Lovna Peeharry, MISS INDIA MAURITIUS 2015

Pg 12-14

#natural #healthy #beauty simplified
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THE MONTHS OF SEPTEMBER AND OCTOBER 2015 have been one of the busiest periods up to now, as Train to Gain continues its beautiful journey to stardom. Several back-to-back events were lined up. Infotech 2015, Innovate Edition 5, Asian International Trade and Cultural Expo 2015 and the National Conference on Business and Entrepreneurship were all scheduled within the same week. It was a period where Train to Gain team joined hands and walk through the tides. Hard work always pays as I was awarded the ‘IT Professional of the Year 2015’ by the British Computer Society – an award I proudly dedicate to the entire team of Train to Gain Group.

When there is so much at stake, the stress levels at which we operate tends to increase, and subsequently if not managed properly can affect our health, hence our productivity. For this Edition of Innovate, we have chosen ‘Health & Quality of Life’ as the theme of the magazine. Indeed, it’s very hard to cover a lot in a 24-page magazine, yet we have tried to come up with an edition that will make a happy ‘bedtime story.’

There is no denying that ‘health’ has always been a taboo in Mauritius for years. From the high rates of diabetes to the current polemic about Methadone, health is our concern. Yet there is a lot of NGOs that consists of high calibre professionals engaged in raising awareness of several health matters through a series of activities and campaigns. As it is, the Rotary Club of Flacq is organising a Health Day at Coeur de Ville, Flacq where several activities will take place such as blood donation, cervical cancer screening, eye check-up just to name a few. The Cancer Association of Mauritius has recently organised an awareness walk from Ebene to Bagatelle in support of cancer patients, and in memory of those who could not survive Cancer.

Train to Gain is proud to raise some awareness through this magazine, yet the company is already involved in another major regional health-related project, i.e. the development of an e- and m-health strategy for the ECSA region in Tanzania. Happy Reading!

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Aesthetic medicine is nowadays recognized as a new area of medicine though it started existing ever since human civilization appeared on Earth. Aesthetic medicine is an area dealing with human health though it seems that it deals with external appearance, imaging, and relooking. It brings us to look healthy, i.e. glowing from health – something that is possible only when inner aspects of health of our body are taken into consideration and dealt with. Aesthetic medicine helps us improve our ‘inner’ health that consequently helps us have better skin, better look, feeling of wellness and comfort as well as a better quality of life.

The purpose of aesthetic medicine is to achieve patient’s satisfaction in regards to their requirements related to appearance, elimination of complexes and restoration of self-esteem. The needs of being good looking and beautiful have existed in all civilizations and today it is even more pronounced than at any other time. It is rare that our body or our appearance do not concern us. A beautiful body is not only its physical attractiveness, it is above all about maintaining a harmony in the ‘milieu intérieur’ of our body, a harmony between the mind, body and soul, reflecting itself on the expressions of freshness or tiredness, dullness or glow of our facial expression, on the static or dynamic state and tiredness or ease of action of our body, the feelings of wellness or disease, happiness or sadness, satisfaction or dissatisfaction in one’s existence as well as the degree of motivation and energy level to carry out one’s work and other activities in our life.

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effective way of exercising. Dancing is into our culture, who do not like to dance a Sega while being in a family gathering?? Well, this same form of art can be a very fun way of looking after your health. Dancing at home, inside your closed room, or with your family, or why not join a dance studio and dance with a group of persons, make new friends, learn new styles, all this under the guidance of a coach.

Well, that’s what we do at the Nalini Aubeeluck Dance Studio, situated in Floreal and Flacq. We teach people to dance, while keeping our classes in a fun environment. All our classes are composed of a cardio session, learning the steps and choreographies, stretching and ends up with some relaxation on a Zen music.

We have been using this formula for the past 5 years that our studio exists, and I can tell you that we have seen a great number of positive results. Our members coming to us to thank us for having helped them to lose weight, or coming out of their stressful life is indeed the best reward we can expect.

We try to implement the same habit to the kids who come to our classes, by helping them to spend their excess of energy in a positive way through creative games, and we help them to have a good memory and a great level of concentration while learning the steps of their dance.

We propose a diversity of style so that each person can find something according to their taste. Bollywood being generally very much appreciated by us, Mauritians, is a total hit class, without mentioning Zumba which is the craze of the moment.

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RELAXATION TECHNIQUES to ZAP Stress Fast

RELAX...YOU DESERVE IT, IT’S GOOD FOR YOU, AND IT TAKES LESS TIME THAN YOU THINK. You don’t need a spa weekend or a retreat. Each of these stress-relieving tips can give you wings in less than 15 minutes.

