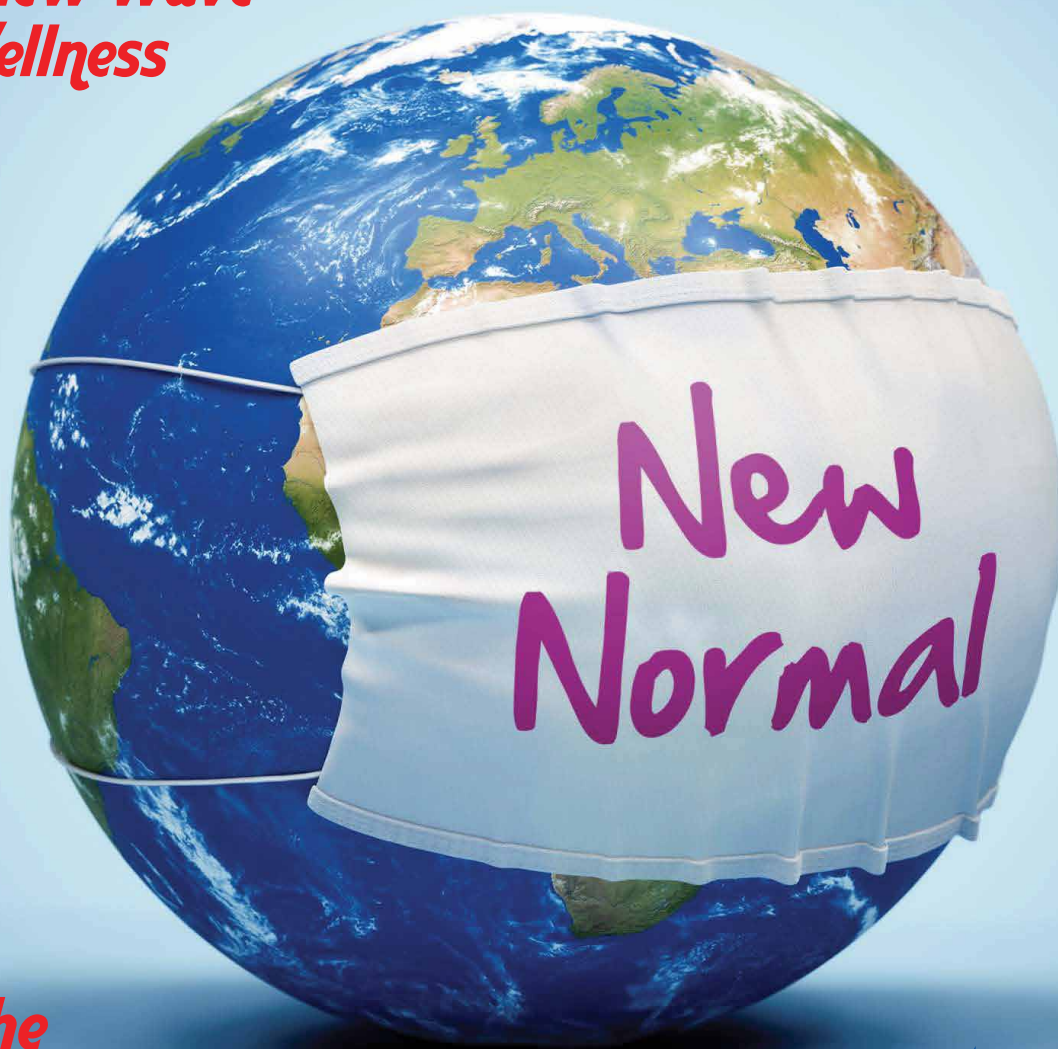
25

th EDITION

*Blissful Mind.  
Blissful You.*

*The New Wave  
in Wellness*

*Celebrating  
Silver Jubilee  
Edition*



*Be the  
Best Version  
of Yourself*

*The  
Alternate  
Workplace*

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# From the Editor's Desk

**Dear Reader,**

Greetings from Reliance General Insurance!

This is a special edition for us as we are celebrating our Silver Jubilee i.e. 25th issue of R HealthBeat! It was launched with a vision to create, advocate and promote holistic living and well-being. This journey has truly been a memorable and exciting one. The hard work and dedication put in by the team for creating this magazine are commendable. A big thanks to our experts, contributors and readers for their incredible support throughout.

