



Darwin

DARWIN PLATFORM
GROUP OF COMPANIES
THE VISIONARIES



kutumbakam
Health & Wellness

Darwin Kutumbakam

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 companywide information to both of our internal as well as external ways.

Sundeeep R Singh
Group Vice-Chairman
Darwin Platform Group of Companies

The world is made up of several types of energy that have an impact on our lives and well-being. We store our emotions, worries, feelings, issues, strengths, and weaknesses in our bodies from the beginning of our lives until the conclusion. They are the cause of our good health or bad health. Energy has the ability to either create or repair our bodies.

Yoga and meditation increase recovery results by promoting physical and mental wellness. It not only aids in the restoration of a person's inner self, but it also aids in the restoration of interpersonal relationships. Improved mental and physical functioning can aid in providing the mental clarity required to concentrate on the most critical areas of recovery.

It can aid in the restoration of a person's sense of self-identity, allowing them to go forward in establishing a life that is not reliant on the use of substances to feel normal. The best thing is that it can be done anywhere, at any time, alone or in groups, allowing a person to take time for self-reflection while also becoming a member of a supporting community.

OUR TWO BODIES

Let's pretend we have two bodies in which we reside. There is a physical body and an energy body in each of us. Because our energy body is linked to our physical body, mending it also heals the physical body. It's likely that one or more of your chakras are discharged or blocked when you don't feel good physically. This basically indicates that the chakras have either too much or too little energy. For our physical bodies to function properly, we require the optimal amount of energy.

From the "real self" to the physical body, the body can seem as a succession of vibrations with increasing density. Yoga teaches us that the mind influences the body in the same way that the body influences the mind, and that the spirit influences both. Yoga aims to attain a balance between the mind, body, and spirit by working primarily via the body.





YOGA CAN UNITE OUR MINDS AND OUR BODY

Through a practise of gentle stretching of muscles and fascia, yoga can help to release physical and mental knots in the body. Yoga can help the mind and body relax and let go of tension. When we pay attention to how our bodies respond to various asanas, we can learn a lot about our blockages, issues, fears, and where our power lies. Yoga can help us comprehend and determine if our mind and body are in sync. Yoga practise can help to improve the body's energy systems. With music and mantras, we can mix different poses to draw energy from the root chakra up and into the crown chakra. We work on both the physical and mental-spiritual levels in this way. Pranayama (breathing exercises) aids in the circulation of energy through the breath. Most techniques include meditation at the end, which can assist in retraining the mind and body to relax.

The physical and emotional traits associated to that frequency, as well as our consciousness, are strengthened as we energise the body through yoga and other methods.

MEDITATION:

Benefits, Process, and Advantages explained

In popular culture, the term "meditation" has become widely used. An activity that was formerly isolated to a small subculture of religious and spiritual adherents has now become a household and office term. But, exactly, what is meditation?

"Meditation is the practise of repeatedly focusing your attention and returning to the present moment." But what does it mean to focus your attention? Where do I want to focus the audience's attention? These are some of the most frequently asked questions by newcomers. The most common responses are to focus your attention on an object or to think about something. It's more crucial to 'focus,' therefore the object can be anything. But what occurs when we concentrate in this manner?

Meditation mostly helps us to organize our thoughts. Our minds are always buzzing with ideas that vary from odd to instructive. When we interact with the outer world, we have an ongoing internal dialogue going on in the backdrop of our minds. Our system is slowed as a result of it. According to scientists, we only use about 5-10% of our brain capacity; others say even less, and what do we do with what we have? We rarely stay in the current moment; we either envisage scenarios and discussions in the future or contemplate and fixate on past events. Is it, however, just that? What happens if we interrupt our brain's oscillation between past and future? We are able to see right through the drama. That's all there is to it. Our brain has a monkey nature that jumps from one thought to the next all the time, but when we concentrate on something, that pattern is broken. Now, if we do it on a regular basis, we will be able to effortlessly break the irrelevant thought patterns and make sense of it. Meditation aids us in gaining control over our mind patterns in this way.

It's crucial to comprehend THE MIND in order to fully comprehend what Meditation is.

