



Doctor
Live

ACTION NEWSLETTER



Action In Zoom Page No. 1

Media Coverage Page No. 3

ACTION ON ZOOM

Doctor
Live



Dr Shruti Bhatia
Sr Consultant Gynae Oncology

Are you ignoring the symptom of Gynaecological Cancers During Lockdown -A Specialist View

Join us Live on Facebook
16th May | Saturday | 3 PM

Doctor
Live



Dr Rohit Vishnoi
(Senior Consultant, ENT)

Topic: How to minimise the risk of corona spread after lockdown?

Join us Live on Facebook
11th May | Monday | 3:00 PM

Doctor
Live



Dr Shweta Wadhwa
Paediatric Occupational Therapist

Topic: How to improve fine motor skills in kids for Handwriting Development during non schooling time

Join us Live on Facebook
20th May 2020 | Wednesday | 3 PM

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World-class Care



Sri Balaji
Action Medical Institute
Multi Specialty Hospital

SBAMI.Delhi

Doctor
Live



Dr Rajul Aggarwal
Sr. Consultant - Neurology

Topic: "Headaches and Migraine"- Expert Opinion from Neurologist

Join us Live on Facebook
26th May 2020 | Tuesday | 3 PM

Doctor
Live



Dr Rajul Aggarwal
Sr. Consultant - Neurology

Topic: Multiple Sclerosis During Corona Virus Pandemic

Join us Live on Facebook
30th May 2020 | Saturday | 3 PM

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Due to pandemic, we have all more reasons to bring the valuable understanding of the health problems, so that it can be treated well in time or averted. We, Action Group of Hospitals had launched a series of live interviews on hospital's fb through Zoom where we featured the medical specialists and ask public questions. This month in our Live fb programme named **Doctor Live**, ENT Sr Consultant- Dr Rohit Vishnoi had shared his views on **How to Minimise the Risk of Corona after Lockdown on 11th May**.

Dr Shruti Bhatia- Sr Consultant, Gyane- Oncology had shared her views on **Are you ignoring the Symptoms of Gynaecological Cancers during Lockdown on 16th May at 3:00 pm**.

Dr Shweta Wadhwa Consultant Paediatric Occupational Therapist has also join us on 23rd May and shared her experience on the very interesting topic **How to improve fine motor skills in kids for Handwriting Development During Non Schooling** time at 3:00 pm. This was widely acclaimed show and people join across the globe on this show.

In this epidemic time there are a lot neurological disorders are agree and Dr Rajul Aggarwal senior consultant neurology has join the the doctor live program and provided very handy and helpful information on headache and migraine on 26 th May and then again he had shared his very beneficial information on **Multiple Sclerosis During Coronavirus Pandemic** on 30th May which was happened to be **World Multiple Sclerosis Day**.

BIRTHDAYS
in JUNE



01-Jun-Dr. Anurag Jain

05-Jun-Dr. Sunita Kaushik

06-Jun-Dr. Rupinder Singh Baweja

07-Jun-Dr. Virender Kumar

11-Jun-Dr. Dharmesh Laxmikant Khatri

15-Jun-Dr. Sadhana Mangwana

16-Jun- Dr. Prakash Khatri

17-Jun-Dr. Sushant Mittal

22-Jun-Dr. Renuka Gupta

29-Jun-Dr. Amit Kumar Shridhar

28-Jun-Ms. Pallavi Joshi

Family members of Sri Balaji Action Medical Institute & Action Cancer Hospital wishes each one of you a very Happy Birthday

www.actionhospital.com

www.actioncancerhospital.com

Word of Wisdom: One Day or Day one... You Decide. (By Rohit Sharma)



