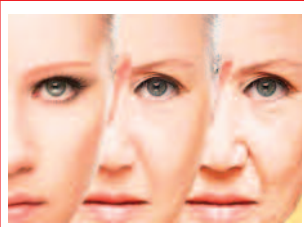


INSIDE



No more ageing, P4



Museums of crazy, P5

AMITEpoll

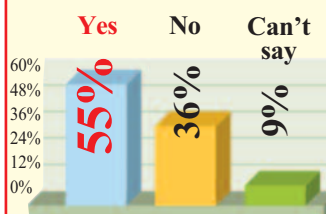
Do you think inserting cheerful audio can replace the charm of a live audience in a sports match?

- a) Yes
- b) No
- c) Can't say

To vote, log on to
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POLL RESULT
 for GT issue October 12, 2020

As tensions between Armenia and Azerbaijan increase, do you think we are gradually moving towards World War III?



Results as on October 16, 2020

Coming Next
 Heritage Series Part VIII

Myth of the year

Hence Proven Again, Too Much Of Anything Is Dangerous!

Imaging: Pankaj Mallik, GT Network



Riya Kharyal, AGS Gurugram, X

It was yet another lazy Sunday morning. Adi yawned as he slipped out of bed and dragged himself to the wash-room. Brushing his teeth, he turned on his phone's internet and was greeted by a chaotic medley of notifications that had accumulated through the night. "Top ten exercising tips to follow this season" said one. "This pill will guarantee your safety from coronavirus" said another. Rolling his eyes at the notifications, he made his way out of the room to the breakfast table. As he sat down for breakfast, his mother placed a steaming mug in front of him that emanated a pungent herbal smell. "Drink up, Adi. This *kadha* will do wonders for you. I've put lots of ginger, cloves, *mulethi*, black pepper and haldi. I'm on my third cup already. I've read in a message forwarded by your *maasi* that drinking this *kadha* everyday will keep us completely safe from the virus."

"You know that's not true right?", replied Adi. "Three cups of *kadha* a day might put you in the hospital quicker than coronavirus would." "What do you mean?", replied his mother, dumbfounded by his words. "It means", answered Adi, calmly, "that the spices you mentioned create heat in the body. So, excessive consumption will cause problems like nose bleeding, persistent acidity, stomach ulcer, blood pressure, and even skin cancer. A man in the US even died after consuming too much *mulethi*, which contains glycyrrhiza acid, which can cause hypertension, metabolic alkalosis, renal failure, etc., that ultimately leads to death."

"I understand, but this gets rid of cough and cold, so—" "Yes, it does, but that doesn't mean that it should be consumed daily. 50ml at a time is enough! Just follow a normal balanced diet. Also, we are not deficient of fighter cells; hence you don't

need to boost anything." Annoyed, he made his way to the living room where he saw his father who was surrounded with boxes, looking like he had just raided the pharmacy next door. "Adi! Help me sort these medicine boxes. I've had them specially ordered. You'll find everything here- Zinc, Vitamin D, Vitamin C..." his voice trailed off as he saw Adi's disapproving face. "You are perfectly healthy according to your blood test results. So, why do you need all this?", questioned Adi. "Arre, I saw an ad in news the other day. They were saying that we would need to take these pills as immunity boosters," claimed his dad. "Dad, do you really think constant medication is the way to go about this?", asked Adi dryly. "Beta, everywhere people are saying that we should be boosting our immunity and these pills can help. What harm will they do?" remarked his father. "Excess of anything can turn toxic" he replied. "High vitamin D levels can spike blood and urine calcium levels which cause nau-

sea, dehydration and whatnot. Too much of vitamin E interferes with the body's ability to clot blood. Plus, Zinc is not an immunity booster, it's mineral which is a 'cofactor' for a number of proteins and enzymes. Consuming all these pills without a prescription will ultimately make you fall ill. This blind trust on these 'immunity pills' has driven sales through the roof. A survey found that out of every 100 medicine bills, 92 were for immunity boosting products, which aren't even needed." "Eh Adi, you worry too much," chuckled his father. "Yes, he does," quipped his brother from behind, who was on his way to the gym. "Adi, why don't you accompany me to the gym today? Getting some rigorous workout will do you some good." "No thanks, I'll stick to my yoga," said Adi. "Excessive exercise will eventually weaken your immune system. There was a study conducted on the Finnish Olympic team during the Winter Olympics of 2018 that proved the same. Intense physical stress can indeed suppress the immune