1. Meditate: A few minutes of practice per day can help ease anxiety. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as “I feel at peace” or “I love myself.” Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

2. Breathe Deeply: Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

3. Slow down: Notice how the air feels on your face when you’re walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food.

4. Reach Out: Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what’s going on. You can get a fresh perspective while keeping your connection strong.

5. Tune In to Your Body: Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.

For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

6. Decompress: Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.

7. Laugh Out Loud: A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body’s stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning into your favourite sitcom or video, reading the comics, or chatting with someone who makes you smile.

8. Crank Up the Tunes: Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety. You can also blow off steam by rocking out to more upbeat tunes or singing at the top of your lungs!

9. Get Moving: All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress. You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs.

10. Be Grateful: Keep a gratitude journal to help you remember all the things that are good in your life. Use these journals to savour good experiences like a child’s smile, a sunshine-filled day, and good health. Don’t forget to celebrate accomplishments like mastering a new task at work or a new hobby. When you start feeling stressed, spend a few minutes looking through your notes to remind yourself what really matters.

6 Evidence-Based Ways to LOSE BELLY FAT

1. Don’t Eat Sugar… and Avoid Sugar-Sweetened Beverages
2. Eating More Protein May be The Best Long-Term Strategy to Reduce Belly Fat
3. Cut Carbs From Your Diet
4. Eat Foods Rich in Fibre… Especially Viscous Fibre
5. Aerobic Exercise is Very Effective at Reducing Belly Fat
6. Track Your Foods And Figure Out Exactly What And How Much You Are Eating
THE ROTARY OF FLACQ IS ORGANISING A HEALTH DAY ON THE 31 OCTOBER 2015 AT SUPER U - Coeur de Ville, Central Flacq. The activities will consist of a Mega Blood Donation in collaboration with the Ministry of Health and Quality of Life, a series of awareness talks on Diabetes and Cancer by the Rotary Club of Flacq and Cancer Association Mauritius (CANMA) respectively, free eye check-up with Dr Agarwal’s hospital, breast cancer screening by Link to Life and many others. The event will also be graced by Nalini Aubeeluck Dance Group, who will conduct her Bollywood Dance, Zumba and Kids classes on the compound of Super U, and inviting the general public and kids to join in.

As health is a very important axis of Rotary International, President Kanand Gooly is putting a lot of emphasis on several aspects of health awareness. On a Saturday, especially just after pay day, more than 3000 people are expected to visit the shopping mall, and the Rotary of Flacq is hoping to collect up to 500 pints of blood to boost up the blood bank. PPS Raj Rampertab, Ministers Raj Dayal and Pradeep Roopun, all elected at the number 9 constituency are expected to be present at the event to support such benevolent activities.

Just after a month, having organised a walk to raise awareness of deaf members on International Deaf Awareness Week, the Rotary of Flacq is coming up with another major project, which surely will impact positively on the residents of Flacq. In addition, the club has joined hands with CANMA and has conducted a series of Diabetes and Cancer awareness talks at several places. Such activities will be carried out through the year during the president’s mandate.

**Diabetes in Mauritius – 2014**

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total adult population (1000s)</td>
<td>892</td>
</tr>
<tr>
<td>Number of deaths in adults due to diabetes</td>
<td>2,461</td>
</tr>
<tr>
<td>Prevalence of diabetes in adults (20-79 years) (%)</td>
<td>23.5</td>
</tr>
<tr>
<td>Cost per person with diabetes (USD)</td>
<td>485</td>
</tr>
<tr>
<td>Total cases of adults (20-79 years) with diabetes (1000s)</td>
<td>209.7</td>
</tr>
<tr>
<td>Number of cases of diabetes in adults that are undiagnosed (1000s)</td>
<td>111.4</td>
</tr>
</tbody>
</table>

Mauritius is one of the 6 countries of the IDF SEA (International Diabetes Federation South-East Asia) region.

387 million people have diabetes in the world and 75 million people in the SEA Region; by 2035 this will rise to 123 million. There were 209,000 cases of diabetes in Mauritius in 2014. By 2035, almost 600 million of us Worldwide may be living with diabetes.

**World Diabetes Day**

World Diabetes Day (WDD) is the world’s largest diabetes awareness campaign with events organised in more than 100 countries in 2014 and dedicated advocacy activities around G7, UN General Assembly and G20.

