

# R HealthBeat

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# Letter from the Editor

# Letter from the Editor

Dear Readers,

It gives me immense pleasure to share with you that Reliance General Insurance Company Limited has won three prestigious awards for **"Best Product Innovation", "Technology Innovation" and "Company of the year"** at the Indian Insurance Awards 2014. That's not all, Reliance General Insurance has also been crowned as the **General insurance company of the year** by **Lokmat BFSI Award 2014**. These accolades recognize our commitment to empower the customers and ensure customer delight.

I would like to present to you the 3<sup>rd</sup> issue of R HealthBeat

As the world observes August 1<sup>st</sup>-7<sup>th</sup> as Breastfeeding week, it is time that every individual takes up the responsibility to encourage breastfeeding and improve the health of babies around the world. The 'Did You Know' section elaborates more on this.

Monsoons brings with them a host of diseases. Learn how to combat them in 'Doctor's corner' section.

Are boring workout routines keeping you away from the gym? It's time to try something different. Catch up with 'Aqua Aerobics' in Fitness Today section.

Technology and mobility solutions have become ubiquitous in today's world among healthcare consumers and professionals. Our 'Technology in Healthcare' section keeps you updated with the latest advancements in the industry. Explore the iOn Road, Sleep Genius, Eidetic apps here.

With the onset of festive season, we tend to forget about our health and diet, and instead, take the opportunity to over-indulge in every way possible. Eat right and feel good this festive season-Read our 'Diet & Nutrition' column to know more.

An exhilarating biking experience awaits you in the Himalayas- Discover Mountain Biking in our Lesiure section.

Hope you enjoy reading this issue.

Wishing you health, happiness and harmony.

**Rakesh Jain**  
CEO  
Reliance General Insurance



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# R Health Beat



Did you know?



Doctor's Corner



Fitness Today



Wellness & Technology



Diet & Nutrition



Leisure

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with your comments and suggestions or for charting out an exclusive Wellness programme for you.

# Did you know?

## Mother's milk

The most divine way to show mother's love to a newborn

World Breastfeeding Week is celebrated every year from 1<sup>st</sup> to 7<sup>th</sup> August in more than 170 countries to encourage breastfeeding and improve the health of babies around the world

### Key statistics

Sub-optimum breastfeeding results in more than 800,000 child deaths annually.

Breastfeeding is the world's most effective solution to reducing child deaths, yet global breastfeeding rates have stagnated at below 40 percent for two decades.

Infants who are not exclusively breastfed are 15 times more likely to die from pneumonia and 11 times more likely to die of diarrhea, the two leading killers of children under 5.

World Health Organisation (WHO) recommends exclusive breastfeeding for the first six months of life. At six months, solid foods, such as mashed fruits and vegetables, should be introduced to complement breastfeeding for up to two years or more.

### Importance of breast feeding for mother and child:-

- ▶ In the first few days after birth, a child needs colostrum, a thick, sticky, yellowish fluid rich in calcium, potassium, proteins, minerals, and antibodies
- ▶ Breastfeeding may help mothers to lose weight as they burn as many as 600 calories a day, which may help the get back to their pre-pregnancy weight
- ▶ Babies who are not breastfed have a higher risk of asthma, diabetes, and childhood obesity
- ▶ The emotional health of the mother may be enhanced by the relationship she develops with her infant during breastfeeding, resulting in fewer feelings of anxiety and a stronger sense of connection with her baby

### Things You must know

- ▶ Breastfeeding should begin within one hour of birth
- ▶ Breastfeeding should be "on demand", as often as the child wants day and night
- ▶ Bottles or pacifiers should be avoided.