If not mastered properly, the mind is simply a process operating within us that keeps learning what it experiences through the five senses and replaying it in random combinations as its only function. It's a two-part faculty: one that perceives what's going on right now (current reality), and the other that absorbs everything and exists in every experience we've had since childhood (the unconscious reality). The two continue to collide, dimming our present-moment consciousness. Meditation's purpose is to bring more consciousness to the current moment by taming the unconscious. But why is it necessary to control the unconscious? The unconscious mind functions like a tape recorder, capturing every experience as it occurs. It records all of the pictures, dialogues, and emotions we have at any one time. A dangerous unconscious mind can make you feel anguish or fear from the past at its whims while corroding your current experience. Streamlining your ideas gives you the ability to exert control over your current reality. Meditation is the tool that will assist you in attaining that pleasant state of mind.

Meditation Beyond 'Peace of Mind'

However, Meditation is more than just a tool for achieving mental tranquilly. It can also help you focus your mind on your 'mission.' How?... When the mind is preoccupied with the past, the present choices are made half-heartedly since the mind's power is being spent on things that aren't important. Our Mind's only power is the 'POWER OF CHOICE.' In this sense, living in the present implies being able to make the greatest possible decision at every given time, which is consistent with our long-term ambition to write the best possible story for ourselves.

Meditation assists us in becoming aware of where the 'awareness ball' in our heads is moving and in making conscious decisions that are guided entirely by our innermost intrinsic wants and not by our past or others' opinions. It enables us to channel our inner selves in such a unique way that the entire process of existence becomes effortless. To put it another way, life becomes simple. Situations will be difficult, but our viewpoints will improve our ability to access them.

Our condition of being is caused by our consciousness, which aids our state of mind, which in turn facilitates our thought patterns. The brain works like a machine, drilling out thoughts based on a person's level of awareness and vibrational frequency. As a result, meditation has the ability to break our mental patterns, provide clarity, and elevate our thoughts.

The essence of spirituality can be summed up in a single word: 'NOW.' That is all there is to it. In the end, that's all there is to it. And ideas never allow us to live in the present moment. When we remain unaware and allow random thoughts to recur in our heads, our minds combine them to build a pattern. When a pattern is repeated, it becomes a habit, and individuals retain it for a long time. If ideas don't follow a thread, they fall back, and we see thoughts as nothing more than random activity in the brain for the first time. In Meditation, this is revealed to us. Closing our eyes and focusing our mental energies on a single item improves our concentration and improves the quality of our daily experiences.



The world is progressively recuperating after two years of observing people grow ill and face a variety of challenges. Among them are a slew of health and wellness fads fueled by the Covid-19 pandemic's well-being revolution.

The desire to be as healthy as possible should be manifested in behaviors and habits. We consider all of the things we can do to improve our lives, from eating more sustainable foods to using wellness tools to prioritising mental health - all of which are at the forefront of the conversation about one's health.

Here are six health and wellness trends that are expected to pull more focus in 2022.

DIGITAL HEALTHCARE

We may have grumbled or resented the hassle of making appointments and travelling to the doctor's office. People may even feel safer from diseases if they avoid going to physical clinics and hospitals where unknown, hazardous microorganisms may be present. Furthermore, some homebodies may be uncomfortable leaving their homes and prefer to rely on the internet.

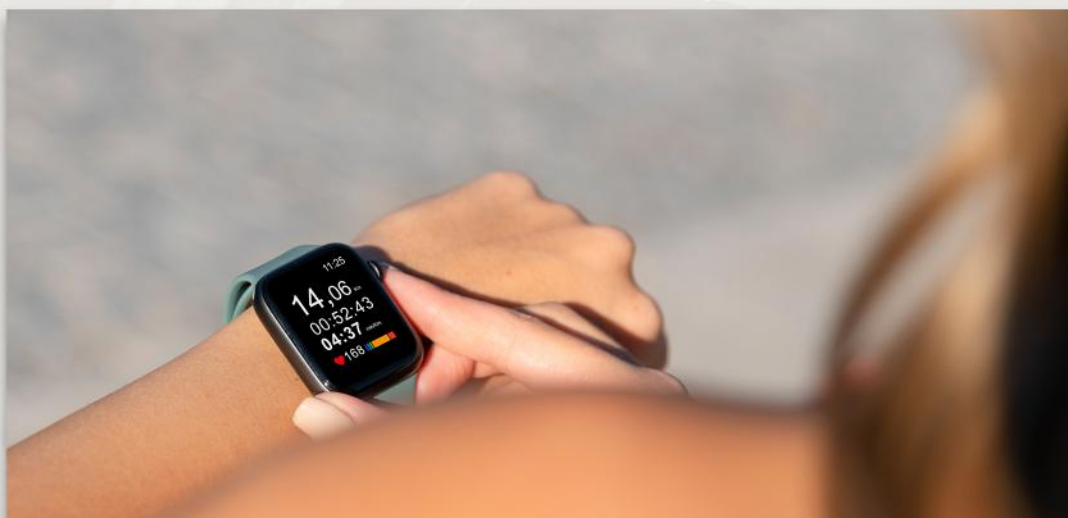
With the threat of lockdown looming, internet healthcare services have grown in popularity in recent years. Virtual sessions with health professionals, ranging from doctors and therapists to nutritionists and personal trainers, are now available. This approach is likely to continue this year and even for the next decade, according to Kathy, a medical reviewer for Health Canal who is also a member of the Virtual Nutritional Synergy group.



