



**Darwin**

DARWIN PLATFORM  
GROUP OF COMPANIES  
**THE VISIONARIES**

# കുടുംബകാല

DARWIN KUTUMBAKAM

*Health & Fitness*



Dear DP Family Members,

Today our company is positioned to lead as we enter the era of hybrid digital platforms. As I write to you, the world is still experiencing disruption as a result of the global pandemic. What we have witnessed over the past year is an acceleration of digital transformation. Every company in every industry wants to build a much stronger digital foundation to fundamentally change the way its business works. There is no going back. In the next two to three years, we expect to see the digital transformation at a rate that, utilizes all kinds of platforms.

The pandemic was a major wake-up for all of us and as an organization, we stood up to face up to the challenge. That despite all the hurdles which the lockdown possessed, We all as a team left no stone unturned to work from the office and sustain the pace of business continuity as if it was any other day.

Ajay Harinath Singh  
*Chairman cum Managing Director*  
*Darwin Platform Group of Companies*

Dear Colleagues,

I sincerely request you all to participate wholeheartedly in the making of our next series of newsletters starting from October 10. Please put your mind together to write on various subjects, areas of business, events that took place in our organization to make the newsletter the most happening thing at Darwin Platform Group.

Perhaps the most profound and exciting change our clients are experiencing is the adoption of new business models based on digital technologies that are building and creating Newsletters. I hear by request to all senior managers to come forward and contribute meaningfully to make the DP newsletter a very successful platform for sharing company-wide information to both of our internal as well as external ways.

Sundeep R Singh

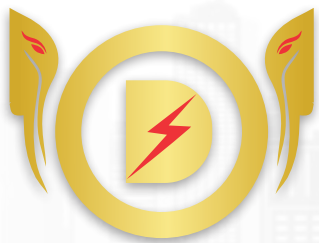
*Group Vice-Chairman*

*Darwin Platform Group of Companies*





# Events & Achievements



**DARWIN EVAT**





# Events & Achievements



# ASIA ONE 2021





# 4 FOOD ITEMS THAT ARE DEGRADING YOUR IMMUNITY

*As an old saying states*

## ***“Health is Wealth”***

We all have felt this hard for the past year. Coronavirus Pandemic gave a horrifying impression on the immunity and health sector all over the world. India was one of the most concerned countries by novel coronavirus pandemic. Many people who had covid feel that still there is some recovery left. Studies show that majority of people with a healthy immune system were more likely to tackle covid better. The immune system builds an army in your body to support and prevent harmful viruses and bacteria. Thus, having a strong immune system is very crucial.

We may try to adopt many steps that can help us in boosting our immunity. But, it's trying to achieve positive results if we are of concentrate on avoiding things that deteriorate our immunity. It's very important to know that what interests our immunity and how.

Diet is a very crucial part of your healthy well-being. Research shows that the food practices of a person affect his health the most. So, to boost your immunity, you should know that what food items favor or deteriorate your immunity system. Thus, here are some food items that you should avoid utilizing in large quantities to achieve strong immunity goals.





## REDUCE ADDED SUGAR

It is true that added sugar does not only affect your immunity but is also harmful to your overall health. Food with a high quantity of added sugar results in increasing the production of inflammatory proteins in our bodies. Some of the inflammatory proteins are tumor necrosis alpha (TNF- $\alpha$ ), C-reactive protein (CRP), and interleukin-6 (IL-6). These proteins hurt your immune system.



This is even more true for people diagnosed with diabetes. This is because people with diabetes have high blood sugar levels. So, extra sugar has more of an effect than people with stable blood sugar levels. High blood sugar levels can interfere with the function of two important immune cells: neutrophils and phagocytes. These cells help protect our bodies

from harmful infections. Added sugar affects the way it works, which ultimately reduces our immunity. High levels of added sugar can impair intestinal barrier function. This can lead to an imbalance in your gut bacteria that suppresses your immune response and makes you susceptible to infection. A 2012 study of 562 participants found that people with high blood sugar were less likely to respond positively to infection. Therefore, you should avoid adding sugar to protect your immune system.