### Dietary suggestions for breast-feeding women

- ▶ Eat a well balanced diet consisting of plenty of fruits, vegetables, beans or meats, and whole grains
- ▶ Get plenty of calcium via dairy foods like milk and cheese. Talk to your doctor about calcium supplements and other ways to get more calcium
- ▶ Increase your fluid and calorie intake
- ▶ Do not smoke/consume alcohol or caffeine
- ▶ Do not eat foods that seem to bother your baby
- ▶ Do not take any medications without talking to your doctor



## The Monsoon Melodies or Maladies?

While one should enjoy the nature's scheme of dousing the summer scorching, being aware of the diseases that come along is essential. It is important for people to be aware of the measures that prevent infections, so that the children are protected from the monsoon maladies. This knowledge could go a long way in preventing infections and the morbidities that come along.

### A. Water borne diseases

Water borne diseases occur primarily due to water contamination. These diseases are preventable if adequate pre-monsoon efforts are put in by the governmental agencies.

**1. Gastroenteritis:** It is an inflammation of intestinal lining caused by a virus, bacteria or parasites.

**Symptoms:-** Vomiting and diarrhea

#### Preventive Measures :-

- ▶ Replenishment of not only water but also salts is mandatory. This could be easily achieved by rehydration methods such as drinking electrolyte solutions such as tender coconut water, oral rehydration solutions (ORS), buttermilk and lime juice with salt and sugar

**Important :** In extremes of age, this could occasionally prove fatal. Early diagnosis and treatment is mandatory.

**2. Typhoid:** Typhoid fever is an infectious disease caused by the bacteria Salmonella typhi.

**Symptoms:-** The illness is characterized by very high fever, sweating, gastroenteritis, diarrhea and abdominal pain.

#### Preventive Measures :-

- ▶ Avoid drinking untreated water and raw fruits and vegetables
- ▶ Consume hot foods where bacteria cannot survive
- ▶ Adequately clean household items, and avoid handling food if there is a risk of spreading the disease

### B. Diseases due to water stagnation

Water stagnation anywhere in the vicinity of human dwellings can be a source of disease-carrying insects where intermediate hosts of microbes thrive in water.

**1. Dengue fever:** Dengue is a viral infection transmitted by the bite of an infected female Aedes mosquito.

**The dengue fever could manifest in three forms:**

**a. Classic Dengue fever:** The infection period could be up to 10 days. Headache, muscular pain, joint pain, pain in the back of the eyes, weakness, loss of appetite and vomiting could be the symptoms. Occasionally throat pain, pinkish rashes on the upper part of the body could occur.

**b. Dengue hemorrhagic fever:** The main manifestation of hemorrhagic fever is bleeding from gums, nose and other orifices. Blood in the vomit and blackish spots under the skin are not unusual.

**c. Dengue shock syndrome:** This type of dengue fever manifests with low blood pressure and damages to multiple organs. Dengue shock syndrome may prove fatal in high risk community such as pregnant women and the elderly.

#### Preventive Measures :-

- ▶ Eliminate stagnant water that serve as mosquito breeding sites at home, workplaces and their vicinity
- ▶ For personal protection, use mosquito repellent sprays that contain DEET when visiting places where dengue is endemic

**2. Malaria:** Malaria is caused by a parasite that is passed from one human to another by the bite of infected Anopheles mosquitoes. The parasites enter the bloodstream and infect red blood cells.

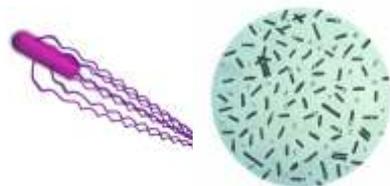
#### Symptoms:-

- ▶ Intermittent mild fever, headache muscle aches and chills
- ▶ After 3-5 days the typical malarial paroxysms start, usually characterised by chills, followed by fever (up to 40 degrees Celsius), and then sweating

#### Preventive Measures :-

- ▶ Prevention of infection through vector control
- ▶ Use of mosquito repellents
- ▶ Administration of antimalarial drugs to vulnerable groups such as pregnant woman and infants

Apart from the above mentioned diseases, the other key diseases that one should be aware of are Leptospirosis, Chikungunya and Brucellosis.



Author

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# Road Traffic Accident First Response



Many of us wouldn't know what to do at the scene of an accident, and would be scared to get involved in case we made the situation worse. However, no one needs to have a qualification in First Aid to be useful in these kind of circumstances.