Importance of Vitamin D



Dr. Sandeep Bhalla
Consultant, Orthopedic
MBBS, MS

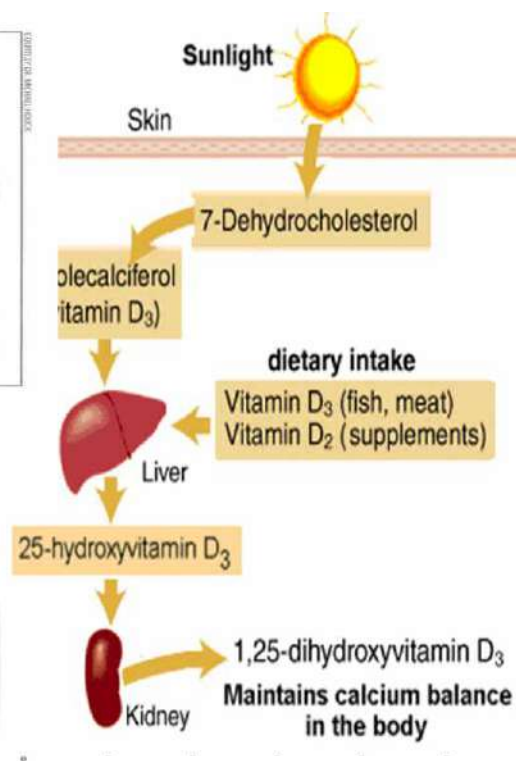
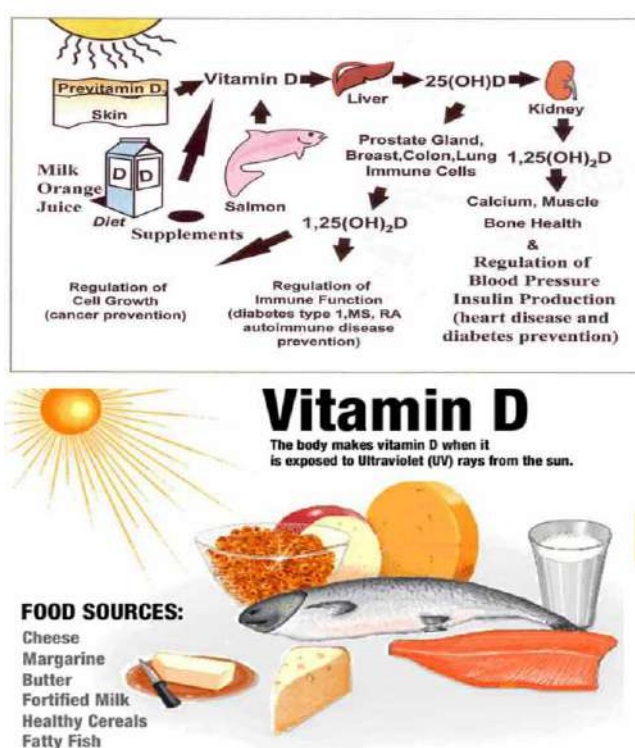
If you are getting tired easily, having repeated infections, muscle pain and falling ill often, it's high time you got your vitamin d checked.

Vitamin d deficiency is most commonly missed and easily treatable cause for this malaise. vitamin d helps our body is to absorb calcium from diet we take and thus making our bones stronger. It also helps in proper functioning of muscles, nerves and immune system of our body.in children lack of vitamin d can lead to deformed bones and early fatigue.

Most abundant source of vitamin d is sunlight which helps our body to synthesize vitamin d. But change of lifestyle has lead to less exposure to sun rays and hence it's deficiency. Predominantly non vegetarian food is rich in vitamin d like fish,egg yolks, liver.Vegetarians can derive vitamin d from fortified milk,cereals ,orange juice .and some varieties of mushroom. Simple blood test which is easily available can diagnose the deficiency of vitamin d .

Treatment for vitamin d deficiency consists of injectable form of vitamin d which is reserved for severe cases. Routine cases can be treated with oral preparation with weekly capsules. Eating foods rich in vitamin d on regular basis and adequate exposure to sunlight can take care of long term aspect.