## AVOID FOOD WITH HIGH FATS

A diet high in saturated fat has been linked to a lowered immune system. Foods rich in saturated fat can open the gates to increased inflammation in the body. As you know, inflammation suppresses the immune system. A diet high in fat can also be a host for infection. This interferes with the work of white blood cells. Studies have shown that high-fat concentrations damage the intestinal mucosa. This will increase your chances of getting infected quickly. Also, foods high in saturated fat carry huge amounts of calories. Increasing your calorie intake leads to obesity, which is not a good sign. Scientists at the Australian Research Council's Center of Excellence for Advanced Molecular Imaging have found that eating too much-saturated fat is one of the main causes of malnutrition, which causes the immune system to attack healthy parts of the







body. It has been found that the form can be However, healthy fats such as avocados, seeds, and olives are good fats to help boost immunity. Therefore, it is very important to distinguish between healthy fats and unhealthy fats.

## REDUCE INTAKE OF SWEETENED BEVERAGES



As mentioned above, added sugar has a very negative effect on our immunity. But even more harmful to the body are drinking with sugar. Studies have shown that sweet drinks contain more calories than solid foods. Artificially sweetened beverages weaken white blood cells and suppress the immune response. A study found that these drinks also cause an imbalance in the gut flora. Not all studies support this claim, but the theory proves the feasibility of this scenario. High-sugar drinks, such as soda, are high in calories and low in nutritional value. Alcohol also contains calories and increases appetite, leading to overeating. This leads to weight gain. Weight

gain is a good sign for your overall health. It helps bacteria and viruses enter the body easily. However, drinking this drink in moderation does not affect the immune system. However, excessive use of it can lead to bad results.

## REDUCE REFINED CARBOHYDRATES

In the process of refining carbohydrates, it lacks almost all fiber, vitamins, and minerals. Therefore, it can be viewed as "empty" calories.

Refined carbohydrates have a high glycemic index, which lowers blood sugar levels. This increases the level of insulin in the blood, producing free radicals and inflammatory proteins such as CRP. A diet rich in refined carbohydrates can negatively affect your immune system by changing your gut bacteria.

also increases hunger and obesity. Studies have shown that people who eat more valuable refined grains are more likely to gain weight. Whole grains can help reduce body fat. To boost immunity, avoid foods with refined fiber, such as baked goods, pasta, white bread, and processed foods.







# 4

## WAYS TO REDUCE WEIGHT WITHOUT EXERCISING



In the era of technology, everything seems to be fast-forwarded. While running for work or education, it is difficult to give yourself a proper workout time. Thinking about weight loss can be a bit hectic. Many spirits try to manage their workout routine with their jobs and studies. Though, it is the best potential way to keep your body fit and have a balanced weight. But it is not that easy as it sounds. Exercise helps only if it is harmonious. If you are just exercising once a week or giving a gap in the process, you should not require much out of it. So what's an effective plan to lose weight that doesn't include exercising or does this kind of plan even exist? There might not be any particular plan to follow in such a case, but there are surely many things you can do instead of exercising, that can help you with weight loss without taking much of your time. So here are some steps you can follow to lose weight without exercising.

### GIVE TIME TO CHEWING

As a child, we as a whole have been told to bite appropriately. Furthermore, this isn't only a piece of fundamental decorum yet has a sound perspective. The course of processing doesn't begin in your stomach yet in your mouth. Biting food appropriately assists your body with extricating the most extreme measure of supplements from it and subsequently, your body gets more energy. In addition, biting food appropriately breaks the food into tiny particles. These little particles are not difficult to process by our body.





Assuming you can't sort out how biting appropriately assists you with keeping a fair body weight or even in the weight reduction process, then, at that point, here is the explanation. At the point when you bite your food appropriately, you set aside more effort to eat. So as much prolonged period you take to complete your food, the more fulfillment will you get. Eating slow causes you to feel full, fulfilled and this with little partitions of food. Isn't it through and through an incredible arrangement? Concentrates on a show that your cerebrum needs an ideal opportunity to handle that you have eaten enough. Slow biting gives your cerebrum this chance to give you a sign. This abstains from indulging. Eating quick might cause you to feel that you want to require one more, however, following a couple of moments you will understand that you were full from past chapati as it were.

A new end from 23 observational investigations says that individuals who eat their food quickly are bound to put on weight when contrasted with individuals who bite appropriately and eat gradually.

## PROTEIN POWER

Protein is a macronutrient that is present in almost all physical activities and processes that take place in our bodies. Carbon, hydrogen, oxygen, and nitrogen combine to form amino acids. Amino acids come together to form protein. Protein has a great impact on appetite. It makes you feel full, reduces your hunger, and brings down the number of calories you take in. This is maybe because protein hit many hormones that are related to hunger, like, ghrelin and GLP-1. A study concludes that increasing intake of protein from 15% to 30% per day, helped people in decreasing their calorie intake by 441 calories. This increase in intake of protein resulted in a weight loss of 11 pounds in 12 weeks, on average. If you do this, you may achieve positive results without specifically putting any sort of restrictions on other food items.