system. Even WHO has recommended only 20-30 mins of exercise to stay healthy but here you go doing the opposite. One thing I fail to grasp," Adi continued, "is that why are you all so bent on improving your immune system by going the extreme route? Things which are supposed to be beneficial for us, end up harming us if we do not keep a check. We must take care of our body as a whole and regulate what we eat and drink." Just like Adi's family, people all over the world are engaging in practices that, initially good, ends up doing harm. The concept of immunity during the times of COVID-19 has been dissected at length with great eagerness by the masses, and has been ultimately put on a pedestal; as the only way to survive the pandemic is to 'boost your immune system'. But do we really need to go the extreme way? It's time to ponder, for the real meaning of immunity is to have a healthy lifestyle and not falling prey to extensive immunity building practices. 🇮🇳

Innovate outside, recreate inside

This Pandemic, Dr Reddy Stresses On Mental Health, And More



Dr Sangita Reddy

"Mental stress in these times of great uncertainty needs to be confronted with a mind tuned to positivity and hope," opined **Dr Sangita Reddy, President, Federation Of Indian Chambers of Commerce and Industry (FICCI) and Joint Managing Director, Apollo Group of Hospitals** at the Amity Eminent Webinar organised by **Amity University, Gurugram** on August 21, 2020. As a global healthcare influencer, Dr Reddy shared how positivity in leadership and genuine inclination towards finding solutions can mitigate any tragedy, even the pandemic that runs rife today. As she delivered her address, GT penned down her thoughts. Excerpts:

On online classes and stress

My father has always taught me two things – one, that God never gives us challenges that we cannot endure for he knows our true potential, and two, that the most intelligent of humans use less than 9% of their brain in their entire lifetime. Now, you see how it all works? Times are indeed tough and one is bound to stress, but we can course through it all if we channelise the power

of our mind and take hold of our life. Our brain is a territory uncharted still, that makes it even more important for us to realise its intrinsic capability and efficiently use it. But make sure you don't overdo it. Make a daily planner; know when to work, when to rest. Refresh your mind by doing yoga or meditation or listening to music, and have a balanced diet. Follow this and you are sure to discover the real potential of your mind that will ultimately lead you to happiness.

On quarantine and stress

Truth be told, nobody in today's world is actually quarantined; we are all connected via technology, our phones and digital media. Physically being somewhere is just one dimension of our existence, we also have emotional, mental and spiritual dimensions to look after and what better time for that than now? Also, you are inside so that you don't put others at risk and thus in a way you are saving lives out there. The whole world is fighting a war against an invisible enemy, a war where no bullet is fired, but people are dying still and you are helping to fight that war. Imagine? If you look at it in this way, quarantine won't then make much of a difference.

On unemployment and stress

What happened with the daily wagers and others who lost their jobs is devastating to say the least, but I must acknowledge that the government of India did work on providing free food to people.

And, in a way, it is our moral responsibility too, that as free citizens of India we spread cheer and happiness wherever we can. We have to innovate and build institutions that continue to employ people, we need to find ways to reskill and retrain them so that they get their livelihoods back, but till then, let's not just stand and watch their hopes die; let's help them however we can.

On technology, healthcare and stress

The 3Bs of technology – Biology, Bytes and Bandwidth are the key to innovation and overcoming challenges in the field of healthcare. Biology tells us how a certain combination of genes can cause a certain expression of disease. Thus, now we can easily design premediated solutions in order to treat a medical condition based on the genetic makeup of a particular individual. With 'bytes', we mean our computing capacity which is now doubling and merging huge amount of data and images, providing better healthcare solutions. And lastly with 'bandwidth' and its 4G and 5G solution, we can communicate to rural areas and provide healthcare facilities there. Now, even though we still have a long way to go, we owe a lot more to our technological advancements than we can ever imagine. And as we deal with this pandemic, the depths of research, technology and obviously, our mind, are yet again going to surprise us with their healing capabilities soon. 🇮🇳

Read more on the power to innovate happiness by Dr Sangita Reddy in the next edition