People who are at greater risk are elderly who stay indoors and are prone for osteoporosis and increased risk of fractures. Excessive Use of sunscreen can also prelude to lack of vitamin d as our skin is unable to synthesize when sunlight falls on it. Hence healthy lifestyle with right balance of exposure to sunlight, dietary supplements and exercise can prevent vitamin d deficiency and provide us with active life and healthy bones . To summarize we should not take the symptoms of deficiency lightly and consult the specialist as early as possible. Also incorporating a healthy lifestyle, adequate exercise and balanced diet will do the trick.



Mother's Day Special with all Mother Doctors -
All Gynaecologist of Sri Balaji Action Medical
Institute.

#MotherDay #MothersDaySpecial



103 8 comments • 24 shares • 2.3K Views

Like Comment Share

4,694 people reached >

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Mother Day

International Mothers Day was celebrated on the 9th May every year around the world. This day is a celebration in honouring the mother of the family as well as motherhood, maternal bonds and influence of mothers in the society. Due to pandemic, this year Hospital had celebrated in a very unique way and brought all our gynecologists with lactation therapist on a digital platform. All gynecologists, Dr Ruby Sehra, Dr Poonam Agarwal, Dr Renu Gupta, Dr Sadhna Singhal, Dr Meenakshi Bansal, Dr Kiran with lactation specialist Dr Priyanka Kahanna, had given the tips of wellbeing of mothers and touched many topics like vitamins deficiency, role of exercise, principle of right diet, how to keep young etc, for newly motherhood - golden principle of breast feeding etc. The program was aired on Facebook on 8th May Saturday at 3:00 p.m. Dr Kiran had also dedicated a poem to all the mothers of the world. It was always a pleasure connecting with our viewers and but this time to many mothers, was given a special feeling and promising for more such programs for our viewers.

All consultants are requested to kindly update Medical Director about the advanced and complicated surgeries performed so that same can be provided to PR Agency for publicity



Media Coverages

[Corona Times]

Disinfect your phone every 90 min

Doctors advise using alcohol-based hand sanitiser

NEW DELHI

Amid the rapid spread of the novel coronavirus (COVID-19), doctors have advised that in addition to regularly washing hands, one should also disinfect their smartphone every 90 minutes with alcohol-based hand sanitiser.

Ravi Shekhar Jha, head of department at Fortis Escorts Hospital in Faridabad, said the best method to disinfect your smartphone is to use regular doctor spirit or the alcohol-based hand sanitiser at least every 90 minutes.

"Avoid touching your eyes, mouth, or nose. The best option is to use a phone cover or a Bluetooth device and try to touch your phone as less as possible. We would also recommend cleaning your phone at least twice a day," Jha said.

According to research, published in 2018 by Insurance2Go, a gadget insurance provider, revealed that smartphone screens have three times more germs than a toilet seat. One in 20 smartphone users was found to clean their phones less than every six months, said the study.

How to do
"Pour few drops of sanitiser on a tiny clean cotton pad and rub it safely on your entire phone," said Jyoti Mutta, senior consultant, Microbiology, Sri Balaji Action Medical Institute in New Delhi.

Startling facts

- Smartphone screens have three times more germs than toilet seat
- One in 20 smartphone users clean phones less than every six months
- Home button on smartphone may harbour millions of bacteria
- Coronavirus can live on surfaces like glass, metal or plastics, and phones are bacteria-ridden

"Pour few drops of sanitiser on a tiny clean cotton pad and rub it safely on your entire phone"
— JYOTI MUTTA, Microbiologist

"Maintain basic cleanliness and try to avoid using other's phones especially if suffering from respiratory illness or flu-like symptoms as there is no other way to disinfect these regular gadgets," she stressed.

Harmful bacteria
Another study from the University of Surrey in the UK also found that the home button on your smartphone may be harbouring millions of bacteria - some even harmful.

According to Suranjan Chatterjee, senior consultant in Internal Medicine De-

partment of Indraprastha Apollo Hospitals in New Delhi, "Coronavirus and other germs can live on surfaces like glass, metal or plastics and phones are bacteria-ridden. It is necessary that we sanitise our hands frequently and make sure that our hands are clean all the time." "The emphasis should be laid on sanitising our hands rather than cleaning the phone - once in a while the phone can be sanitised under the guidance of the makers of the phone," Chatterjee stressed. The coronavirus killed thousands across the world.