The entire world is dealing with the global pandemic of Coronavirus which has forced many of us to break away from the usual routine. And thus, you are left with a lot of time at home! Let us put a positive spin to this lockdown and make it count. The focal theme of this edition is "Embracing the New Normal" which is about making the best of lockdown and to cherish the privilege of being at home!

This is a perfect time to develop your personality, reflect on your thoughts and achieve things. "Be the best version of yourself" focuses on ways to help you grow personally that will be invaluable in the long run. Hobbies have been shown to improve productivity and mental health. Spending a part of your day on relaxing activities helps to keep the mind active. Read "Blissful Mind. Blissful You" to know more.

Working from home has become a reality for millions of us. As the physical boundaries between work and home blur out, what happens to our productivity? Find out more on how to best optimize your working from the home situation in "The Alternate Workplace". While we are juggling between work and home, keeping our minds sane is crucial. "Meditate the fears away" explores the ways of meditation and its benefits.

Ever wondered why it's necessary to wash hands for 20 seconds? Find out the answer in the Special Focus section. Lockdown is said to be the biggest psychological experiment ever which has resulted in a secondary epidemic of burnouts and mental stress. Learn from the expert on how to mitigate this stress in "Dear Mind, Stay Positive & Be Grateful"!

Last but not the least, treat this lockdown as a blessing since it has given us more time to spend with our family and loved ones. Use this time to learn new things, turn weaknesses into strengths and become a better YOU!

Happy reading and thank you once again for continued patronage!

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

R HealthBeat is an innovative, well thought and comprehensive magazine that not only covers minute aspects of good health but also the good quality of life as well. The 24th edition of the magazine provided valuable insights for parents to nurture their children. My best wishes to the entire team of R HealthBeat.

**RS Kansal**

Vice President - Insurance  
JK Lakshmi Cement Ltd.

A wonderful magazine having a capacity to engage the audience and gives 360 degree view of the lifestyle. My congratulations to the entire team for the great work. Keep it up!

**Dinesh Agarwal**

Head HRM Talent Management  
Tata Steel BSL Limited

This magazine is a compilation of pertinent information that is put together very well to create a stunning piece of work. The articles include tips to keep your body healthy, workout routine and much more. Looking forward to future editions! Hats off to the team for your continuous effort.

**Rajendra Purohit**

Director - Finance  
Lilavati Hospital and Research Centre

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



## GET IN TOUCH

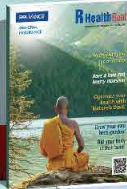
We look forward to getting to know you better!

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.

# 25

## R HealthBeat

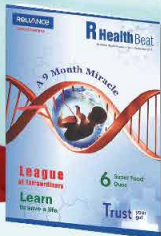


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# *Celebrating Silver Jubilee Edition*

This story is a part of our 25<sup>th</sup> Anniversary extravaganza, **a celebration of the magazine's 25<sup>th</sup> issue.**

R HealthBeat is a quarterly scoop on how to live a happy and healthy life. It empowers the readers with knowledge of essential fitness topics and resources needed to enjoy optimum physical and emotional wellness at every stage of life.

**Our journey began in 2014** when the first edition of the magazine was launched. We have been working since then behind the scenes putting the magazine together viz. From searching the theme for the magazine to researching the articles, content writing, designing, editing and launching. R HealthBeat has touched upon various themes like Celebrating Life, Summer & Safety, Brain & Mind, Childcare, Going the natural way, Up in the air, Guide to living well, etc.

The various sections of the magazine outline the content in a very crisp manner and bring across information that binds the reader to look forward to the next edition. These sections include – Did you know, Health Guide, Mindfulness, Special Focus, Fitness Today, Nutrition, Technology, Leisure, etc. And with changing times, we have modified the sections to suit the reader's interest. The online archive uploaded on the Reliance General Insurance website remains rich in information for the readers.

We remain focused on creating a quarterly magazine with great writing and creative design. We also endeavor to be innovative and present the reader with the best quality of content. **We want to make a difference and we want to keep providing great value to each of you, our dear readers!**

25 Volumes of R HealthBeat! A big thanks to all those who've helped us to shape the magazine over the years. We'll be working for the upcoming editions with the same fervor and zeal that we've dedicated to the previous volumes.

