



engineering is the edge.

WALIA

AUTO ANCILLARIES PVT. LTD.

40 YEARS  
ENGINEERING  
IS THE EDGE.

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**Namaste!**

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## HELLO AGAIN!

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Together, we have been through a once-in-a-lifetime experience. Most of us will agree that good nutrition and a healthy lifestyle leads to sustained benefits.

Being conscious & cautious of our surroundings, hygiene and immunity is the way ahead.

Having spoken to a few fine folks from the health sector, we tabled a summary of learnings. We'd like to share it with you...



## IMMUNITY BOOST

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- ~ **Vitamin C** : Intake of Vitamin C, through natural sources like **Oranges/ Lemon/ Lime/ Amla** is a great way to build immunity
- ~ **Vitamin D** : Soaking in sunlight for 15–20 mins early in the day brings hormone regulation, muscle health and overall immunity
- ~ **Vitamin D3** supplements are the need of the hour. Start today!



## WARM WATER IS IMPORTANT

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- ~ A glass of warm water with **honey and lemon** in the morning does wonders to your immunity & metabolism; while a glass of warm water (to end the day) with nature's best antibiotic- **turmeric can work wonders**
- ~ In addition, consume 2 glasses of hot water, during the day, in the form of green tea or black coffee to complete the schedule
- ~ Ensure water intake of min 2 litres daily





## SELF CARE

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Maintain **disciplined food timings** and a healthy **balanced diet**. Compliment your efforts with a minimum **8 hours of sleep & atleast 40 mins of exercise**.





## EXTRA HOME TIPS

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- ~ **Blowing a balloon** 7–8 times a day is a good technique to strengthen your lungs
- ~ **Inhaling steam** twice a week helps kill the virus at a nascent stage
- ~ **Drumsticks is a super food.** Make it a part of your cuisine more frequently



## Ancient Wisdom

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- ~ **Pranayam** in all forms is advised. Specially **Anulom Vilom** and **Kapalbhati** is strongly recommended to maintain overall respiratory balance and good lung health
- ~ A **clove of garlic** (contains Allicin), on an empty stomach boosts your immune system





## IN GENERAL

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- ~ The virus has a thick lipid layer which can be breached only after a **20 secs exposure to soap** (Do not forget to turn-off the tap for 20 secs)
- ~ Ensure **good ventilation and lighting** at home and the workplace
- ~ **Wearing of masks** for more than 10 mins at a stretch is discouraged strongly





## **PREPARING OURSELVES**

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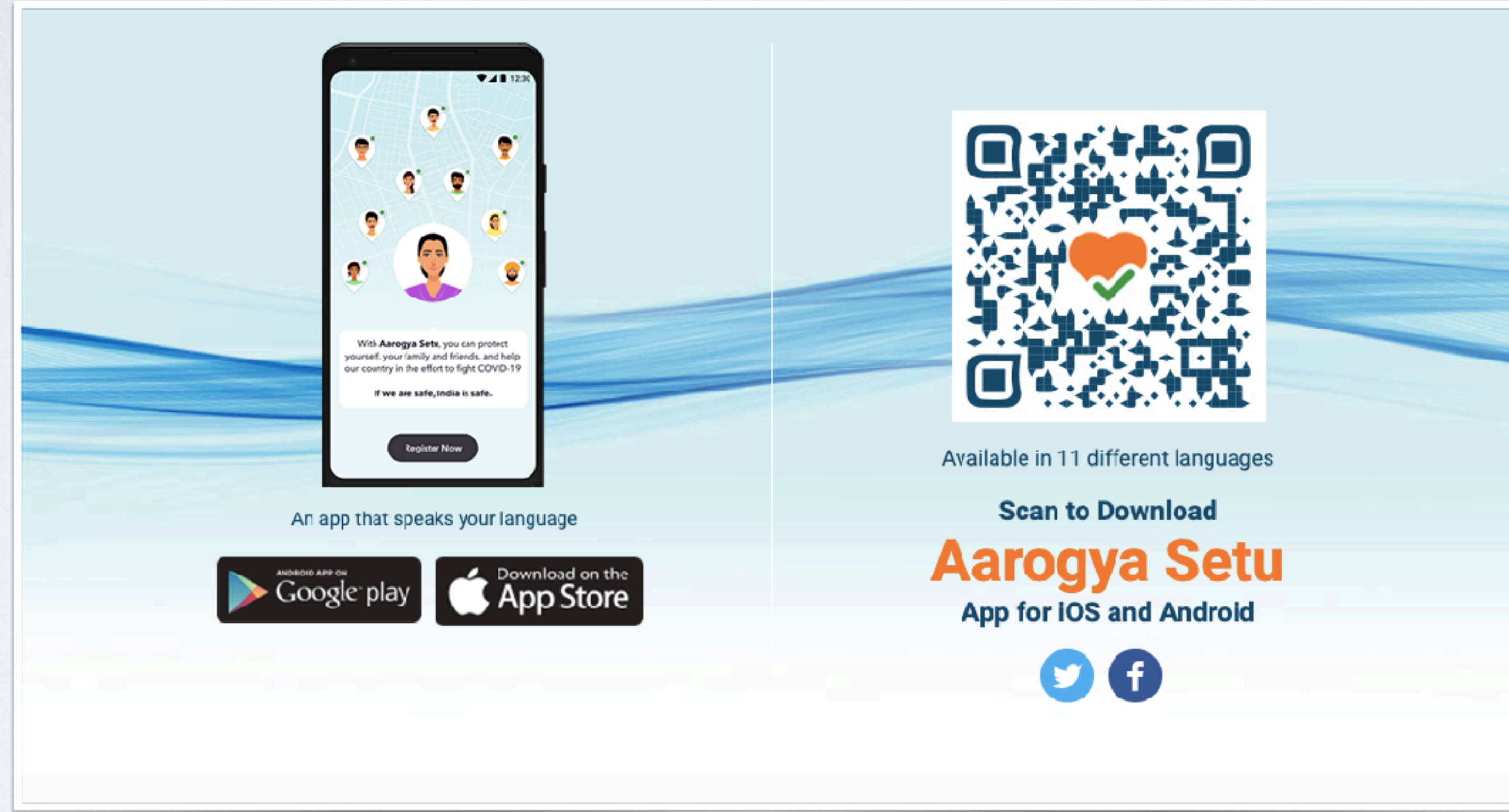
We are yet a long way from peaking out. The vaccine is not in sight before the year end. The virus may come knocking to our neighbourhoods soon.

**BE CAREFUL AND BE PREPARED!**

Last but not the least, **THINK POSITIVE!**



## INSTALL THE AAROGYA SETU APP:



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Disclaimer : All the above information is based on personal opinion and secondary research. Kindly do not treat this as professional medical advice.



**yes, greater days will be back soon,  
this too shall pass.**