Air condition with caution

Living without ACs is a nightmare for many. Adding to the woes, is the relation between the spread of COVID-19 and home air conditioners. MUSBA HASHMI speaks with DR JASMEET KAUR WADHWHA about the possible threat and whether it is a wise decision to use them

The scorching summer months are here and so is the anxiety and stress factor. The COVID-19 pandemic has created a chaos in everybody's life with queries pouring in whether it is a good idea to sit and relax in home ACs without having to worry about the spread of the virus. Some say that the risk of infection increases in ACs while others say that it is the centrally air conditioned spaces that pose a threat and not home ACs.

Dr Jasmeet Kaur Wadhwa, Senior Consultant Paediatric Pulmonology & TB division, Sri Balaji Action Medical Institute says that home ACs don't pose any threat of infections where proper precautions are being taken by people.

"As summers have approached much concern has been raised regarding home ACs in the context of coronavirus pandemic, but home window or split ACs confined in a room do not pose any threat at home where required precautions are being taken and family members are infection free. But if any family member is suffering from respiratory disease or having a mild infection then try to refrain from using AC. Because the droplets left by the infected person can get recycled in the common duct of the AC and can infect others as well," she tells you.

However, the challenge, she says, lies with the centrally air conditioned spaces.

"The bigger challenge is with central ACs, which are placed in big offices, hospitals and essential food outlets, which are now supposed to be used with precautions. Since, COVID-19 is a droplet infection, it remains in the environment for a shorter time then get settled on the surfaces, hence it is more about coming in contact with an infected person then getting exposed to the recycled AC air which contains virus," Wadhwa explains.

Studies are yet to confirm whether there is a significant effect of temperature on this virus but World Health Organisation and Indian Council of Medical Research have also stated that Coronavirus has no direct relation with temperature.

This means there is nothing to worry about much using ACs at home. Following precautions will keep you risk free. "Keep your AC filter clean, do not use ACs continuously for several hours. Practically, there is no threat in cleaning duct still do it with precaution. If any member in the family is suffering from upper respiratory disease or carrying mild infection, then don't use AC for cooling, rather use exhaust fans for clear air. Keep windows open for fresh air and cross ventilation. Try not to be in a closed room with AC switched on for a long time, more so when a family member is facing any type of respiratory issues," she advises.

KEEP YOUR AC FILTER CLEAN, DO NOT USE AC CONTINUOUSLY FOR SEVERAL HOURS. IF ANY MEMBER IN THE FAMILY IS SUFFERING FROM RESPIRATORY DISEASE OR HAVING MILD INFECTION, THEN DON'T USE AC, RATHER USE EXHAUST FANS. ALLOW PROPER VENTILATION

— DR. JASMEET KAUR WADHWHA

Breathe in fresh air as much as possible to eliminate the slightest risk of infection, she adds.

Abhijeet Shukla, an engineer who is into the business of AC servicing and repairing says that when it comes to home ACs there are no risks involved because they cater to a limited number of people. But what makes centrally air conditioned spaces a threat is the large number of people who may carry the virus. "Recently, the Government issued an advisory for offices, hospitals and malls to avoid using ACs till the coronavirus pandemic. Since they are public spaces, the risk of infection increases. The AC vents increase the risk of virus spreading to the whole of the building," he says.

Having said that, experts also suggest that the recommended temperature of the air conditioned rooms shouldn't be less than 24 degrees Celsius. This will further help eliminate any risks involved.

However, to be on the safe side many people are restraining themselves from using ACs for the next 15 days atleast. "I usually spend most of the time in AC. Be it in office or at home, AC was a must. But amid the coronavirus threat, till date I haven't switched on my AC yet. May be after 10 days or so, once there is a confirmation on the same, I will think about using them," says Kiran Singh, a resident of Noida who is feeling the AC heat at the moment.