**A huge shout out to our readers for providing overwhelming support!**

Regards,  
Team Wellness



# **R HealthBeat**

## R HealthBeat

# Taking a trip down the memory lane

This edition marks the 25th issue of our magazine. 25 Volumes dedicated to Health, Wellness and holistic lifestyle. Let's take a walk down the memory lane and revisit some of the issues and articles curated especially for you, our dear reader. We have compiled some of our favorite articles that will take the edge off the days ahead, living through the uncertain times of this pandemic.



## Superfood duos for Better Health

(Celebrating Life, **Vol. 7**)

Superfoods are commonly thought of as the superheroes of nutrients. Know more about the various food combinations which increase health benefits enormously.

[Click here](#) to read this article on Page No. 8

## Effects of music on human body

(Power of being healthy, **Vol. 8**)

Music represents an enjoyable activity, but its influence goes beyond simple amusement. Did you know that listening to 1 hour of music over 7 days increase feelings of contentment and reduce depression? Explore the incredible benefits of music in this article.

[Click here](#) to read this article on Page No. 13







## Is your smartphone really health smart?

(Summer & Safety, **Vol. 9**)

We are living in a world that is designed to keep us plugged in. With the information available at the palm of hands, it has changed the way we live and work. However, it comes at a cost. Know the harmful effects of mobile phones and the ways to combat it.

[Click here](#) to read this article on Page No. 2

## Tips to boost your child's creativity

(Child development and nurturing, **Vol.11**)

Being creative helps to turn a mundane day into something magical, challenging us to express our feelings and uplift our spirits. Be it making friends with books or dancing to keep the blues away, creativity brings joy to life.

[Click here](#) to read this article on Page No. 18



## Workouts in the comfort of your home

(Monsoons, **Vol. 17**)

Create your indoor workout session and continue achieving your fitness goals from the comfort of your home with these exercises.

[Click here](#) to read this article on Page No. 7

## Stress management strategy

(New Age Wellness, **Vol. 19**)

Stress these days is a ubiquitous problem and cannot be avoided. Don't let anxiety rule your life, instead learn to accept and adapt! Enjoy serenity during these strange times and learn how to relieve anxiety with these 4 A's.

[Click here](#) to read this article on Page No. 10



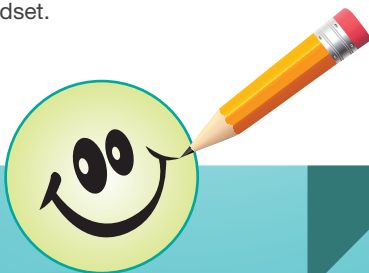
## Be the **BEST** **VERSION** of Yourself



**T**reat this unprecedented time as a gift! Being in a lockdown can be difficult and complex as nobody is used to isolation. You are left with a lot of time which can leave you feeling bored or frustrated. Instead utilize this time to reflect, recharge & reinvent yourself. You will never get this time again; so try to use it as best as possible.

### Being grateful and appreciative

Looking at the bright side of any difficult situation is sometimes the answer to all the worries. Being grateful for all that you have been blessed with and appreciating good things will help you in setting a positive mindset.



### Unlock the upskilling

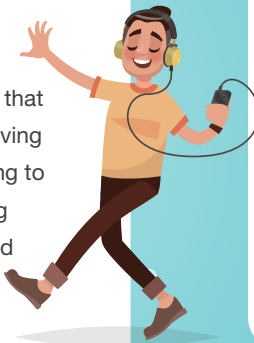


In the post-pandemic world, upskilling will be the most important investment you can make. Learning something new will help to cure potential boredom during this lockdown. Some of the top universities are offering free online courses with subjects ranging from business, data science, art and design, social media marketing. Upskilling yourself shows the zeal you carry in learning new things.

## Pamper yourself

If there was ever a time when we all need a little self-care, this is it! Treat yourself with something comforting and nice!

Pampering yourself with those little things that bring you joy is also an important part of living a healthy lifestyle. Reading a book, listening to music, setting up a home spa with relaxing music are some of the ways to pamper and rejuvenate yourself.