When it's about losing fat, a protein-rich diet is a saviour. A protein-rich meal is known to be a great way to reduce your appetite, hence, results in fat burning. Protein-rich food also safeguards your muscle mass and metabolism during weight loss. It also helps you to recover faster from any injury or muscle ache during exercise. Eggs, meat, seafood, lentils, legumes, and dairy products are protein-rich foods. At the point when it's tied in with losing fat, a protein-rich eating regimen is a friend in need. A protein-rich supper is known to be an extraordinary method for lessening your hunger, thus, brings about fat consuming. Protein-rich food likewise shields your bulk and digestion during weight reduction. It likewise assists you with recuperating quicker from any injury or muscle throb during exercise. Eggs, meat, fish, lentils, vegetables, and dairy items are protein-rich food sources.







## SUBTRACT SUGARY DRINKS

Sugary beverages are a great source of a huge number of calories. Added sugar is said to be one of the worst ingredients to have in your diet if you are thinking about losing weight. It's very convenient to consume more calories from sugary drinks. These drinks carry calories and don't even make you feel full. This is because liquid calories don't give fullness, the way solid foods give. So even after getting so many calories, you still feel hungry and ultimately end up eating more food.

This doesn't mean replacing your soda with fruit juice. Fruit juices can carry as many calories as soda does. Instead of juices, eating raw fruit can help you more. This won't kill the essential nutrients of the fruit and will give you fewer calories. Even eating raw fruits can help in your weight loss

process. Green Tea is known to be a very healthy beverage. It has been a good source of antioxidants. Studies show that people consuming green tea reduce 70 calories a day. Studies show that green tea intake can increase metabolism by 3-11 percent.

Replacing your sugar-sweet beverages with some healthy options is an efficient way to reduce weight. Beverages with high sugar like soda contain more calories and less nutritional value. Alcohol also contains calories and increases your appetite resulting in making you overeat.



## AVOID ELECTRONIC DISTRACTION WHILE EATING



Netflix and chill may be an incredible idea, however not while you eat. We for the most part have this propensity for sitting in front of the TV or PC while eating. Be that as it may, how is this influencing your Food propensities? Concentrates on a show that assuming we have an interruption while eating, we may wind up eating more than we will. Eventually causing gorging. A finish of 24 social examinations expresses that individuals who eat while staring at the TV, eat 10% more than ordinary sitting. This, yet interruptions during dinners can bring about devouring more calories later in that day as well.

Individuals who were distracted while having their dinners ate 25% more calories later in different suppers of that very day.

You probably won't feel any impact presently, however, this propensity adds to your weight in the long haul.





# 6

## TIPS TO BOOST YOUR IMMUNITY IN NATURAL WAY

Whenever you catch any disease or virus, you have an army fighting against it inside your body. That army is made by your immune system. Immunity plays a crucial part in killing unwanted bacteria or viruses present in your body. However, strong immunity can also prevent these elements from entering the body. Building a strong immune system may seem daunting, but making small changes in your daily routine can help boost your immune system naturally. Your diet also plays a role in determining how strong your immune system is.

Against the backdrop of the novel coronavirus infection (COVID-19) pandemic (global pandemic), citizens are very concerned about their immune status. A person does not need a strong immune system to prevent infection with the coronavirus. However, the patient can easily cope with covid without making a big fuss. So, here are some tips on small lifestyle changes you can adapt to boost your immunity.