Led by the International Diabetes Federation, WDD unites the global diabetes community to produce a powerful voice for diabetes awareness and advocacy. WDD is a year-long campaign to reflect the realities of dealing with a chronic condition.
WHAT DOES HEALTH HAVE TO DO WITH SPEAKING? It might sound silly but if you want to be a good presenter, you need to take care of your health. If you want to stay healthy, you will have to follow a balanced diet, do exercises, and lead a stress-free balanced life. You will easily accept what has just been mentioned to remain healthy. Now you would be wondering how Public Speaking can contribute for your being healthy and enjoying a happy living.

As a public speaker or a presenter you have to maintain a good health in the body and the mind, i.e. to be physically and emotionally healthy.

We may have some concerns for the speaker who because of ill-health cannot move to the podium and stand to speak. Most of the time we would enjoy the speech of a speaker who has a good stance and powerful body language. The speaker with a good health will exhibit vitality and command the room. The speaker using the full speaking space when talking maintains the attention of the audience. Speaking with a clear, melodious and leadership voice allows good connection with the audience and the message goes smoothly. Thus the good speaker will avoid smoking to have a pleasant voice and good physical health.

Therefore the speaker should look healthy in front of the audience. Your audiences will unconsciously feel your credibility when you seem to be fit and healthy. Being a powerful public speaker and presenter motivates you to maintain a good diet with sufficient exercises regularly to care for your health.

The physically healthy speaker must also be emotionally and mentally healthy. Everybody has excessive fear, anxiety and lack of confidence facing the audience. Maintaining the emotional health may not be as specific as sustaining physical health. Emotional awareness is a skill that, with patience and practice, can be learned at any time of life. You can develop emotional awareness by learning how to get in touch with difficult emotions and manage uncomfortable feelings, including anger, sadness, fear, disgust, surprise, and joy. When you know how to do this, you can remain in control of your emotions and behaviour, even in very challenging situations, and communicate more clearly and effectively. Effective communication aids to have a healthy balance between your intellect and your emotions, between thinking and feeling. Positive reinforcement helps to keep the right mental attitude as opposed to think of things in negative terms. Even the seasoned speaker faces stressful and daunting situation facing a sea of faces. The well prepared speaker with positive visualization can reduce the stress.

The novice speaker sometimes cannot digest criticisms from the audience and will not dare to speak again. The emotionally healthy speaker will accept criticisms as critiques and try to appropriately improve and enjoy sharing knowledge with the audience.

As a public speaking trainer after a surgical operation I felt recovered within a few days to be physically and emotionally fit to meet the participants because public speaking is an arena where we share and evolve through personal growth – physically, emotionally and enjoy all aspects of life.
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• Mind Mapping
• Language use

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Course 1512: Eight consecutive Saturdays: 07 November – 26 December 2015
Course 1513: Eight consecutive Sundays: 08 November – 27 December 2015

Special Evening Sessions (Time: 18.00 – 21.30 hrs)
Course 1511: Eight consecutive Thursdays: 05 November – 24 December 2015

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Lovna Peeharry
Miss India Mauritius 2015

#natural  #healthy  #beauty simplified

REMEMBER THE NAME!
Lovna Peerharry, a 23-year-old Scorpion from Rose Belle and IT Graduate from the University of Mauritius, who is just living the life she once dared to dream.

Rewind June 2015 - Lovna was crowned Miss India Mauritius (MIM) Worldwide 2015 and Miss Talent. It was a day she blew the stage with her mesmerising dance on the tunes of 'Doli Taro' from 'Hum Dil De Chuke Sanam'. The audience was left breathless from such a power pack performance. The crowning was inevitable.

Since then, the winner of MIM 2015 has not looked backed. Despite extremely down to earth, simplicity personified, polite and humble, Lovna standout from the usual crowd.

Meet Lovna and get to know her secret ingredients for success.

The Secrets Behind a Healthy Body & a Healthy Mind

Just like my sister Mishka, I am driven by motivation and passion to achieve my missions in life. In order to accomplish my targets, to meet my benchmarks (and to exceed them), to meet expectations personally and professionally and to push myself to achieve excellence, one has to be mentally strong and physically healthy – indeed, the worst kept secret of to achieve success. I have not re-invented the wheel; I have just used a proven formula.

The foundation of my ‘body • mind • soul’ mantra lies in the following:

Physical Activities - “Dancing has always been my childhood passion, yet I have never learnt the techniques of dancing. It’s the sheer love for this art that drove me towards winning Miss Talent. Dancing is very demanding, and it takes hours of practice to synchronise the steps with the beats. Yet it is a way for me to stay healthy. I, also, particularly like Zumba, which I religiously tend to at least thrice a week.

