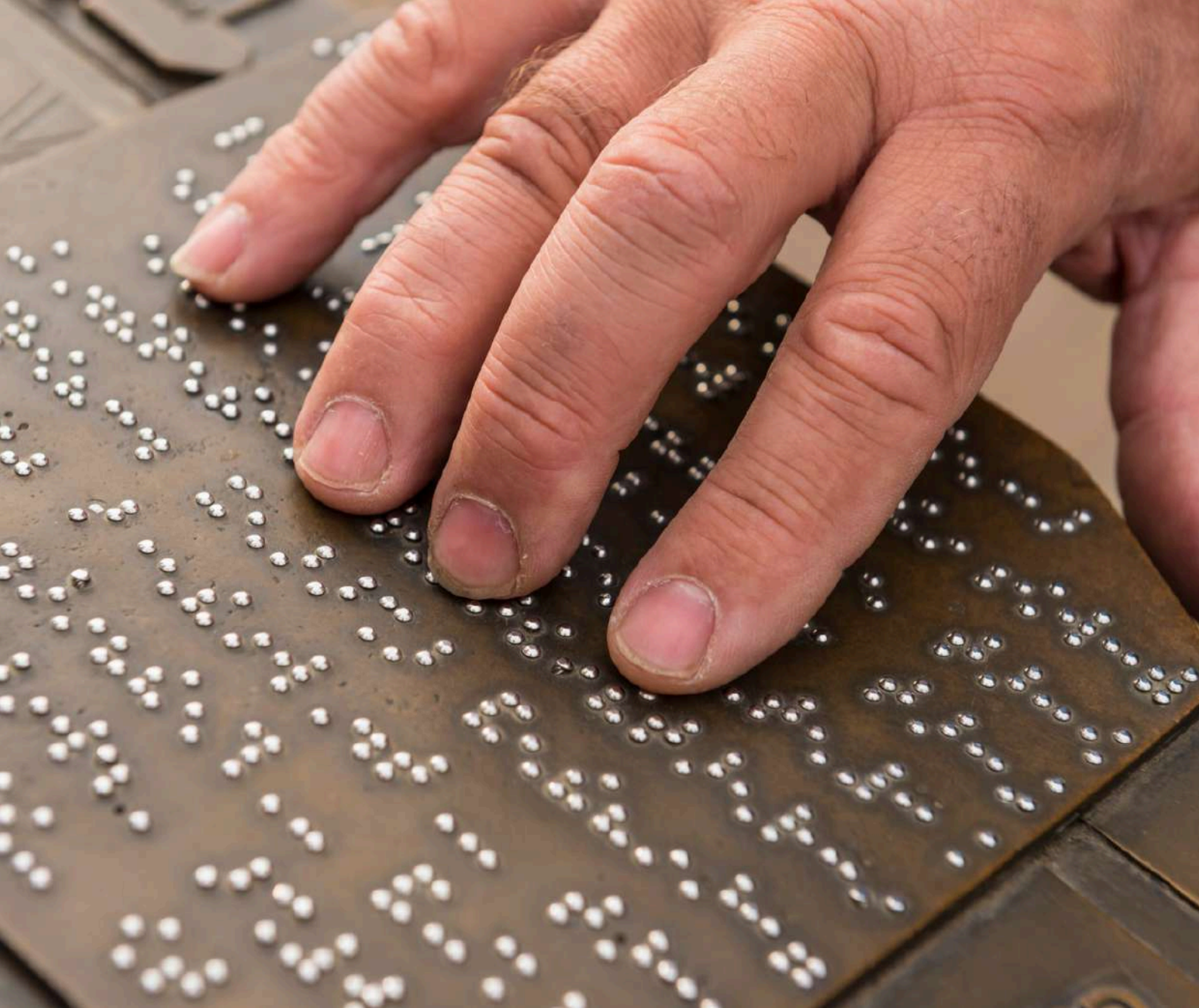




HEALTHPEDIA JANUARY, 2025

A COMMITMENT TO CARE



World Braille Day

January 4th



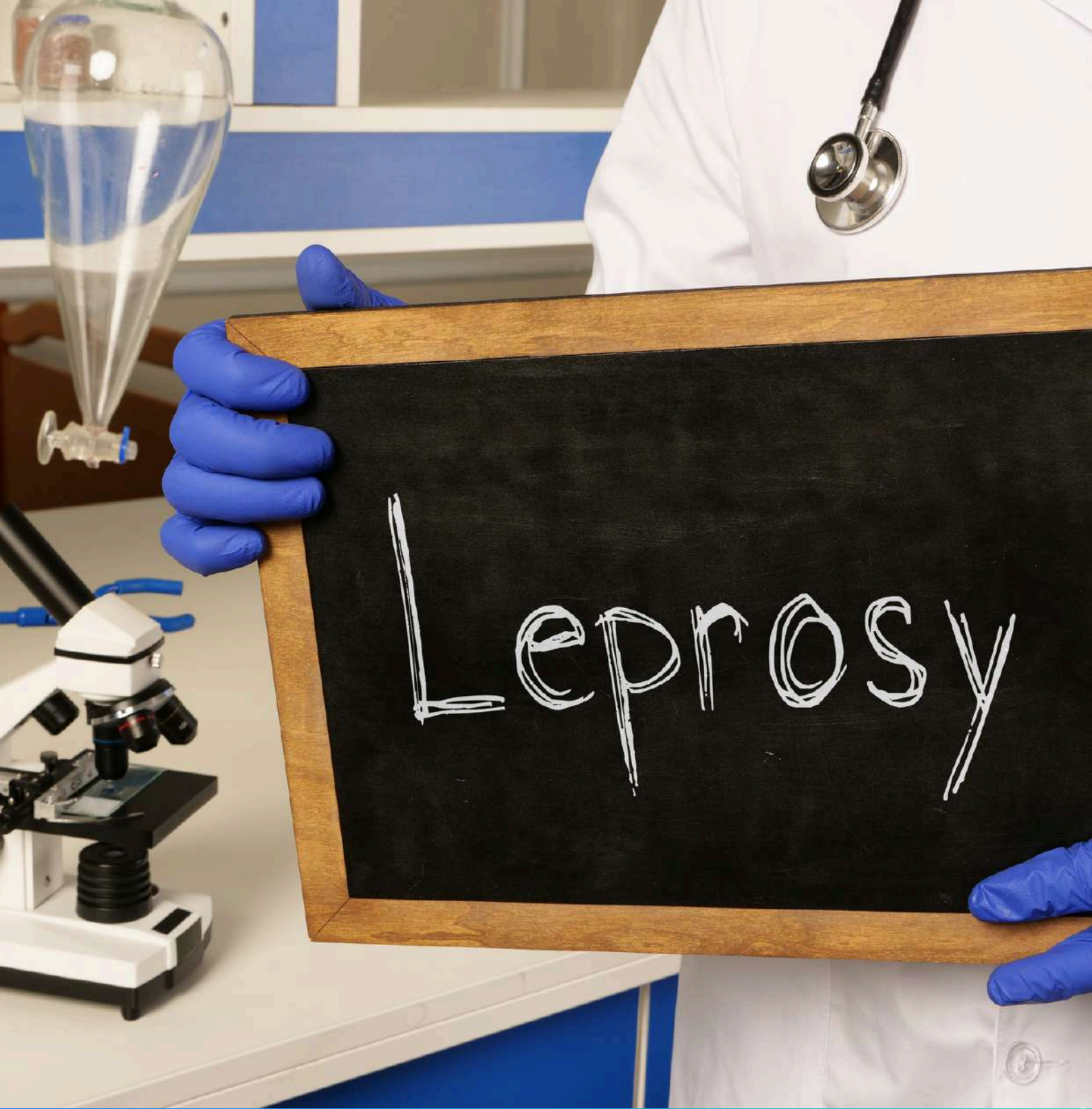
INTRODUCTION :

World Braille Day celebrates the innovation of Louis Braille, whose tactile writing system empowers millions of visually impaired individuals globally. It's a reminder of the importance of inclusivity and accessibility.



WELLNESS TIPS FOR YOUR DAILY LIFE:

- ✔ **Eye Care:** Protect your vision by reducing screen time and including vitamin A-rich foods in your diet.
- ✔ **Support Accessibility:** Advocate for inclusive technologies and resources like Braille books in schools and workplaces.
- ✔ **Volunteer:** Engage with organizations supporting the visually impaired to make a difference.



WORLD LEPROSY DAY

January 26th



INTRODUCTION :

World Leprosy Day raises awareness about leprosy, a curable disease, and aims to eliminate the stigma that prevents early diagnosis and treatment.



WELLNESS TIPS:

- ✔ **Skin Protection:** Keep your skin moisturized and clean, especially in harsh weather.
- ✔ **Educate Yourself:** Learn about leprosy symptoms to promote early detection.
- ✔ **Boost Immunity:** Eat a balanced diet rich in Vitamin C and zinc to support overall health.