## Turning weaknesses into strengths

One of the most crucial and positive signs of being a successful person is discovering weaknesses and giving it a thought to overcome them.

It's good to pen down your weaknesses and work on them. This will help to improve performance. Overcoming weaknesses is a door to success as it helps to unlock one's potential.



## Cultivating positive habits

Incorporating positive habits in the daily routine helps you to increase your productivity. Developing one requires perseverance and repetition. Start with an incredibly small habit like resisting yourself from hitting the snooze button.

## Quarantine diaries

Maintaining a lockdown journal helps to express our fears, hopes and joys. Journaling is a well-known therapeutic practice, a tool for helping you organize your thoughts and vent your emotions, especially in anxiety-ridden times.



## Recipe

### Holistic Development

#### Ingredients

- 1 teaspoon self esteem
- ½ cup trust
- 2 teaspoons inspiration
- 2 cups time management
- 5 tablespoons determination
- Pinch of hope to taste
- Pinch of positivity

#### Directions:

Marinate self-esteem, trust and inspiration in a bowl. Add time management and determination and toss to evenly coat. Pre-heat a saucepan and sear the above ingredients. Cook evenly. Add a pinch of hope to taste. Garnish with positivity and serve hot.

#### Nutritional Facts

Can be consumed everyday  
0 g fats, 0 mg cholesterol,  
0 mg sodium, 100% energy



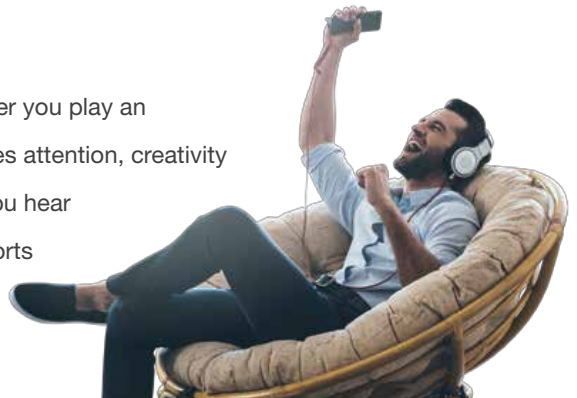
## Blissful Mind

Blissful You

While we are all taking the necessary steps to protect ourselves and our loved ones during this pandemic, it's important to remember that mental health is just as important as physical health. Unwind from your daily routine and carve out some time to indulge in activities which you enjoy doing. What matters is that it is something you find meaningful and enjoyable. So, claim back time for your hobbies and interests! This in turn improves mental health and wellbeing.

### Magic of Music

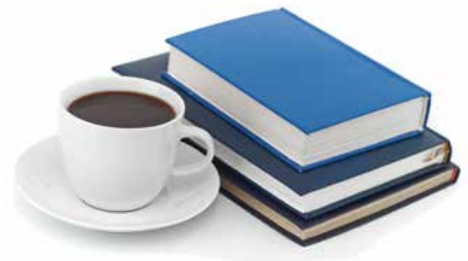
Music has multiple health benefits – regardless of whether you play an instrument, sing or just listen. Listening to music improves attention, creativity and efficiency when trying to retain information. When you hear your favorite music, it brings back memories and transports you, even momentarily, to another time and place.





## *Incredible Benefits of Reading*

Reading helps you to find out the new real you and gives you a different perspective. Reading a motivational story can inspire you to achieve your goals and teach us that failure is not a disappointment or stress, but rather it's a learning experience, which helps to move ahead in life.



## *Involve in culinary activities*

Studies have shown that cooking can be a therapeutic activity. Cooking stimulates your senses which helps to release endorphins – the feel-good hormone which puts a smile on your face. It helps to create positive mindset and boosts confidence.

## *Unleash your creativity*

Expressing ourselves through art can help to ease a wide range of illnesses and afflictions. Be it sketching, writing poetry, dancing or playing with clay - all of these can make us feel happier and improve observation, motor and problem-solving skills.



## *Brain workout*

Solving puzzles are effective for brain health. Crossword puzzles and other mental exercises help to strengthen our brain. Challenging the brain either through puzzles or other methods like learning new language can help to stay engaged and increase cognitive power.