The first step to take at an accident of any kind is to stop, take a few deep breaths, and perform a complete 360 degree sweep of the accident scene and your surroundings. Remember, your safety is key, so be sure to assess any safety issues before you proceed. Keep yourself safe by following these steps:

- ▶ Park your vehicle in a safe spot that's out of the way of any other moving vehicles, being careful not to block traffic.
- ▶ Check for any visible fuel or potentially combustible liquid on the ground, and make sure to park a safe distance away if you find any.
- ▶ Put on your emergency brake and your hazard lights, and call for help.
- ▶ Check for traffic and exit your vehicle. Do not run across any busy traffic lanes; you will not be able to help if you also become injured.

## The ABC of First Aid

### The Basics

- ▶ Check the victims for injuries. DO NOT move them. You can approach them, but it's best to do so by kneeling down first, leaning down from standing towards an injured and disoriented person can send them into a state of panic.
- ▶ Speak to the injured parties. Say 'Hello' and tell them your name. If there is no visible response, tap them lightly and see if they respond to that.

### Airway

Check the person's airway so you can make sure they are able to breathe. To do this, you put your hand lightly across their forehead and tilt their head backwards gently. Lift up their chin with 2 fingers and put your cheek in front of their mouth to see if they are breathing. You can look at their chest for movement at the same time. Do not give the victim any oral intake as it may lead to choking.

### Breathing

If they are not breathing at all you will need to start CPR or Cardio Pulmonary Resuscitation. If you haven't been on a first aid training course then you SHOULD NOT do this. Ask if anyone can give CPR and if they can, stay nearby to assist them.

### Circulation

Bleeding is a major cause of shock so you should stem the flow wherever possible. Grab some clean cloth and press gently on the wound. If the person is conscious, then you should ask them to hold the cloth against their injury, this helps them to focus and can help someone who is in shock calm down. If a person is in their car and you can treat them for injuries in there, then do so. Don't move them unless you have to as there may be neck or back injuries that you can't see.

### Shock

If someone is very pale then they have probably gone into shock. To help them, you should loosen tight clothing and put a blanket or coats over them to keep them warm then raise their legs up (even kneeling down and just resting their feet on your knees will help).

### Emergency Services

Hopefully the emergency services will have been called before you started to check out the victim(s). It's always best if someone else can do this rather than the person carrying out first aid, as the emergency services will want to keep the caller on the phone to advise and take directions. When calling, you need to provide the following information:

- Where the accident took place
- What happened
- How many people are injured
- If there are any people not breathing
- If there are bleeds
- Any other information they ask for

Remember that by keeping a clear head and staying calm you really can be the difference between life and death for someone who has been injured in a road accident.

#### Quick summary

- Keep calm
- Check your safety
- Call for help (Passer-by and Medical help)
- Know your ABCs of First Aid
- Support the emergency medical team with the required critical information

Save the important phone numbers of your nearby Blood banks, Trauma care and medical centers in case of any emergency.

Author

**Dr. Ashish Nandy,**

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## Anybody can do Bokwa!

Try Bokwa ,  
the newest dance-based fitness trend

If you're looking for a fun fitness class that will offer a challenging but rewarding fitness regime, that too in a short period of time, Bokwa is your answer. A group exercise that's rapidly gaining popularity across the globe and giving Zumba a tough competition, this dance-based fitness routine combines the South African war dance Capoeira, along with kickboxing, light boxing, and steps with fancy footwork. Because of its lively, adrenaline-charged moves, it makes for an interesting option.

**What's in the name:** Conceptualised by LA-based fitness personality Paul Mavi, this South African aerobic dance activity derives its name from 'Bo' meaning boxing and 'Kwaito', an African word for a style of South African music and dance.

**Do the Bokwa:** All you need to do is draw English-language letters and numbers with your feet while performing an energizing cardio workout routine. For instance, draw an L, K, J or get your body to move like the number 3. Interestingly, due to its nature, this dance routine can be followed by people of all age groups. You can go all out and jazz it up with extra shimmies, hip bumps, or other freestyle moves. This simple, basic and sassy dance routine is more fun when you do it with your partner or with a group of people.

### Benefits:

- ▶ Apart from burning up to 1,200 calories (in one session) and helping you lose weight, it promises to enhance muscular strength, flexibility and cardio respiratory endurance, which reduces the risk of a coronary heart disease. It can help you de-stress and deal with depression, anxiety, self-esteem and cognitive functions.
- ▶ Since the steps are structured and based on the forms of letters and numbers like L, 3, J, K etc you needn't count steps, like a traditional eight count followed by most dance-based fitness programs. You can freely move with the beat.
- ▶ Unlike other workouts, it has got a universal appeal because once you know the steps, you can do it on your, without the help of an instructor, no matter which part of the world you are. That too to your favourite international music!

Though it's a challenging workout, it has structured steps and so can be adjusted to any person's fitness level. From five-year-olds to 75-year-olds, anybody can do this workout.

### Where in India?

**Mumbai :** Kudos Studio

**Pune :** Transform Wellness and Fitness Studio

**Chennai:** O2 Health Studios, Adyar, and Choreoculture Dance Studio



# Splash it all the way to stay fit...

Once used as a rehabilitative regimen for those with physical ailments, underwater exercises are now becoming popular all over the world. The buoyant effect of the water takes the pressure off the joints, alleviating pain and discomfort.

The benefits include fat and inch loss, working towards getting a healthy back, building strength and stamina, flexibility in knees, neck, spine, ankles, hips, improved balance, posture and body coordination.

## Underwater Cycling

The stationary bikes are placed in a pool and you have to combat the water's resistance and pedal faster, which works your muscles. The workout is said to fight cellulite, alleviate back pain without leaving a sore body the next day. Water cycling can actually give you a massage, as the water hits the fat deposits on the muscles in the leg and thigh.

## HIT In Water

HIT (High intensity interval training) has shifted from gyms to pools now!

The high speed bursts of activity in water are becoming popular as it breaks the plateau in your workout regimen. Initially, you can't last for more than five minutes, but you slowly build up to 20-30 minutes. Those with higher weight and suffering from heart

problems must get a certificate from a doctor before trying it though.

## Aqua Kickboxing

This one lets you throw punches in the water. Cross punches, uppercuts and hooks in the water help strengthen the muscles and make the body agile. The gentle rhythm of the movement encourages neuro-muscular coordination, which prevent Alzheimer's.

## H2O Yoga

This workout takes the principles of yoga, asanas etc and adapts them to water. Practitioners maintain that the aqua environment allows you to experience waves, rolls, twists and other postures that you may not be able to achieve on land. The water allows an optimum stretch, relieving muscular tension.

## Did you know?

While runners on the ground burn eight calories a minute, aqua runners burn 11.5!

## Where in India?

**Delhi:** Fitness solutions

**Mumbai:** Mickey Mehta's 360, Gym

**Bangalore:** Super Curves



## Technology in Healthcare

### Aquaguard on -the- go

A portable water purifier which works without electricity

It's the best buy for a trekker, someone with a long commute or a school-going child—a handy bottle that makes tap water potable by removing microbiological impurities such as bacteria and viruses, organic impurities such as chlorine, and odour. The plastic used to make the bottle is non-toxic. The filter uses "Space Nano Technology with a cartridge life of up to 600 fills with a Natural Shut-of mechanism



### Memory Gel pillow

Revolutionize the way you sleep with the state of the art Gel Memory Foam Bed Pillow!

The contour pillow gently supports your head and neck, distributing your weight and promoting natural spinal alignment. This healthier sleeping position effectively reduces painful pressure points, providing superior comfort. Both back and side sleepers will enjoy this pillow's ability to improve your comfort and help you get a better night's sleep. It allows your tired muscles to relax and your body to rejuvenate, while providing relief for sufferers of snoring, insomnia, neck pain and stress.

### Multi alarm pills reminder

Make medication regimes simple !

Handy design Multi Alarm pill reminder gadget - slim enough to pop in a pocket or purse. Has 4 daily audio alarms that can be set to the exact times the medication is required. Gadget remembers the alarms that you have set for each day - but can easily be changed or cancelled if required. Very easy to use and programmed with a large LCD display. It can help to manage even the most complex medication regimes.



# Mobile applications

## iOnRoad

A Car Safety app that warns you of collisions!

iOnRoad improves driving in real time using the power of advanced smartphones. The app uses the smartphone's native camera, GPS and sensors to detect vehicles in front of the host vehicle, alerting drivers when they are in danger. The Visual Radar maps objects in front of the driver in real-time, calculating the driver's current speed using native sensors. As the vehicle approaches danger, an audio-visual warning pops up to alert of a possible collision, allowing the driver to brake in time.



## Sleep Genius

NASA Inspired Sleep Aid App – Get Sleep, Feel Rested!

This app will help you fall asleep, get optimum rest while sleeping, and includes a power-nap mode. The Sleep Genius app incorporates neuroscience, sleep, sound, and music to help you "Get to sleep faster, sleep deeper, and stay asleep longer with the world's most scientifically advanced sleep app. The underlying technology was tested and used by NASA astronauts to help them sleep.

## Eidetic

Train your brain to remember anything with the help of this app!

Remembering random tidbits of information like a new phone number, a dictionary definition, or a quote is tough for a lot of us. Eidetic is an app that makes remembering a little easier by repeatedly sending notifications at specific intervals.

All you need to do is pick something simple you want to remember like a phone number, date, fact, or whatever else, and then Eidetic will remind you to test yourself on that data.



## Eat right this festive season

Festivals in India are an integral part of people's life. They are celebrated with an assortment of mouth watering, rich, irresistible sweets and snacks.

During festival season it is difficult to stick to diet because of expectation to join in the celebrations. One neither want to be snobbish nor a spoilt sport by declining every time he is offered those sinful extra-calorie meal. Here are some simple tips to avoid accumulating those extra pounds during the festival season:

### **Smaller portion size:**

Small portion size of fried snacks, sweets and other fatty preparations will help in keeping weight under control.

### **Avoid second helpings:**

Howsoever tempted you are, be firm and put your plate down after you are through with your first helping.

### **Eat slow:**

Instead of filling the plate to brim, take fewer things at one time. Eat them slowly and gradually.

### **Use low fat ingredients:**

While preparing sweets at home, try using low fat (skimmed) milk and other dairy products. - Rather than refined sugar, either switch to artificial sweetener or if possible, substitute with natural sugar like honey, jaggery and dates. Use of Dalda i.e. Vanaspati Ghee is to be avoided every time. Use whole wheat flour instead of refined flour for making sweets and snacks.

### **Choice of sweets:**

Prefer sweets like ladoos (suji, coconut etc), Kheer, Gajar (Carrot) or Doodhi (bottle gourd) halwa. They are nutrient dense and have fewer calories than fried sweets like Gulab jamun, Jalabi, Bundi items etc. Try to have sweets and high calorie foods in the first half of the day.

### **Dry fruits over deep fried:**

If there is a choice between dry fruits and sweets, opt for dry fruits. Even if dry fruits are equally high in calories at least they are not "empty calories". Most of the snacks and sweets are made of refined flour, which holds very less nutritive value.

### **Drink water before snacking:**

To bring in the feeling of fullness, drink water before snacking. This will definitely bring down your craving and will make you eat less. Gulp few sips of hot water after having sweets for better digestion.

### **No to carbonated drinks:**

Try to stay away from carbonated drinks as they add unnecessary empty calories, which will be very difficult to burn later on. Plain soda is a better alternative.

### **Exercise regularly:**

Continue with regular exercise routine, motivate yourself to run an extra mile, if you are lusting on sweets.

### **Share gifted sweets:**

Don't be greedy and keep all the sweets and chocolates that you get only for your indulgence. Be generous. Share them with young ones in the family, relatives, neighbors and people in the area or those who are less fortunate.