TRACKING VITALS

Of course, with today's superior technology, we can't ignore the benefits of a greater grasp of our daily vitals. We can track stress levels in addition to sleep, activity, and oxygen levels. TAG Heuer Connect, Apple Watch, and Google Watches are examples of mobile apps and smartwatches that may detect stress using heart rate variability. It detects minor heartbeat changes and alerts us if we are experiencing a stressful day. And with that, it signals that it is time to relax, allowing us to live a more balanced lifestyle.

The Fitbit Sense, in particular, excels in indicating the strain and stressors placed on the body following workouts, as well as demonstrating how to navigate optimal recovery. More people are expected to employ increasingly advanced technology for health and convenience reasons in the coming years.



DISCOVERING DNA

The possibility of using DNA to assess health risks and discover ancestries has always existed. With information on cancer risks, health predispositions, and other factors, this research detects links between well-being and health. It enables us to recognize hazards that can be avoided and make more intelligent lifestyle choices decisions.

Perhaps it was the marketing or the fact that we were looking for things to do when stuck at home, but the concept has gotten a lot of attention in recent years. CircleDNA is still thriving as the world's most complete DNA test, and it's a great place to start for anyone looking to enhance their health and wellness with personalized findings.



PRIORITIZING MENTAL HEALTH

Since the outbreak of the pandemic, the necessity of mental health services and support has become more widely recognised. The World Health Organization (WHO) produced a scientific brief in March 2022 stating that in the first year of Covid-19, the "global prevalence of anxiety and depression" climbed by 25%.

Self-care has become increasingly popular, especially among Millennials and Generation Z, whether through the use of calming techniques or the keeping of mood journals. People will be measuring their mental health more closely this year, according to some health experts, because it is still a priority.



REMOTE WORK AND FLEXIBLE SCHEDULES

Gone are the days of driving three hours to and from work and working nonstop for more than five days a week. The efficiency of remote work or working from home has been amply demonstrated by the epidemic.

Following the outbreak, more people realised how important a good work-life balance is and took more significant career risks. Employees are less likely to commit and give up valuable time if the company is not flexible, understanding, or offers wellness programmes.



WELLNESS TOOLS

The beauty and lifestyle industries were not left out of the health discussion. Massage guns, pocket EKG scanners, self-purifying water bottles, and red light therapy gadgets are just a few examples of clever, portable products that can improve one's well-being wherever they are and for a variety of purposes. There is a greater emphasis on sexual health and how toys might encourage more thoughtful and inclusive interactions.


Face yoga and sculpting are becoming increasingly trendy and widespread in the beauty industry. When beauty gurus introduced massage treatment and Gua Sha stones for faces, the online world, particularly TikTok, went crazy. Exercises that stimulate the skin, muscles, and lymphatic system are included in the former, which can minimise stress lines, tone facial muscles, improve the appearance of the face, and boost circulation and blood flow. Meanwhile, combining Gua Sha with Face Yoga provides skin-beneficial effects such as reducing puffiness and dark spots, as well as stimulating lymphatic drainage. Orlando IV therapy has also gained popularity in the beauty industry due to its ability to detoxify, rehydrate, and replace beauty-boosting vitamins all at once.





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