# ALTERNATE WORKPLACE

For many, remote work is a new normal and one that might take some time to get used to. Whether it's done by choice or by necessity, working from home has its own set of benefits, like avoiding long hours of travel, flexible schedule, not dealing with crowd/traffic and so on. But finding the motivation to be productive especially in times of high anxiety is extremely difficult.

Here are a few ways that will help you ace the 'work-from-home' game during these stressful and uncertain times!



1

## Set up a morning routine

It's tempting to shut off the alarm and go back to sleep, but a productive day starts with a productive morning! Setting up a morning ritual will allow you to set time for yourself before you start working.

2

## The correct posture



- Keep on changing your posture throughout the day. Sitting in the same position or chair can lead to back, neck and shoulder pain
- An ordinary chair can be made a lot more comfortable if a thin pillow is placed underneath your seat
- Supporting your feet on an elevated surface or stretching your legs long increases circulation
- The top of the monitor should be just below eye level, so you don't have to strain your neck to read



3

### Plan out your day

Having a task list or target sheet helps to prioritize the work. If you undertake one activity in hand, ensure it gets completed. Multi-tasking or frequent switching lessens productivity.



4

### Bonding with team members

Creating new routines and rituals that work virtually is a great way to stay connected with your colleagues. This can include weekly virtual coffee, virtual team lunch. Get creative with how you stay in touch and make it fun!



5

### Accept distraction

There are a myriad of distractions you may face; like the kids, TV, social media. Accepting the fact that some of these distractions can be prevented and some cannot is an easier way to cope with it.

### Try any of the below options:

#### 15 minutes break

Plan for 4-5 minutes breaks during your work shift (2 in the morning and 2 in the afternoon) to break up long stretches of work.

#### 30 minutes segment

Break your day into half hour segments which includes 25 minutes of focus followed by four minutes of rest.

#### 90-minutes window

Split your day into 90-minutes windows and give undivided attention in completing the task. Then take a 20 minutes break from work before the next window begins.





Meditate  
the  
**FEAR**  
away

Meditation unifies body and mind thus helping to unlock the highest potential. It helps to observe your feelings or thoughts without judgment and eventually makes you better understand them. It's a process where the experience is more important than the destination!

## *Accepting the thoughts*

Meditation is a journey of self-discovery and learning how our mind works. While meditating, thoughts may race across our mind. That's OK! It's a part of the journey. It's not about following a set of rules or instructions, it's about learning from our own experience!



Benefits of Meditation



Reduces  
stress



Promotes  
emotional health



## *Practicing is the key*

The process of meditation is simple and straight-forward. You just need to sit, close your eyes and concentrate on breathing.

And while doing so, you may get lost in your thoughts. The moment you realize it, you start focusing on your breath once again. With practice and perseverance, you concentrate on breathing longer and longer.



## *Begin with just 2 minutes*

Meditation can be started with just two minutes a day. You can increase your time gradually. The place where you meditate should be quiet and undisturbed. It's recommended to practice in the morning, however, it can also be done in the afternoon or evening as per your routine.

## *Best way to get all the benefits*

Regular practice is necessary. Investing just 20 minutes every day will help to achieve maximum benefits. Just two months of regular practice will help you experience the benefits of meditation. During initial stage, it's easier if you are sitting in a quiet, clean place. Once you become more adept at meditation, you can meditate anywhere.



Enhances  
self-awareness



Improves  
concentration



Relaxes mind  
and body



Improves  
sleep

## THE *new wave* IN WELLNESS



Due to the on-going pandemic, health has become the new status symbol. There are a lot of different activities, practices and techniques which are being inculcated to achieve holistic health, wellness and a deeper connection to self.



### Self-care for self-empowerment

Self-care has become a new discipline. Numerous Do-It-Yourself preventive solutions are gaining popularity. These include daily practice of yogasan, pranayama, maintaining hygiene, consuming immunity-boosting foods, drinking warm water etc.



### Building immunity - The new mantra

One of the crucial shields against COVID-19 is having a good immune system. In the quest to strengthen the body against infections and invasions, there is an increased inclination towards home remedies, wonder foods & magic formulae.



### Mental well-being

Consumers are more inclined to purchase the devices which help in mental well-being. Demand for sleep aid devices is increasing like specialized mattresses – which provides daily analysis of the user's sleep, mental health chatbots which helps to relieve the anxiety by being a virtual companion, etc.



