

# BLUE CROSS NEWS

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## Ist Qtr 2021-22 – Kudos to all achievers!!

**W**e had a *Record Sales of Rs. 224.48 Crores* of the Domestic Group (BC+EXL Divisions) in the Ist Qtr with a *good growth of 47%!*

*Congratulations to Team Blue Cross on this superlative performance! There were many products which recorded highest ever sales but the field performance with 1249 PSOs, 186 RMs and 35 ZMs achieving / exceeding their target was the most significant achievement!*

## IMMUNITY AND COVID IN CHILDREN

Experts are forewarning against the third wave of Covid-19 hitting India as early as September, with many fearing that it could hit children disproportionately.

Some experts believe that the upcoming wave may prove more deadly for children. The reason being that currently there is no vaccine available for them.

However, it may not be true for the following reasons:

Children have a better immune response to Covid than adults, which is due to their innate immunity. But what exactly is innate immunity?

Innate immunity is when a child's immune system recognises a virus, it

mounts a real quick and effective natural response that shuts down the virus, before it gets a chance to replicate.

Children have a more robust, innate immune response to the virus, which protects them from progressing to a severe disease.

The adaptive response in children which is actually when the body learns to fight the viruses, is made up of untrained T cells and hence has a greater capacity to respond to new viruses.

This indicates that infection-fighting immune cells migrate to the infection site quickly clearing the virus before it gets a chance to take hold.

However, we should not forget that the situation is new and there is continuous research going on.

Experts say a well-balanced meal for children between 0-5 years of age is usually enough to give them adequate immunity.

Children need to eat basic food, play enough and connect with, family and nature. This is the best natural immunity booster.

Boosting children's immunity naturally

- Healthy diet with fruits, nuts and vegetables.
- Avoid processed foods.
- Drink eight glasses of water a day.
- Good physical activities, including yoga.
- 8-10 hours of good sleep.
- Stress-free home environment.



## INTERNATIONAL YOGA DAY

Celebrated on June 21, provided a platform for employees to embrace, practice and enjoy yoga every day.

# IS THE THIRD WAVE INEVITABLE?

- The rising and declining trends of infections over a prolonged period of time is termed as ' WAVE ' & it refers to the seasonality of the disease.
- Many predictions on 3rd wave are in the making with due concerns expressed in terms of severity and affecting children at large.
- Usually, it is expected that every fresh wave would be weaker than the previous one because of the decrease in the susceptible hosts due to their gained immunity.
- However unexpectedly larger number of population got affected during the second wave as compared to the first one. This may be attributable to the new variants and also the complacent behaviour shown by many people after the decline of first wave.
- Third wave is a distinct possibility & is likely to come, although the scale or timing is not something that can be predicted.
- It could possibly be avoided if people continue to take strong measures (Covid Appropriate Behaviour) & get their vaccines as early as possible.
- Data from the previous waves has shown that affected children got only mild symptoms & few who were severely affected had some co-morbid conditions.
- There is No evidence that children will be hit worse in the third wave of the pandemic in India and parents should not be worried unnecessarily.
- Accelerating the vaccine trials in children age groups and faster approval might help us to vaccinate them sooner.
- If we follow SMS and get our near and dear ones fully vaccinated sooner, this prediction of 3rd wave might become untrue as well.



## STAY SAFE: FOLLOW SMS (SOCIAL DISTANCING, MASKING, SANITIZING) & GET YOUR VACCINE

### Know Your Vaccine!

#### COVAXIN

- Inactivated Virus
- 2 Shot vaccine
- 2nd Dose after 28 Days
- Efficacy of 70-80%
- Developed by India
- Available in India
- Approved by 9 Countries

#### ASTRAZENCA [COVISHIELD]

- Viral Vector (Modern Chimpanzee Adeno)
- 2 Shot vaccine
- 2nd Dose after 84 Days
- Efficacy of 70-90%
- Developed by UK, India
- Available in India
- Approved by 130+ Countries

#### MODERNA

- mRNA Based
- 2 Shot vaccine
- 2nd Dose after 28 Days
- Efficacy of 90-94%
- Developed by US
- Not Available in India
- Approved by Majority Countries

#### SPUTNIK V

- Viral Vector (Modified Adeno)
- 2 Shot vaccine
- 2nd Dose after 28 Days
- Efficacy of 85-95%
- Developed by Russia
- Will be available in India by July

#### JOHNSON & JOHNSON

- Viral Vector (Human Adeno)
- 1 Shot vaccine
- Efficacy of 70-85%
- Developed by US-BELGIUM
- Not Available in India

#### PFIZER & BIOTECH

- mRNA Based
- 2 Shot vaccine
- 2nd Dose after 21Days
- Efficacy of 90-94%
- Developed by US-GERMANY
- Not Available in India
- Approved by Majority Countries



# YOGA FOR HEALTH

(Continuing from last edition of step by step guide from 10,11 & 12 ) The series of Suryanamskar is completed.