During our grooming classes for Miss India Mauritius 2015, the girls have gone through some tough training with the Special Mobile Force (SMF). We had some crash courses on...
self-defence and other some physical activities. I still put into practice those physical activities I have learnt at the SMF given the fact my current job as Software Engineer involves limited physical activities.”

**Yoga** – “Being Healthy is a state of the mind, and your mental strength is an important determinant in your daily routine. To always think positively (at least try to) and to be mentally determined to support other in need in not as easy as it is thought. It’s like running a race at 100 mph, and even mental effort can deplete you. Whenever I feel drained, I rely on Surya Namaskar (Sun Salutation), a true red bull to re-energise me and give me wings. A highly recommended and scientifically proven exercise, where the huge intake of oxygen can only give your organs new momentum.”

**Smile** – “Smile is not simply an act – It does a lot more than simply let the world know you’re happy. One of the easiest, simplest, effective and cheapest ways to boost your health, your mood, your longevity, and even your success is to smile. A smile lifts your face, and I try to give a genuine smile as often as possible. You should try it too”

**Healthy Eating** – “I prefer to eat healthy rather than being on diet. When you are eating healthy, understand that there should be an inclination to consume wholesome products including fruits, vegetables and whole grains. Like Josh Billings said, ‘Health is like money, we never have a true idea of its value until we lose it’. And loosing your Health is more frightening than losing money… Drinking water is a MUST as it helps maintain the balance of Body Fluids. Although it’s a tasteless obligation, mix water with little volume of sugar free juice to enhance the taste can make water consumption easier.”

**The Power of Gratitude & Positive Thinking** – “I believe a lot in the power of positive thinking and attitude. You walk taller, your voice is more powerful, and your body language shows the way you feel. I also a firm believer in practicing gratitude, as you do reap its benefits although you may take time to notice. This thinking mechanism helped me to toughen mentally and has carried me throughout the Miss India Worldwide Mauritius pageant in India. I also believe that, when you do something with love, it will come out in a good way also.”

**My Contribution towards CANCER AWARENESS**

Miss India Worldwide Mauritius is also affiliated with The Cancer Association of Mauritius (CANMA). These two entities combine together to promote beauty with a noble purpose. During the competition, all participants researched on different types of cancers, and the girl organised awareness campaigns in order to sensitize people. We approached as many people as we can to convey the right messages on cancer. CANMA also organised fundraising for those who need support.
Being crowned Miss India Mauritius has helped me in my mission as it helped me to reach a larger community more easily. Recently, we have been doing campaigns on Breast and Cervical Cancer. On the 25th October 2015, for the first time, a Cancer Walk was organised in support for cancer survivors, for cancer patients and in memory of all the heroes who unfortunately lost the battle - a great initiative by CANMA, with great support from the participants of MIM and the audience that supported us.

**Fast-Forward Lovna**

Comparing my life a year ago, it has changed a lot. I have discovered a new me - in IT terms, I would call myself Lovna Version 1.1. The beauty pageant has developed self-motivating skills to face several challenges, especially during my trip to India for the finals of Miss India Worldwide. Today I meet a larger network of influential people who are encouraging me to exceed my limits, and to embark on projects that will have socio-economic impacts. Miss India Mauritius pageant, it’s a character building process for a lifetime achievement – and I am proud to hold the title Miss India Mauritius 2015…

My message to the ladies out there: ‘Be independent, contribute to make your country a better place… and follow your dreams! Yet don’t forget, your health is the most priceless treasure’!

**Know more about Lovna**

Favourite food: My mom cooked foods anytime, and Italian.

Favourite music: Depending on my mood.


This book has inspired me a lot in building up positive thoughts and energies. It helped me realise that we should be grateful for every little thing we take for granted in our life.
CAUTION

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Annual blood testing is the most important step to prevent life-threatening disease. With blood tests results in hand, you can catch critical changes in your body before they manifest such as heart disease, cancer, diabetes, or worse. Having the proper blood tests can empower you to enact a science-based disease-prevention program that can add decades of healthy life.

Blood tests usually:

• Assess a person’s general state of health
• Evaluate how well organs, such as the kidneys, liver, thyroid, and heart are working
• Diagnose diseases and conditions such as Cancer, HIV (Life caring treatment)

Blood tests show whether the levels of different substances in your blood fall within a normal range. For many tests, normal ranges vary depending on your age, gender, race, and other factors.

There are more than 100 types of blood test available and some automated analyzers can process about 4000 tests per hour.