### The 'Untouchable' band

A band specifically made for COVID-19 which helps to get rid of personal habits which are thought to be spreading the disease. This band helps to train the mind by giving mild vibration whenever one touches one's face at any moment.



### Home is the new fitness studio

People are actively involved in online fitness sessions, yoga, home workout guide, buying gym equipment and much more. Live stream tutorial sessions allow clients to keep in touch with their trainers.



### Plant-based meats

The pandemic has given a big boost to sales of plant-based meat as consumers are searching for protein alternatives amidst the health crisis. Meat shortages, environmental concerns and a desire to eat healthier food are among the top reasons for an increase in plant-based meat.

# WHY



# SECONDS

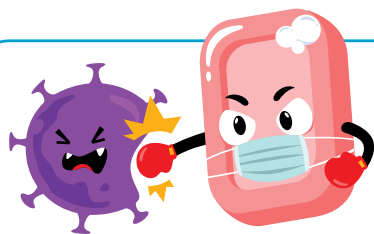
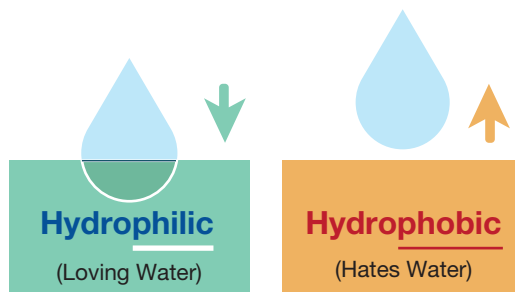
**is the magic number  
for handwashing?**



We've all been washing our hands a lot more lately because of COVID-19. If scientists are to be believed, the COVID vaccine is still in development phase and with no proven treatment yet, the only thing that stands between you and Coronavirus is **Hand hygiene**. The simple soap by your sink is your new best friend! But have you wondered, why 20 seconds? Well, it's all about science!

### How the soap works?

Soap is made up of two parts - one part which is drawn to water (hydrophilic) and other part which hates water (hydrophobic). When soap is mixed with water, the hydrophobic part attacks oil and other non-H<sub>2</sub>O compounds such as fats, whereas hydrophilic part clings to the water and helps to rinse away oils and other unfavorable items. Hence, when soap is mixed with water it does a good job of cleaning.



### How does soap destroy COVID-19?

Coronavirus has an outside layer that is made up of oil. This layer protects the virus from being destroyed by water. The hydrophobic (water-hating) part of the soap breaks this oily layer. This exposes the water-soluble part of the virus, which is destroyed by water.

### Why wash hands for 20 seconds?

According to a paper titled "Efficacy of Handwashing Duration and Drying methods" by the International Association of Food Protection, study participants who washed hands for 20 seconds reduced the number of bacteria significantly more than those who washed for only 5 seconds. **Viruses can inhabit anywhere in the cracks of our hands or the nails. To clean all those areas and for the virus to be completely destroyed, it takes 20 seconds!**

**Investing just  
20 seconds**

**in washing hands  
can be a life savior**





## Interview with Psychologist **Amita Kubal**

The coronavirus outbreak coupled with the lockdown has triggered an increase in stress and anxiety. Psychologist, Amita Kubal, offers valuable insights on how to cope up with mental stress during this lockdown.

*What are the ways in which one can maintain mental health and wellbeing during this tough time?*

Tough times bring tough challenges that disturb our inner peace causing a lot of distress and discomfort making negative emotions like fear or anxiety more prominent within us. One must try and calm down their mind by drifting away from negative emotions and focusing on strengthening of the positive emotions by engaging in activities that will enhance mental health. One can keep away from people or situations that can add to this stress.



*How can one tackle feeling of loneliness which has increased due to this prolonged period of social distancing and minimal human contact?*

Connecting with our loved ones through digital modes can help combat the feeling of loneliness. Sharing your feeling, speaking your heart out will help to keep our dear ones close to our heart. A changed and positively charged up perception of one individual can motivate others, who are feeling lonely during the times of COVID-19 and can show them that they are not alone. Most importantly while connecting with people away from us we should make time from our busy schedule also for people who live with us.

