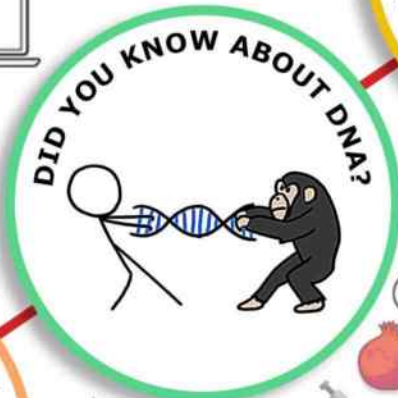


HEALTHLINE

Paramount's Monthly Magazine

“Do not save what is left after spending, but spend what is left after saving.”

-Warren Buffett



Emergencies are sudden situations where people are not prepared and do not know how to react. It's a flight or fight situation where one has to take quick action. For instance, when there is a fire emergency, most of us are unaware of how the fire extinguisher works and how we can extinguish the fire.

Here is a simple guide on how to use a fire extinguisher:

Here are few types of extinguishers and their effect on different materials:



Water

Extinguishing effect : Cooling – Removal of Heat

Effective on : Wood, Paper and Cloth



Mechanical Foam

Extinguishing effect : Blanketing – Cuts off the contact between Fuel and Oxygen

Effective on : Wood, Paper, Cloth and Flammable liquids



Dry Chemical Powder

Extinguishing effect : Blanketing – Cuts off the contact between Fuel and Oxygen

Effective on : Flammable liquids, Gases, Combustible Metals and Electrical installations

What is Fire Blanketing effect?

Fire blanketing effect means when the material used to extinguish the fire smothers the flames and seals vapors so that re-ignition cannot occur.

Note: Do not try to control fire caused due to electrical problems, with water. Water is a good conductor of electricity and this can give you an electrical shock.



Gas

Gaseous media is the most commonly used media for extinguishing fire as it works effectively to fight against flammable liquids, gases and electrical fires.

Extinguishing agent : Carbondioxide

Extinguishing effect : Blanketing – Cuts off the contact between Fuel and Oxygen

Effective on : Flammable liquids, Flammable gases and Electrical installations

How to use the Carbondioxide cylinder?

1. Remove the locking pin. Unscrew the control valve in anti-clockwise direction. Hold the discharge horn of the cylinder firmly.
2. Direct the CO₂ gas at the base of the fire by using discharge horn.
3. Control the CO₂ flow by adjusting/closing the control valve.
4. Direct the gas in a sweeping motion from side to side for effective results.



When should you use a fire extinguisher?

- If you are trained and confident in the use of a fire extinguisher and the size of the fire is small.
- Remember: You are NOT obligated to fight fires of any size. If you have any doubts, do not attempt to fight the fire.

What to do in case of a Fire Emergency:

- Do not panic.
 - Proceed to the nearest emergency exit.
 - Avoid using lift. Use the staircase.
 - Do not talk when you walk.
 - If you find smoke, crawl to the nearest exit by covering your nose.
- Do not enter the building till the emergency is called off.

Note

1. Ensure to check the type of extinguisher available at your office.
2. Always keep the fire emergency number handy.



There is no difference between sight and vision.

*If you have been thinking that the answer is **True** then here is an eye-opening fact for you!*

Seeing is a physical process where the eye lens focuses light onto the retina at the back of the eye, where an image is recorded. This allows you to see the object clearly and this is **Sight**. **Vision** is the process that involves the ability to understand what is being seen. Unlike eyesight, Vision is a thought process from which emerges an understanding of what is seen, where it is and how to react to it. It combines information from many sensory systems to create a perception of reality.

For example:

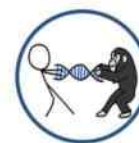
If 'Seeing' is the computer or the hardware of the computer 'Vision' is like the software of the computer which processes the data.



Did You Know?

DYK ABOUT DNA?