Appearance in Tribune by Dr. Jyoti Mutta, Sr. Consultant, Microbiology

कोरोना से डरें नहीं, सावधानी बरतें

एक दौर सावधानी बरतने और बचाव के तमाम तरीके अपनाने का है, लेकिन यह भी ध्यान रखना जरूरी है कि कोरोना से टोक होने वालों का भी आंखड़ा धीरे-धीरे बढ़ रहा है। कोरोना से सीधे तौर पर लड़ने के लिए हमारे पास कोई वैक्सीन या इलाज उपलब्ध नहीं है, फिर भी हमारे डॉक्टर और हेल्थकेयर वर्कर्स की मेहनत की बदौलत रोगी संक्रमण मुक्त होकर वापस अपने घर जा रहे हैं। ऐसे में बहुत जरूरी है कि हम कोरोना संक्रमण के फैलाव के प्रति सतर्क रहें और इससे टोक होने वालों की संख्या और अनुभवों को भी ध्यान में रखें।

रोगी को दें भावनात्मक सहयोग

ध्यान दें कि सामाजिक दूरी का मतलब मन से दूरी या किसी कोरोना रोगी को नज़रत भरी नज़र से देखना बिल्कुल नहीं है। कोरोना संक्रमित व्यक्ति को भावनात्मक सहयोग की जरूरत है।

रोगी हिदायतों का पालन करते हुए उनको ठीक होने में मदद करें। यदि आप में या आपके किसी अपने में कोरोना से जुड़े लक्षण नज़र आते हैं, तो नैतिक और सामाजिक जिम्मेदारी समझते हुए तुरंत नज़दीकी प्रशासन को जानकारी दें और खुद को क्वारंटीन करें।



कोरोना के रोगी का इलाज

यह सवाल बहुतों के मन में आता है कि आखिर कोरोना के रोगियों का इलाज किस तरह से किया जाता है। दरअसल, कोरोना के रोगी का इलाज उसकी स्थिति पर निर्भर करता है। जैसे कई मामलों में आईसीयू या वेंटिलेटर की जरूरत होती है और कई मामलों में इसकी गीबत नहीं आती। इस बात को हमेशा याद रखें कि स्वास्थ्यकर्मी की मेहनत से ये ठीक हो रहे हैं, इसलिए उनकी हिदायतों का पालन करें और उन्हें सहयोग दें।

(डॉ. अनिमेष आर्य, पल्मोनोलॉजिस्ट, श्री बालाजी एक्शन मेडिकल इंस्टीट्यूट)

Appearance in Pioneer by Dr. Jasmeet Kaur, Sr. Consultant, Paediatric Pulmonology & TB Division

आंखों के लिए उपयोगी कमजोर आंखों की स्थिति में काली मिर्च को शहद के साथ मिलाकर खाना फायदेमंद है।

ब्लड प्रेशर को करे नियंत्रित इसके लिए दिन में 2-3 बार 5 दाने काली मिर्च और 20 दाने किशमिश का सेवन करें।

याददाश्त बढ़ाने में सहायक काली मिर्च शहद में मिलाकर खाने

से कमजोर याददाश्त में फायदा होता है।

दांतों के लिए फायदेमंद नमक के साथ काली मिर्च मिलाकर दांतों में मंजन करने से पायरिया ठीक होता है। दांतों में चमक और मजबूती बढ़ती है।

(श्री बालाजी एक्शन मेडिकल इंस्टीट्यूट की नेचुरोपैथी फिजिशियन डॉ. अंजलि शर्मा से की गई बातचीत पर आधारित)

Appearance in Hindustan by Dr. Animesh Arya, Sr. Consultant, Pulmonology

Appearance in Hindustan by Dr. Anjali Sharma, Neurotherapy Physician

All consultants are requested to kindly update Medical Director about the advanced and complicated surgeries performed so that same can be provided to PR Agency for publicity



Tips to keep your home...

Delhi, all surfaces should be cleaned routinely with soap and other disinfectants available to make your house coronavirus proof.