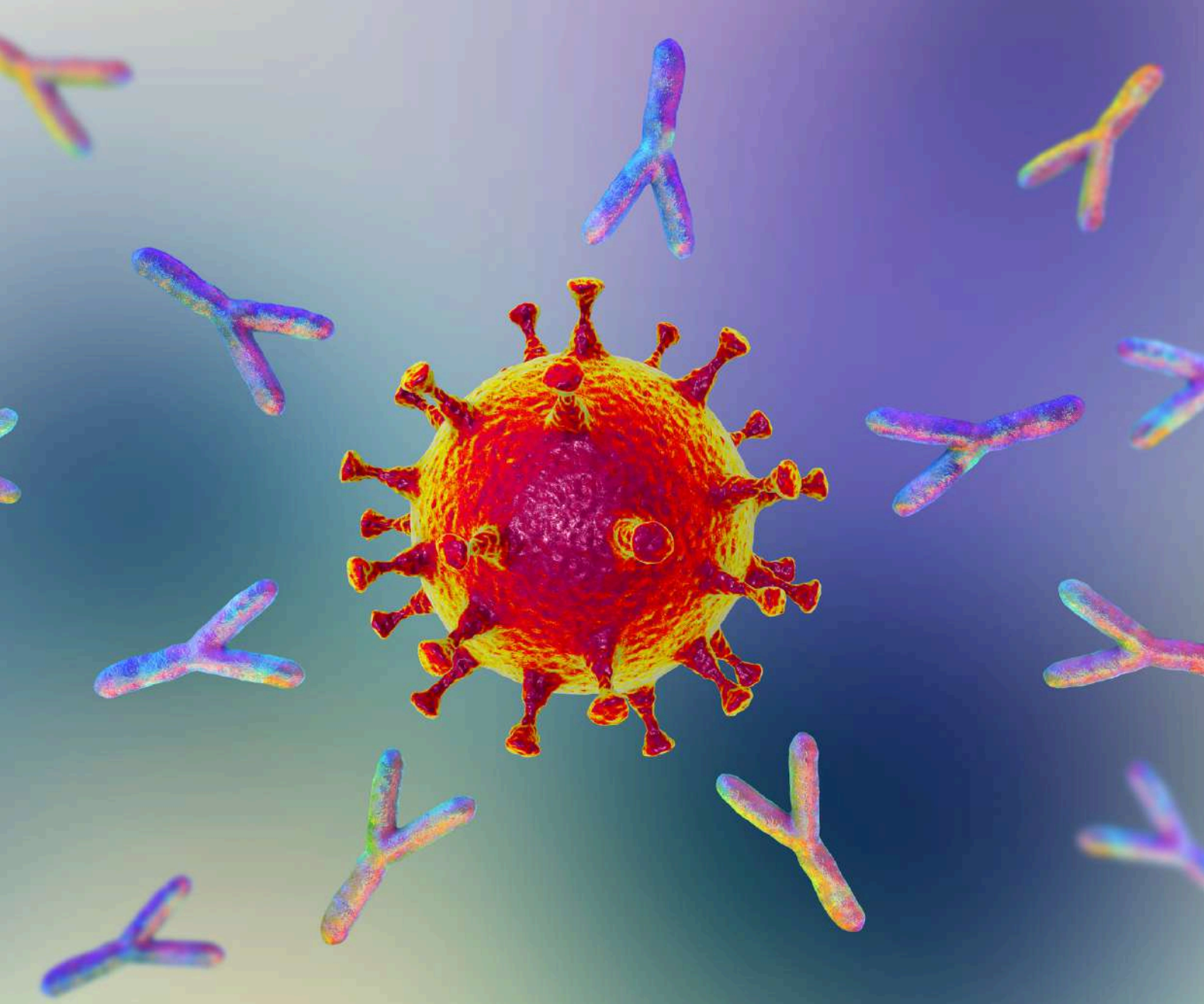


HOW TO INCREASE IMMUNITY IN COLD TO FIGHT VIRAL INFECTIONS



INTRODUCTION :

Cold weather often weakens the immune system, making the body more susceptible to viral infections. Strengthening immunity is key to staying healthy.



WELLNESS TIPS:

- ✔ **Eat Right:** Include citrus fruits, ginger, garlic, and turmeric in your diet.
- ✔ **Stay Active:** Regular exercise improves circulation and immune function.
- ✔ **Rest Well:** Prioritize 7–8 hours of quality sleep every night.



PREVENTION OF COLD AND COUGH IN WINTER



INTRODUCTION :

Winter brings a rise in colds and coughs due to dry air and increased viral activity. Simple habits can help prevent these illnesses.



WELLNESS TIPS:

- ✔ **Stay Warm:** Dress in layers and cover your head, hands, and feet.
- ✔ **Practice Hygiene:** Wash hands frequently and avoid touching your face.
- ✔ **Home Remedies:** Use steam inhalation and sip herbal teas like tulsi or ginger to soothe symptoms.



STAY AWARE, STAY HEALTHY!