Your blood test results may fall outside the normal range for many reasons. Abnormal results might be a sign of a disorder or disease.

For instance, one of the best ways to assess your glucose status is testing for hemoglobin A1C (HbA1c). This test measures a person’s blood sugar control over the last two to three months and is an independent predictor of heart disease risk in persons with or without diabetes. Maintaining healthy hemoglobin A1C levels may also help patients with diabetes to prevent some of the complications of the disease.

According to a study published in the New England Journal of Medicine in 2005, type I diabetes patients who monitored their hemoglobin A1C (HbA1c) levels were able to achieve tight glucose control, thereby significantly lowering their risk of a cardiovascular disease event. Long-term elevation of blood sugar, a hallmark of diabetes, is associated with an increased risk of heart disease and stroke.

The American Diabetes Association recommends testing HbA1c levels every three to six months to monitor blood sugar levels in insulin-treated patients, in patients who are changing therapy, and in patients with elevated blood glucose levels. Since HbA1c is not subject to the same fluctuations that normally occur with daily glucose monitoring, it represents a more accurate picture of blood sugar control.

Blood tests do not require any special preparations. For some, a fasting of 6 to 12 hours before the test is needed.

Other factors, such as diet, menstrual cycle, physical activity level, alcohol intake, and medicines, can cause abnormal results.

Your doctor should discuss any unusual or abnormal blood test results with you. The results may or may not suggest a health problem.

Many diseases and medical problems cannot be diagnosed with blood tests alone.

However, blood tests can help you and your doctor learn more about your health. Blood tests can also help in identifying potential problems early, when treatments or lifestyle changes may work best.

It is recommended to have blood tests every year to allow for regular monitoring and adjustment as per doctor’s request. It is in this respect that the Hans Biomedical laboratory organizes annual Journée D’Analyses Médicales, permitting the population to have their blood tests at promotional prices. We are at our 15th year of successful organization of this annual event.
The Real World of Bamboo Furniture
VIRTUAL REALITY: The Answer to Improve Quality of Life

VIRTUAL REALITY (VR) IS CHANGING THE WAYS WE LIVE OUR LIVES IN THE WAY WE LEARN, ARE ENTERTAINED, OR EVEN THE NEWEST WAY TO PRACTICE A HEALTHIER LIFE. With its experiential nature, Virtual Reality shifts the paradigm between the haves and have-nots, by distributing mass resources of elite resources and widely distributing them.

One of a kind experiences are captured and shared, where a child in Ethiopia can experience the majestic Grand Canyon, or a farmer in China can experience the beautiful Mauritian beach, where he would contemplate the ideas of future opportunities.

This is only the beginning. Imagine if a “top-notch” education was available to all who desired influential education tactics. Scholarships are no longer a battle, high interest loans go away, and it is finally possible to experience a top tier education, for free, at a well-known institution like Harvard or Cambridge.

By virtualizing a classroom at Harvard or Cambridge, students in third world countries are able to experience influential education outlets, especially those from around the world, who never had the opportunity to travel to these prestigious schools.

Medical knowledge can also be easier transmitted. Advanced training simulations, such as EON Reality’s EyeSim application, can bridge the gap in training around the world and improves access to doctors. Life altering surgeries that are unavailable in certain regions will become available, as the knowhow spreads globally.

Why does Virtual Reality offer this promise? Simply put, VR enables users to experience hands on, human experiences, in simulated environments. This is where the magic happens. No longer is knowledge transfer limited to classroom lectures or trade schools. Anything that can be simulated can be replicated through Virtual Reality and enable users to experience a realistic experience.

The heart of EON Reality’s mission is to empower people around the world to learn faster, remember longer, and decide better. Training doctors more efficiently, providing an in house experience, and improving the quality of education, are a few things in store for Virtual Reality. The possibilities are truly endless.

We’ve also embarked on an ambitious project, in order to bring Virtual Reality knowledge transfer to people around the world. The EON Learn for Life Program brings VR based knowledge transfer to communities around the world who need it the most.

In order to improve the quality of life in less developed regions of the world, enhancing the knowledge needed to create clean water, sanitary living facilities, and sustainable agriculture are incredibly important. Virtual Reality offers the ideal learning platform for these skills, as the communities are often plagued with poor literacy and language barriers.

Through our facilities opened with the Learn for Life Program, we plan on educating local students how to build VR apps for their region. This knowledge base will improve the overall quality of life in any region.

We’re excited about the future of Virtual Reality, and YOU SHOULD BE TOO.
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