Deoxyribonucleic acid, commonly known as DNA, is found in the cells of the body. They encode genetic information that govern a living organism's development and functioning.



DNA

Adenine

Nc1ncnc2n(cnc12)

Thymine

CC1=CNC(=O)NC1=O

Guanine

NC1=NC2=C(N1)C(=O)N=CN=C2

Cytosine

NC1=NC(=O)NC=C1

- Even though it codes for all the information that make up an organism, DNA is built using four building blocks i.e. the nucleotides - adenine, guanine, thymine and cytosine.
- A single gram of DNA can store 215 petabytes (215 million gigabytes) of data!
- If all the DNA molecules in your body are pulled out then the DNA could stretch from Earth to Sun for about 600 times i.e. 9.5 trillion kilometers! Imagine that!
- We share 98% of our genetic structure/DNA with chimpanzees. Surprising, isn't it?
- Humans and cabbage share about 40-50% common DNA.
- There are about 3.2 billion base pairs of DNA that make up human genome (the complete set of genes or genetic material present in a cell or organism).
- Only 3% of DNA codes for genome while the rest 97% is junk DNA.
- It would take 50 years to type the human genome if you type at a speed of 60 wpm, eight hours every day!
- Identical twins share 100% of their genes with each other.
- 99.9% of the DNA in all humans are identical. It is the tiny difference that differentiates one individual from another.

Frequently asked monsoon-related Fitness queries:

I tend to put on weight during monsoon as my activity level reduces. How should I prevent that?

During monsoon the level of activity of most people gets reduced. During such times, experts suggest to focus on diet. Rainy season is the time you tend to indulge in fried snacks – control the frequent urge. If you have missed your work out then be strict with your diet. Cut down your calorie intake by 15-30% because your body's calorie requirement decreases when you don't work out. This way you can avoid putting on weight even if you are not involved in any activities or exercise. Also, consume more of immunity boosting foods such as hot soups, dry fruits, dark green leafy vegetables, mushrooms, any type of meat, etc.

Many of my friends say monsoon is a great time to work out and one gets good results too. Is this true?

Yes, this is true. The reason is that during monsoons you tend to work out with more intensity due to the pleasant climate. You also experience less exhaustion. Since you work out with more intensity the calorie expenditure is more. Also, during this season, your body recovers faster, as compared to the summer season.

I am unable to visit the gym regularly. What are the exercises I can do at home to stay fit?

Many people end up missing work out due to rains. Few missed gym sessions eventually widen into a huge gap. Here are some exercises which you can do at home whenever you miss your gym work out.

Mr. Fit



If you are experiencing workout blues? Here are the exercises you can do at home.

Warm-up Exercises



Spot Jog for 2 Minutes



Toe Touch and hyper extension - 15-20 repetitions

Exercises



Squat/ Supported Squat - 15-20 repetitions



Plank - hold 20 seconds to 1 minute



Alternate kick - 25 times each leg



Knee or Toe Push Ups - 15-20 repetitions

Repeat 3-4 sets and perform stretching exercises.

Read the Editor's Mind

Dear Readers,

The last quarter has indeed been exciting!

- **Paramount Health Services and Insurance TPA Pvt. Ltd.** was recognized as the '**Best Consumer Engagement TPA 2017-18**' at the **3rd Annual Insurance India Summit & Awards 2018**, held in Mumbai in June 2018.
- We were also awarded under the category **Excellent Business Support 2017-18** at the Broker's/TPA Recognition & Awards 2017-18 organized by **National Insurance Company Limited**.
- Further, our Managing Director was one of the panelists at the 3rd Conference on '**Health Security for All: Transforming Healthcare**' organized by '**The Associated Chambers of Commerce and Industry of India**' (**ASSOCHAM**).

Our moments of pride!




Take a Chill Pill



For any queries/feedback/suggestions for the magazine, kindly write to us at corp.comm@paramount.healthcare

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