## 10. Hasta Padasana or the Standing Forward Bend Pose



From Ashwa sanchalanasana, exhale and get both legs together. While bending forward, touch your toes with your fingers. Keep your neck and shoulders relaxed. Try to touch the floor with your

fingers pressing into your heels softly. Inhale while coming back up.

**Benefits:** Strengthen the lower limb muscles Helps in curing osteoporosis.

## 11. Hasta Uttanasana or the Raised Arms Pose



Once you come up from Ashwa sanchalana take a deep breath and lift your arms up while slightly bending backward, you can push the pelvis forward a little, stretch back and lengthen the spine. Keep the biceps close to your ears while

simultaneously stretching the whole body up from the heels. Do not bend knees.

**Benefits:** Stretches and tones the abdominal muscles. Beneficial for people suffering from asthma, lower back pain, and fatigue.

## 12. Pranamasana or the Prayer Pose



This is the initial and final pose of suryanamskar. From Hasta Uttanasana slowly exhale and stand in an upright position on floor with placing your feet close to each other keeping an equal amount of weight on each of them. Take a deep breath while inhaling, join

your palms together in front of your chest in a Namaste. Relax and observe the sensations in your body.

**Benefits:** Relaxes the nervous system and helps in maintaining body balance.

At last you can lie down in Yoga Nidra or Shavasana position to relax your entire body.

**Note:** The Best Input from an employee will be published in the subsequent edition along with a surprise gift



## EVENT@ GOA

### World Environment Day



Goa Plant Celebrated the World Environment Day by planting 80 saplings in their factory garden.

## Your Plan Of Action

To Be Fit, Fine & Healthy

### RIGHT EATING PATTERN



**COOKED FOOD** - Restrict the number of cooked meals to ONLY TWICE A DAY (Lunch and Dinner). Eat more raw vegetables and fruits.



**EMPTY STOMACH FRUITS** - Empty stomach fruits works miraculously and is highly recommended for making the system alkaline & building good health.



**CUCUMBER AND CARROT**- One small bowl to be had before lunch and dinner every day for making our body alkaline.



**WATER** - At Least 2 litres of water everyday. Drinking sufficient water will not only help flush out toxins but maintain a healthy fluid balance.



**NO UNHEALTHY FOOD** - Avoid junk foods / dairy / Maida / Non-Veg / Deep fried / Packaged food as much as possible.



# Kudos to Our Long Servers

## 35 years



**Rajmal Patil**  
Shivaji Mahale

## 20 years



**Devidas Gawas**  
15 years



**Swapnil Lohagaonkar**



**Manoj Thakare**  
Man Mohan

## 10 years



**Dinar Mardolkar**



**Sagar Dalvi**



**Rahul Ramteke**

- Rajesh Mantri
- Karanvir Singh
- K Muni Swamy
- Astik Kumar
- Sachin H Patil
- Laxman Andhere
- Venkanna S
- Pradeep G
- Sanjay Pal
- 5 years**
- G Ranjith Kumar
- E Rajesh
- E Shanti Bhushan
- Nandamohan Reddy
- Sushant Pandey
- Santosh Powar
- Pravin K Shelar
- Ritesh Ahirwar
- G Naveen Kumar
- Balam R Sayyad
- Harish Bhardwaj
- Yogesh Arya
- Bhupendra S Rajput

## Congrats on Your Promotion

### Manager Legal & Secretarial

- Nivedita Bagwe
- Area Business Manager**
- Indal Patel
- Mohd Riyaz
- Waseem Hasan
- Shaikh Naveed Ismail
- Aslam Iqbal Ahmed
- Jatinder Sharma

- Bishnu Khamcha
- Ranvi R Singh
- Munshi Rafikbhai
- Territory Manager**
- Sayyad Ghulamussayyadin
- Manishkumar Chavda
- Mayur B Vala
- Hiten Joshi
- Laxman Andhere
- Shubham Warhekar
- Ankush Kawale
- Dilip R Gaikwad
- