

# BLUE CROSS NEWS

Vol. 40 No. 4 • Jan. 2022



## January 2022 – Monthly Record Sales

**Congratulations on starting the new year 2022 with a record breaking January Sales!**

Appreciation goes to every one in the Field for contributing to this highest ever Sales achievement, the Production Department for timely actions and Distribution Department for ensuring the goods reach all locations in time! With **more than 80% field personnel achieving / exceeding their targets**, the achievement is even more significant!

**All the best for continued strong performance in February 2022!**

## Third Wave Of Corona Virus In India: Has The Curve Flattened?

The **COVID-19** pandemic is now entering its third year and we are at a crucial juncture. "We must work together to bring this pandemic to an end.

OMICRON has been the latest variant which mutated drastically and has shown high transmissibility rate.

It has affected more than 350 million population globally and has caused surging of cases leading to the third wave.

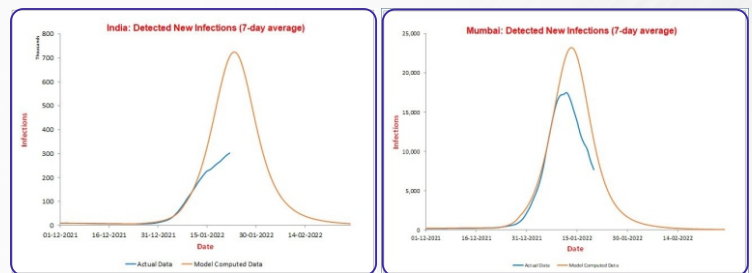
The high transmissibility nature of this variant led to more number of people being infected, however the brighter side is that this variant is not leading to more severe illness as compared to its earlier Delta variant.

The reasons could be that many of us are now vaccinated and the virus itself is not able to latch upon the lung tissues and therefore remain in the upper respiratory tract causing flu like symptoms of cold, cough and low grade fever.

The community transmission of this variant would mean that it probably may replace the more virulent delta

variant.

The graphs shown below are indicative that the rate of



transmission in the country and the city of Mumbai have drastically reduced, which clearly is suggestive of its reduced transmission in the community. It's less lethal impact and the increasing prevalence of vaccines has led to optimism that the worst of the pandemic may have passed. This perhaps would herald the end of pandemic and we all need to remain positive even if our RTPCR is POSITIVE.



Mr. Vijay Dalvi has joined as Dy. Director HR & Admin. w.e.f. January 2022. He has a vast experience of over 30 years in HR with various Pharma companies. His last assignment was with FDC Ltd., as Associate VP- HR.

**Welcome  
to the  
Blue Cross  
family**



Mr. Rohit Israni has joined us w.e.f. January 2022. He is a Bsc. Business Management Graduate from Cardiff Business School, United Kingdom.

A novel approach to healthy lifestyle

# INTERMITTENT FASTING

## WHAT IS INTERMITTENT FASTING?



Intermittent fasting is an eating plan that switches between fasting and eating on a regular schedule.

There are many different ways to do intermittent fasting, but they are all based on choosing regular time periods to eat and fast. For example,

you may eat only during an eight-hour period through the day and fast for the rest or may eat one meal a day for two days a week.

## HOW DOES INTERMITTENT FASTING WORK?

Intermittent fasting works by prolonging the period when the body has burned the calories consumed during the last meal and begins to burn fat.

Intermittent fasting not only helps to lose weight but also has many additional benefits to health and general well-being.

## WHAT ARE THE BENEFITS OF INTERMITTENT FASTING?

### ✦ CHANGES IN THE FUNCTION OF HORMONES.

When you fast, the insulin levels drop resulting in fat burning. Another hormone, the human growth hormone (HGH) increases dramatically which also results in fat burning and muscle gain.

### ✦ HELP LOSE WEIGHT AND VISCERAL FAT.

Intermittent fasting generally helps by making you consume fewer meals. Apart from this it enhances hormone function that helps facilitate weight loss. Intermittent fasting helps to boost metabolism as well as help cut down the overall calories consumed resulting in weight loss.

### ✦ REDUCES THE RISK OF DEVELOPING TYPE 2 DIABETES.

Intermittent fasting helps in reducing insulin resistance and helps in reduction of blood sugar levels.

### ✦ REDUCES INFLAMMATION IN THE BODY.

Intermittent fasting reduces oxidative damage and inflammation in the body and benefits against ageing and development of many diseases.

### ✦ BENEFICIAL TO HEART HEALTH.

Intermittent fasting helps improve many risk factors for heart health like blood glucose levels, blood pressure, cholesterol levels and triglyceride levels.

### ✦ MAY HELP PREVENT CANCER.

Fasting has been shown to have several beneficial effects on metabolism that may lead to reduced risk of cancer.

### ✦ BENEFITS THE BRAIN

Intermittent fasting improves various metabolic features known to be important for brain health. It may increase growth of new neurons and protect the brain from damage.

### ✦ HELPS INCREASE THE LIFESPAN.

One of the most exciting applications of intermittent fasting may be its ability to extend lifespan. Given the known benefits for metabolism and all sorts of health markers, it makes sense that intermittent fasting could help you live a longer and healthier life.

## HOW TO KEEP INTERMITTENT FASTING MANAGEABLE?

Intermittent fasting can be tough, especially in the beginning. In addition to the grumbling of your stomach, you may also experience fatigue, irritability, and stress while you try to manage your new eating schedule.

Here are some tips to make it a little easier:

### ✦ Start with a modified schedule.

No need to dive straight in. Build your tolerance to eating in a smaller time window each day, and do the full schedule when you're ready.

### ✦ Stay well hydrated.

Keep hydrating with non-caloric fluids like water, herbal teas, black coffee etc.

### ✦ During the eating period, eat slowly and frequently.

The aim should be to eat every 3 hours in the 8-hour window.

### ✦ Plan healthy nutritious meals.

Do not be tempted to treat yourself with snacks and comfort food as soon as the fasting period is over and try to stick to a healthy diet.

Intermittent fasting is a very popular weight-loss method, but its benefits extend beyond that. It can help you live a longer and all-around healthier life.

With a careful approach, intermittent fasting might help your body to perform its own repairs and recoveries, giving yourself a boost later in life.



## Winter Special Immunity Boosting Foods

**A** strong immunity helps us to combat the diseases that are common during winter and also to maintain our skin, hair, and joint health. Here are some immune-boosting foods which are easily available at home and can add many health benefits to our body when taken in the right proportion.

### Ghee



Ghee is one of the most easily digestible fats that is capable of generating instant heat. It prevents cell, tissue damage and promotes longevity. Ghee is rich in omega-3 fatty acids which helps decrease inflammation and protects against heart disease. This boosts the immune system and prevents skin from getting dry and flaky.

### Sweet Potato



Sweet potatoes are sweet, starchy root vegetables. They are rich in fiber, vitamin A, potassium and other nutrients that cure constipation, builds immunity, and also reduces inflammation. The antioxidants present in sweet potatoes promote gut health. One piece of sweet potato is enough to get a day's beta-carotene requirement.

### Dates



Dates are rich in vitamins, minerals and fiber. Regular consumption of dates can prevent bone-related issues like osteoporosis and arthritis. Dates provide various antioxidants which help to reduce inflammation. Dates have low glycemic index. They are a good source of calcium and iron which help to reduce anemia and increase immunity.

### Jaggery



Jaggery is a rich source of iron which aids in binding oxygen to RBCs. Regular consumption of jaggery helps in fighting illnesses like flu and common cold. Jaggery is also loaded with many minerals like magnesium, zinc, selenium, and potassium which boost the immune system and maintain hormone levels. It acts to stimulate bowel

movements and works as a powerful lung cleanser.

### Ginger



It has oxidative and anti-inflammatory properties which help cure sore throat in winters. Ginger is effective in boosting the immune system and to reduce the risk of cardiovascular diseases, cancer, and osteoarthritis. It helps to treat chronic indigestion and nausea. It helps to lower cholesterol level and weight loss. The antimicrobial

property of ginger helps the body fight against germs, viruses and bacteria.

### Garlic



It is loaded with antioxidants, antiinflammatory, antiviral and anti-bacterial properties, which could ward off infection and other conditions like fever, congestion and sore throat. Garlic helps to reduce blood pressure and maintain cholesterol level. It is enriched with vitamins, folate, calcium, iron, magnesium, manganese,

phosphorus, potassium, sodium and zinc. Garlic helps detoxify the body and boost immunity.

### Walnuts



Walnuts have a good amount of energy, protein, vitamin E, vitamin C, omega-3 fatty acids, folate and antioxidants which keep you warm and help your body boost its immune system. They also prevent certain types of cancer and obesity. Walnuts ensure an active nervous system and help to keep the heart and mind healthy.

Walnuts lower bad cholesterol, control blood sugar levels, and reduce inflammation.

### Peanuts



Peanuts are full of antioxidants, vitamins and minerals. Peanuts contain high amounts of unsaturated fats that help reduce the risk of cardiovascular diseases, cholesterol issues, cancer and boost the immune system. They are rich in protein, fat, fiber, magnesium, folate, copper and arginine.



## Events @ BLUECROSS



Essay Competition organized in Goa Plant on the eve of Republic Day



The flag hoisting ceremony in Nashik Plant



Smt. Geeta Israni Scholarship awarded to eligible students Sayali Lasalkar (d/o Mrs. Manisha Lasalkar) and Aditi Naik (d/o Mrs. Jyoti Naik) who received scholarship cheque & certificate during a program at Nashik Plant.



Meritorious students (children of employees) who passed SSC/HSC board exams in 2021 were felicitated at the Nashik Plant.

## Long Servers Felicitated

**25 years**  
**Nitin Patil**



**Nilesh Magar**



**15 years**  
Pradeep Rathore  
Pravin Gate  
**10 years**  
Ather Jabeen  
K J Gopinathan

Raghavendra Rathore  
Krishan Kumar  
Arvind Yangundi  
Mohsin I Patel  
Vijayraj Chavan

**5 years**

Prasad Wagh  
Vishal S Kaldate  
Rahul Yadav  
Jaydayal Kannojiya  
Kamlesh Mendhe  
Kailash Kashyap  
G Nagaraju  
Raghuraman S  
Aasif Pathan  
Rahul Paramanik  
Dipak Dhote  
Vijayakumar R  
Anthonio Gonsalves

## ❀ Congrats on Your Promotion ❀

**Dy. Director - Sales Admin**

P.S. Parameswaran

**Sr. Manager - HR**

Santosh Shetty

**Regional Manager**

Manoj Vashist

Mukhtar Ansari

Waseem Hasan

Ananda Mishra

**Area Business Manager**

Rajendra Kumawat

Jagdish Malipatil

Vitthal A Sutar

**Territory Manager**

Rajdipsinh C Jadeja

Gurkirat Singh

Kishor Kumar

Nirmal Sharma

Avinash Bharti

## ❀ A Warm Farewell ❀



**Manohar Lulhe** (Sr. Manager, Packaging Development Dept.), recently retired after serving 38 Years at our Nashik Factory