### **Light dinners:**

Try to keep lunch parties instead of dinners. Have early and light dinners.



# Cut down on calories and go the low calorie way...



## Soya Cinnamon Custard with Fruits

Make a healthy custard with soya milk and low fat milk, flavour it with a dash of cinnamon and pour it over a selection of diabetes-friendly fruit like pears and apples. A simple but delectable sweet and fibre - filled snack is ready!

### Ingredients

- 2 cups ..... Chopped mixed fruits (papaya, pear, apple, melons, orange, gauva)
- 1/4 cup ..... Pomogranate (anar)
- 2 tbsp ..... Chopped walnuts (akhrot)

### For the soya cinnamon custard

- 1/2 cup ..... Soya milk
- 1 1/2 tsp ..... Cornflour
- 1/2 cup ..... Low fat milk
- 3/4 tsp ..... Sugar substitute
- a pinch of cinnamon (dalchini) powder

### Method

1. Combine the cornflour with the soya milk in a bowl to make a

smooth paste. Keep aside.

2. Boil the milk in a non-stick pan and add the corn flour- soya milk mixture to it while stirring continuously so that no lumps are formed.
3. Let the custard simmer for 2 to 3 minutes and add the cinnamon powder.
4. Remove from the flame, pour into a bowl and cool and keep aside.
5. Place it to chill in the refrigerator for 1 to 2 hours.

### How to serve

1. Divide the fruits into 4 equal portions and put them in individual bowls.
2. Pour a portion of the custard over it.
3. Serve immediately



## Mountain Biking in India

How about riding in the Himalayas where you can see the tall oak trees in the deep valleys and snow-capped mountain peaks?

Well it's not that simple and you can't just take your bike and ride anywhere. However, it is not very difficult either. Here are the most important things that you should know before you start this sport.

### What is Mountain Biking?

Mountain biking is the sport of riding bicycles off-road, often over rough terrain, using specially designed mountain bikes. So, it's not really biking in the mountains, but on any trail which is not really paved or cemented.

### What is a Mountain Bike?

A mountain bike looks like a regular bike, but is especially designed to combat rougher terrain with inclusion of suspension on the frame and fork, larger knobby tires, more durable heavy duty wheels, more powerful brakes, and lower gear ratios needed for steep grades with poor traction.

### Mountain Biking in India

India boasts of having one of the most amazing mountainous terrains in the world. With the advent of organizers like HASTPA and MTB Himalaya, which have been organizing races and events in the Himachal Pradesh since the last 10 years, the sport has now reached a scale where people from all corners of the

country now come and participate in week long races. Various groups have formed in bigger cities, like PedalYatri in Gurgaon, Cycling & More in Bangalore which organize frequent trips on various offbeat trails in and around the city. Pedalyatri now has media also covering the group.

### How can you start Mountain Biking yourself?

Getting started with Mountain Biking is not very difficult. However, before you buy a mountain bike for yourself, you should know what kind of mountain bike would suit your needs and also, do you even like the sport. You can get in touch with a local cycling group to start with and they might help you rent bike from some local shop. These groups typically know a lot of routes in and around the city and you can go on a few trails with them and learn more about the sport.

Once you are comfortable riding a mountain bike on rough trails, then you can start thinking of a bike for yourself. A decent mountain bike for beginners comes for around Rs.15,000 and if your budget allows, you can go for a higher end bike costing around Rs.25-35K.

After practising it for few months, you can also think of travelling longer distances and participating in competitions which are not very difficult.

### Safety Precautions and Risks involved?

Mountain biking is a high adrenaline sport and it could be risky if not done without safety precautions and proper training. A helmet is a must for any terrain. Also, carrying a bike repair tool kit is highly recommended, especially for longer distances. Accessories such as lights, bells, etc. and proper cycling clothes are also recommended for mountain biking.



# Travel-o-pedia

The Monsoons are here and we present a list of must see places during the monsoons that will even make a heavy downpour a memorable one.. So take a break from your routine work and advance for a splendid holiday to enjoy the rains.