"Apart from cleaning the surfaces, other objects like light switches, desk, keyboards, doorknobs, toilet, closets should also be cleaned. Please make sure that you do not touch any object while cleaning with bare hands; gloves are necessary and make sure to dispose of these gloves after the cleaning is done," said Gupta.

In case when you are buying vegetables and fruits from outside, please make sure that you clean the bag very carefully before entering the house.

If possible, it is advisable to keep the bags outside your home or in a corner for at least 24-48 hours.

"Considering coronavirus spreads through droplets, please make sure to wash your vegetables and fruits in potassium permanganate solution or you can also wash it with hot water as well for at least 5-10 minutes," the doctor emphasised.

Stay home as much as possible but there are times when we can't avoid visits to grocery store or pharmacy at some point.

"It is advisable to avoid unnecessary to and fro to any market area and stay in house. Disinfect everything you touch thoroughly and make sure that you wash your hands frequently. Also, supervise your pets in the backyard and keep them away from meeting or playing with other people," said Rajesh Chawla, Senior Consultant, Respiratory Medicine, Indraprastha Apollo Hospitals, New Delhi.

"Make use of hypochlorite to clean every corner of your house or make use of bleaching powder to clean your house," Chawla added.

If someone is sick at your home, please make sure that a distance is maintained from that person and his or her clothes should be washed separately.

"One needs to understand while performing all the above activities, wearing gloves is necessary and when you are giving your clothes for laundry, please use disposable gloves and it is preferred to wash your clothes at home only and avoid any outside contact," Chawla said.

Dr Sudhish Sehra, HOD, Internal Medicine, Sri Balaji Action Medical Institute in New Delhi said that in addition to frequently sanitizing your hands, keeping the house and your immediate surroundings clean is equally important.

"Start with basic dusting while covering your face with a mask/alternative clothing such as a handkerchief, and disinfect the furniture surfaces and the floor. Clean all kitchen surfaces every time you finish cooking. Keep separate pairs of footwear for outdoors and indoors," said Sehra. India has been under a 21-day lockdown in a bid to prevent the spread of coronavirus.

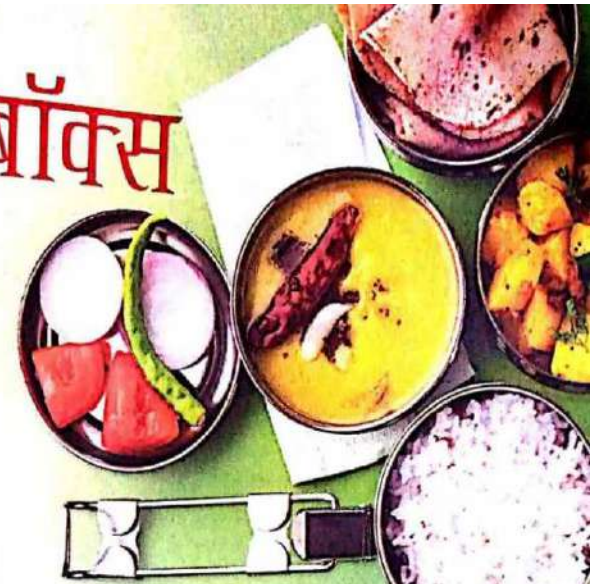
The tally of novel coronavirus cases in India reached 1966 on Thursday, according to the Ministry of Health and Family Welfare.

Of these, 150 people have recovered and discharged from the hospitals, one person migrated while 50 deaths have been reported so far. (IANS)

Appearance in The Morning Standard by Dr. Sudhish Sehra, HOD, Internal Medicine

प्लास्टिक लंच बॉक्स और पानी की बोतलों से दूरी

बच्चों की सेहत के साथ-साथ पर्यावरण को भी नुकसान पहुंचा रहा है प्लास्टिक, इसे छोड़ें।