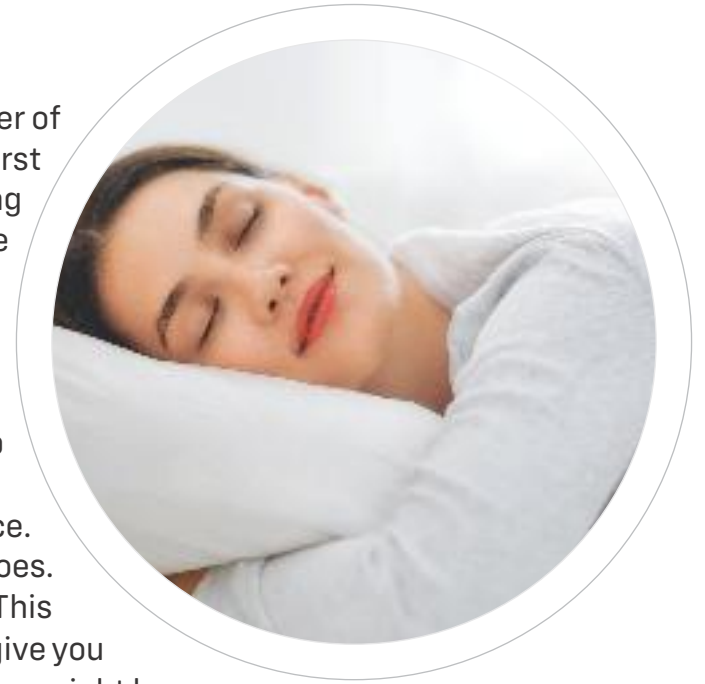
## SLEEP FOR SOME EXTRA TIME

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## HAVE HEALTHY FATS

Some healthy fats can help boost your immune system. Like the healthy fats found in olives and salmon, it may help boost immunity to fight pathogens by reducing inflammation. Healthy fat-rich foods provide our body with energy and essential fatty acids. Foods rich in essential fatty acids, such as Omega3 DHA and EPA, promote eye, brain, and heart health. You can get a healthy type of fat by eating

vegetable fats and avoiding processed foods. Avocados, fish, seeds, nuts, olive oil, eggs, and beans are just a few examples of healthy fats you can include in your diet.





## RESTRICT ADDED SUGAR

Studies have shown that adding sugar and refined carbohydrates leads to overweight and obesity. Because added sugar is high in calories, it ultimately leads to weight gain. Refined carbohydrates, on the other hand, are devoid of almost all fiber, vitamins, and minerals. So it can be viewed as "empty" calories. Refined carbohydrates have a high glycemic index, which lowers blood sugar levels. This leads to hunger and weight gain.

Obesity increases your chances of getting sick. A study of about 1,000 people found that obese people were more likely to get the flu than non-obese people. Restricting sugar intake may reduce inflammation and weight loss. Therefore, weight loss may help prevent chronic diseases such as type 2 diabetes and heart disease.

All of these diseases can chronically affect the immune system. Therefore, eliminating sugar from your diet is very important for boosting your immunity.



## DO EXERCISE

Many of us may not have the right time to train. But it's not right to schedule so tight that you don't have time for basic workouts. Moderate exercise keeps the body active, which helps generate energy. However, it is very important to know how much or how much exercise your body needs. Vigorous exercise can suppress the immune system.

Therefore, moderate exercise is considered the best way to boost immunity. Studies have shown that even one dose of moderate exercise can increase the effectiveness of all vaccines on the body and help boost immunity. Moderate exercise also reduces inflammation in the body and helps immune cells repair themselves regularly. Some examples of moderate exercise are walking, steady biking, jogging, swimming, and light hiking.

The average person should maintain a moderate exercise goal of 150 minutes per week.







## HYDRATION IS MUST

Hydration won't defend you from germs or viruses however dehydration isn't always appropriate in your universal health. Dehydration can bog down your bodily activities and might provide you with extreme headaches.

Not most effective this however dehydration might also affect your focus, mood, digestion, and coronary heart and kidney function. These motives could make you much more likely to get unwell pretty often. By ingesting sufficient fluids into your day-by-day diet, you may save yourself dehydration.

Water has its set of blessings in your body. It is likewise referred to as a herbal urge for food buster. It makes your experience complete and as result, you robotically devour less. Water will increase the price at which energy burn in our body. We recognize water facilitates to put off waste from our bodies too. A take a look suggests that 30-fifty nine percentage of US adults improved water consumption intending to lose weight.



## DON'T STRESS YOURSELF

This point is very relevant if we relate it to current lockdown situations. Those who are stuck at home with so much negativity and crises are a clear indication of our mental health right now. Anxiety can play an important role in the breakdown of the immune system.

Relief of stress and anxiety may be a major cause of boosting immunity. Prolonged stress increases inflammation in the body, resulting in an imbalance in immune cell function. Thus, a long history of physiological stress is a major cause of suppression of the immune system.

Calming activities, such as meditation and exercise, can be great ways to calm your mind. Although it also depends on your hobbies. Studies have shown that people who do what they love are less likely to be overstressed. So whenever you're

stressed, take time to do something you love to do, like dancing, singing, painting, or listening to music. It may help reduce anxiety and stress.



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