*How the increased level of anxiety, insomnia and work burnout amongst the employees who are working from home be alleviated?*

Prolonged working from home is a big change that people have experienced with the pandemic and it has affected people in great ways. Some employees have begun getting stuck in a cycle of negative emotions. To break this cycle of negative emotions one needs to take scheduled breaks especially if it is emotionally a heavy day. Keeping in touch with our near ones helps to refresh our mind and diverts attention from work. Indulging in leisure activities and hobbies relax the mind and also boosts productivity.

*How should healthcare workers take care of their mental health?*

Amidst the coronavirus pandemic, the health of the world rests on the shoulders of healthcare workers. Working round-the-clock can make them feel emotionally fatigued and drained. During such difficult times, it is the support from colleagues that can really make a difference in the day-to-day fight. Peer support can positively impact and built resilient culture amongst the staff. Consistent communication with family members, having a healthy diet, meditation are some of the ways to rejuvenate self.



*The most vulnerable population due to COVID 19 is senior citizens and people with pre-existing conditions. How should they deal with the stress?*

This pandemic has brought unprecedented fear and restlessness amongst this group. This adds up to the anxiety which deteriorates their health condition and thus needs to be controlled. Providing emotional support, discussing precautionary measures, keeping in touch with the family doctor are some of the ways to alleviate anxiety.



Creating positive vibes through meditation, yoga, basic physical exercises, reading, listening to music, chanting of shlokas, mantras or prayers, connecting with family members through digital medium will help to cope with stress. Talking and sharing the feelings with a trusted friend or family member can go a long way in reducing the worries.

*How should parents talk to their kids about COVID-19? And how to deal with the stress which children are facing during lockdown?*

Know how prepared your children are to receive any information about COVID-19. It should not be a forced conversation. Parents should ask their children what they know about the illness to evaluate the cause of their anxieties. Explain them the precautions and safety measures. Also throwing light on various ways through which immunity can be boosted will be beneficial. Let them know that they are always available to answer their questions or to talk about

what scares them. Tackle one thing at a time carefully, or else seek professional help.

*People who have been tested positive for COVID-19 are facing discrimination in society. What is the solution for this? And how we as an individual help these people?*

The best way to deal with the stigma associated with COVID-19 is to increase the level of awareness by highlighting the facts related to pandemic in a simplified local language. Another way to reduce fear is getting to know the experiences of recovered patients. The more people open up about the topic, the more clarity on such fear-provoking topics is achieved which helps people find better ways of guarding and protecting themselves while being helpful to the families or individuals who are suspected of COVID-19 or who have been tested positive. We must remember that the virus – not people with COVID-19 or affected by it – is the enemy!

*What the ways to promote a positive mindset when one has lost a job during this pandemic?*

Losing one's job at any phase of life is a stressful event for any individual. Taking control of distressful emotions by relaxing and calming down can help to channelize this energy to focus on positive future and to restructure the

goals. While doing this one can talk to their loved ones who can become their support system during this phase of financial difficulty and uncertainty. One can use this time in learning and developing new skills which can become added advantages to shape up the future and take up a new job later.

**Talking and sharing the feelings with a trusted friend or family member can go a long way in reducing the worries.**



**We are  
#WithYouForYou**

Connect with the  
psychologist  
by logging into  
RHealthAssist app.



## Staying Meaningfully engaged with Smart Apps



### *21 Days Challenge:* Habit tracking app

It is estimated that it takes 21 days to form a new habit. So now is a perfect time to change or introduce something new in your life. Choose the best challenge for you and do it for 21 days and you're going to see how that habit becomes a part of your lifestyle.

### *Simply Yoga:*

Your home yoga instructor

It's your own personal yoga instructor. The app contains yoga routines wherein each pose is demonstrated by a certified instructor. User can simply choose workout length and follow along in the comfort of your home!



### *Duolingo:*

Learn languages in a fun and creative way

An application designed to help you learn languages easily and comfortably, so that doing it doesn't feel like you're studying, but rather just having fun. Learning is made easy with fun graphics, bite-sized lessons and rewards for completing each lesson.



### *Yousician:*

A loyal companion on your musical journey

A revolutionary music platform that let's anyone learn, play, create and teach music. It develops high-tech musical instrument learning software that gives real-time feedback. The learning has been made easy, fun and motivating.

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