बच्चों के लिए प्लास्टिक का लंच बॉक्स खरीदते समय ज्यादातर पेरेंट्स इन बातों पर ध्यान देते हैं कि लंच बॉक्स पर बच्चों के पसंदीदा कार्टून कैरेक्टर बने हों, गर्ल्स के लंच बॉक्स का कलर पिंक हो और बॉयज का ब्लू कलर का हो व स्कूल बैग में आसानी से एडजस्ट हो जाए। यही नहीं ग्रेवीवाली सब्जियां डिब्बे से लीक भी ना करें। भले ही मम्मी-पापा की लंच बॉक्स को ले कर यह सतर्कता अच्छी है, लेकिन चिकित्सकों की मानें, तो प्लास्टिक के टिफिन बॉक्स बच्चों को नुकसान पहुंचा रहे हैं।

दिल्ली स्थित श्री बालाजी एक्शन मेडिकल इंस्टिट्यूट के सीनियर पीडियाट्रिशियन डॉ. आशीष साहनी बताते हैं, "पेरेंट्स न्यूट्रिशन से भरपूर खाने को प्लास्टिक के लंच बॉक्स में पैक करके निश्चित हो जाते हैं। लेकिन इनमें से ज्यादातर को यह पता नहीं है कि प्लास्टिक के जिस टिफिन बॉक्स में खाना दिया जा रहा है, वह यॉगमरियों को बुलावा दे रहा है, क्योंकि प्लास्टिक के डिब्बे में रखा खाना प्लास्टिक के केमिकल को सोख लेता है, खासकर जब खाना बहुत गरम हो।" डॉ. आशीष साहनी जोर दे कर कहते हैं कि प्लास्टिक के बरतन और टिफिन बॉक्स से जेनोइस्ट्रोजन नाम का केमिकल रिसता है। इस हानिकारक रसायन की वजह से शरीर में हार्मोनल

गड़बड़ियां होने लगती हैं। बड़ों पर तो इसका असर पड़ता ही है, लेकिन बच्चों के मामले में तो यह और भी खतरनाक हो सकता है।

प्लास्टिक के बुरे असर को देखते हुए कई कंपनियों ने स्टील और कांच के लंच बॉक्स लॉन्च किए हैं। बोरोसिल ने हॉट एन फ्रेश स्टेनलेस स्टील लंच बॉक्स को भारतीय खाने को ध्यान में रख कर ही तैयार किया है। इसके बंद डिब्बों से दाल और रसवाली सब्जियां नहीं रिसती हैं। बोरोसिल का ग्लास लंच बॉक्स बोरोसिलिकेट कांच से बना होता है। इससे किसी ऐसे केमिकल का रिसाव नहीं होता है, जो खाने को नुकसानदायक बनाए।

वाया लाइफ प्राइवेट लिमिटेड के सीईओ वशिष्ठ वसंतकुमार के अनुसार वाया टिफिन हाई ग्रेड स्टील से बने हैं। यह बीपीए फ्री है। बीपीए एक केमिकल है, जो मजबूत पॉलीकार्बोनेट प्लास्टिक बनाने में इस्तेमाल किया जाता है। बच्चों के लिए सेफ होने के कारण ही फूड और ड्रग एडमिनिस्ट्रेशन विभाग से भी प्रमाणित है। वशिष्ठ वसंतकुमार कहते हैं कि बच्चों की पसंद को ध्यान में रख कर ही वे कई रंगों के बनाए गए हैं।

हमारे टिफिन सीरीज में कॉमिक स्ट्रिप के डिजाइन भी हैं। डिज्नी के प्रमाणिक पार्टनर होने के कारण बच्चों के टिफिन बॉक्स पर मिकी, कैप्टन अमेरिका, आयरन मैन, फ्रोजन और अवेंजर्स सीरीज भी नजर आते हैं।

