

Mommy-Daddy need a timeout: Manage parental burnout like a pro



National Parent's Day

National Parents' Day honors all parents on the fourth Sunday in July

Additionally, the demands of caring for a child, managing household tasks, and balancing work commitments can contribute to physical and mental exhaustion...



Indeed, parenting is a rewarding and fulfilling journey, but it can also be physically and mentally demanding, which can ultimately lead to parental fatigue.

may assume the form of extreme weariness, irritability and a sense of tiredness that affects all spheres of a mother's life...

Parental fatigue can stem from various factors, including sleep deprivation, constant caregiving responsibilities, and emotional stress.

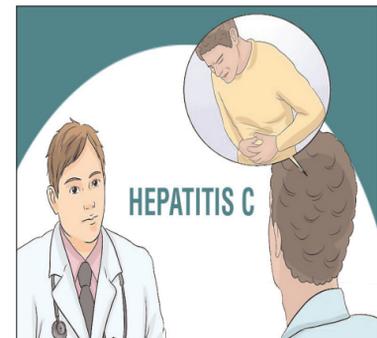
- Heightened emotional sensitivity: Easily losing temper or crying more frequently than usual.
Increased anger or irritability: Snapping at loved ones for minor reasons.
Increased frustration: Feeling overwhelmed by small tasks or events.

managing daily tasks. Feeling grief at losing important parts of oneself: Struggling to maintain roles beyond motherhood.
Feeling resentful of your spouse: Anger towards partner for maintaining other roles or privileges.

Jaundice due to Hepatitis A.....No More a Simple Disease

World Hepatitis Day

Every year on world Hepatitis Day I have been writing about Hepatitis B and C and that was not without a reason. In fact all liver societies of world agree on this point that we need to educate people and medical fraternity regarding these 2 viruses...



more widespread testing and vaccination. This will surely have far reaching benefits. Today on this world hepatitis day I again want to talk about another variety of hepatitis that is not considered very serious....

mitted by feco-oral route that means contaminated hands, food or water and that the disease is usually mild and recovers quickly. We also knew that in our country majority of people get overt or hidden infection in childhood and by the age of 15 majority of Indians acquire lifelong immunity.

Rise in incidence and occurrence at a later age both are perhaps because of improved hygiene and sanitation in our country and now we are following patterns of western world. This brings out a very important point that we must intensify preventive methods for this disease and the most effective measure in this regard is hand hygiene and choosing safe food and water.



Best Practices To Start A Sustainable Online Business



The intentional framework of practices adapted at the conception stage of any business helps it develop further in a remarkable way. The consumers are getting educated and they dare to call out the brands left, right and centre.

So, if you are planning to start a sustainable online business that really cares for the environment then we have curated a list of the best practices you can consider - Revamp Your Supply Chain

the empties back to the company. Allowing customers to become a part of the process builds trust and enhances relationships. For example, brands like Plum Goodness have a recycling program where one can send over empties and snag points.

Plastic Wraps A recent brand on the block which is Kriti Sanon's skincare line Hyphen maintains a zero-plastic footprint throughout its manufacturing process.

Bringing Value If your brand delivers quality and positively impacts the environment, then customers will throw their credit cards at you. Educate your customers and let them know what you stand for.

Collaborations To be honest, collaborations and campaigns can be a hit or miss. Let's take an example of a clothing brand - To forge its commitment to take its sustainable initiative forward clothing brand 'Summer Somewhere' has associated with 'Re-cycle' an organization that helps brands with waste management.

Support And Encourage Employees The board can create appropriate policies to support employees as they navigate and work towards maintaining sustainability in the office as well. Inducing green thinking in the company culture helps.

Monsoon Health Tips To Stay Healthy



The showers bring with them much-needed relief from the scorching heat, but that doesn't mean it's the end of your problems. Yes, the season brings its own host of problems, which is why you need to be armed with monsoon health tips to stay on top of the game.

- How Can We Stay Healthy In Rainy Season? Staying healthy in the monsoon season is about taking care of your skin, diet, hydration levels, the clothes you wear, and more.
Do's and Don'ts For Monsoon Season Avoid getting drenched in the rain as that can make you prone to viruses or bacteria; if you do, shower or dry off immediately.
Shower with disinfected water to avoid infections and diseases.
Practice good hand hygiene by always washing your hands with soap and water or sanitising them before eating anything.

working out. Clear out stagnant water in and around your house to prevent mosquito proliferation. Use mosquito repellent, coils, and sprays to protect yourself and your loved ones from mosquito-borne diseases like dengue, malaria, chikungunya, etc.

- Focus On Your Diet: Monsoons Health Tip Focus On Your Diet The above infographic lists some dietary changes that you can make during monsoon for your health. Read on for some extra points.
Increase Vitamin C Intake: Bacterial and viral infections, and allergic reactions are most rampant in monsoon. To combat these, increase your immunity by simply upping your intake of vitamin C.
Increase Probiotic Intake: Probiotics are nothing but microorganisms that support your health.
Drink Safe Water: Be it at home or outside, make sure the water you drink is purified to avoid water-borne illnesses.
Avoid Junk Food: Junk food is laden with calories, so don't overdo it.
Care For Your Fruits And Vegetables: Wash fresh fruits and vegetables thoroughly before consuming them.
Exercise Regularly Exercise is a must for overall health.
Care For Your Nails Hand hygiene is of utmost importance, more so in the monsoon.
Protect Yourself Against The Allergens If you know you have an allergy to pollen, mold, or other allergens, always keep your allergy medicine with you.
Avoid wearing closed-toe shoes in the monsoon as keeping feet packed in sweat and humidity can lead to fungal infections.