## Araku valley- Witness Nature at its best

Away from all the commercial tourist holiday destinations, Araku Valley is a hill station located close to Vizag and has much to offer. You can choose from a variety of things to see such as the Borra caves famous for its stalagmites and stalactites. Around 4 km away from the caves are the Katiki waterfalls known for their natural beauty.

**Getting There :** Fly to Vizag from major Indian cities from where Araku is a four-and-a half -hour drive .

## Diphu – Spectacular scenic beauty

Located in the lush, forest area of Assam, Diphu will appeal to any traveller seeking peace and solace away from concrete jungles. Take a stroll through the Botanical Gardens, host to a myriad variety of plants and trees. Calm your senses and take in the sights and sounds of chirping birds and blossoming flowers in a rainbow of colors. If you're in the mood to see something different, visit the Taralungso Cultural Centre and watch locals engage in various performing arts that reflect the culture of the land.

**Getting There :** It takes about three hours to reach Diphu from Guwahati.

## Coorg- Fusion of Beauty and Tranquility

Also known as the Scotland of India, Coorg is one of the rainiest places in India. The amazing and pleasant hill station in Karnataka covers 4100 square kilometers of land in the Western Ghats. Cool breeze, pleasant weather, mist covered surroundings, and fresh green views are some of the admiring results of dewy period in the area. Also don't miss the rich aroma of hot coffee!

**Getting There :** It's a five hour drive from Bengaluru.

## Darjeeling- Monsoon in a teacup

Also known as the Queen of Hills, Its cropping time at Darjeeling's tea estates when the hillsides look fresh and green during monsoons. Take a tea-tasting tour and experience how teas differ from hill to hill. Other main attractions are Darjeeling monastery, adventure sports like river rafting and mountain treks.

**Getting There :** It takes about two hours to reach Darjeeling from Bagdogra Airport. Cabs are available to hire at the airport for approximately Rs.2000 each way.

## Udaipur-A royal monsoon showcase

Life in Udaipur, like its beautiful lakes, is at its full bloom during these magical spells of clouds. The splendor weather makes the palaces seem even more royal. Savour delicious 'dil jani' or give your taste buds a spicy treat of Dal Batti Churma, is another great monsoon delight in Udaipur.

**Getting There :** Fly to Delhi from where Udaipur is a six hour drive. Radio taxis and auto rickshaws are the best means to travel within the city.

So, get into travel gear and take off to these spots...





**Volume: 1**



**Volume: 2**

Read the previous edition of  
R Healthbeat on  
[www.reliancegeneral.co.in](http://www.reliancegeneral.co.in)

## What are our readers say about R HealthBeat:

*...After this successful launch (R HealthBeat) Mr. Rakesh Jain-CEO needs to be congratulated on this special achievement and spearheading the company to greater heights under his dynamic leadership.*

**-Mr. Jogesh Shah-CEO, Check Mate Inc**

*...The magazine is informative and its reading is interesting. Articles of renowned professionals in the field of Health affords lot of inputs to its reader. It not only gives information about the Health and wellness but it also gives information about the ambitious plans of Reliance General Insurance. Through this magazine, I could get the glimpse of the most dedicated, energetic and beaming personality of Mr. Rakesh Jain-CEO. He will add laurels to the growth and health of the company in the time to come, with his sincerity, capability and dedication*

**-Mr. S.L Kataria-Director, Tropical Insurance Consultants Pvt Ltd**

*I sincerely appreciate the crisp and quality content of R Health Beat! It exactly fits the attention of an individual and one can quickly browse through! The catchy captions and high end gadgets coverage are also scripted well.*

**-Vinodkumar A Iyer, CEO, Inube Solutions**

*The Magazine is beautifully presented and is also very informative . I congratulate the CEO on this special achievement.*

**-Dr Shivappa G Kanagali, RMO & Sr. Manager Administration, AIMS Hospital, PALDI Ahmedabad**



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