स्कूल की ओर से भी पेरेंट्स से लगातार यह अनुरोध किया जा रहा है कि वे स्टील के लंच बॉक्स में ही बच्चों को खाना दें। इसकी एकमात्र वजह वे अध्ययन हैं, जिनमें बीपीए को हार्मोनल समस्याओं, बिहेवियर प्रॉब्लम्स, मोटापा, ओबेसिटी, कैंसर, डायबिटीज और दिल की बीमारियों का जिम्मेदार ठहराया गया है। विनोद कुकवेअर ने भी प्लास्टिक पॉल्यूशन से लड़ने के लिए स्टील के बॉटल बॉटल लॉन्च किए हैं।

बच्चों के हेल्थ के साथ ही प्लास्टिक में मौजूद टॉक्सिन्स से एनवायरमेंट को भी भारी नुकसान पहुंच रहा है। एक अनुमान के आधार पर विश्वभर में केवल 4 प्रतिशत प्लास्टिक को ही रिसाइकल किया जाता है। बाकी प्लास्टिक के कचरे लैंडफिल्स के हो कर रह जाते हैं, जो बायोडिग्रेडबल नहीं होने की वजह से कई तरीकों से पर्यावरण को नुकसान पहुंचाते रहते हैं। सौ बात की एक बात यह है कि समय आ गया है जब प्लास्टिक को पूरी तरह से लाइफस्टाइल से निकाल बाहर कर दिया जाए।

◆ निशा

Appearance in Vanita by Dr. Ashish Sahni, Sr. Consultant, Pediatrician

Working from home? Follow these tips to avoid neck, back pain

New Delhi

As many people are working from home during the COVID-19 lockdown without a proper desk, they could be sitting in the wrong posture for hours which can lead to pain in the neck and lower back.

Health experts have suggested that simple tips like not taking their laptop to bed, taking adequate breaks and having a healthy diet can help you avoid these problems.

People should be extra careful not to fall sick during this period as the work from home mode and closure of gyms have disrupted physical activity schedules of many, the experts said.

"We should keep in mind that this lockdown period is for our safety from a disease, and doesn't allow us to be careless and invite

other diseases like cervical pain, backache, arthritis etc.," Monu Singh, Senior Consultant in Orthopaedics at Narayana Superspeciality Hospital, Gurugram, told IANS.

"As people are not going out daily for office now, it has definitely broken their physical activity schedule including walking, gymming and to balance that schedule they should take out at least one hour everyday for routine exercise and other physical activities which can be done at home like yoga and other free hand exercises," he said.

The doctor suggested that while working from home people should use a table and chair, keep



their back straight and posture right.

They should keep taking adequate breaks to avoid sitting for too long in front of a laptop or any screen for that matter, he said, adding that diet is extremely important in these times of restricted activity.

"Avoid snacking, don't keep munching unhealthy food, add more fruits and fibres to your daily meal with plenty of fluids and keep

your calcium intake right," Singh said.

Subhash Jangid, Director and Unit Head, Bone & Joint Institute, Fortis Memorial Research Institute in Gurugram has advised people to do neck stretching exercises and keep the neck and back muscles strong in this period of lockdown.

"People with cervical issues should avoid any heavy weights," Jangid said.

"For people with back problems, you can walk in your home. Make a schedule, fix a time and walk at a length for half-hour to stay active. In case you do not have ample space for a walk, take out your yoga mat or a bedsheet, you can do pilates or soft yoga poses to improve your core strength and stability," he said.

Some such exercises are - chair stand, single leg raise, heel raise, front plank on table.

People can also do a plank and a child's pose to gain strength for the back.

The doctor added that dancing is a great way of staying active and keeping the family bond strong.

Alternatively, one can do skipping, Zumba, yoga or pilates or floor exercises.

"Stand or walk around while talking over the phone, rather than sitting down," the doctor said.

According to Viju Thomas (PT), Head Of Department, Physiotherapy and Rehabilitation Department, Sri Balaji Action Medical Institute in New Delhi, people who are working from home need to be more careful.

"Do 'Surya Namaskar' every morning and walk in your room. If one is already on therapy then be in contact with your physiotherapist and keep taking advice to follow," said Thomas.

Appearance in The Pioneer by Dr. Viju Thomas, Physiotherapy and Rehabilitation Department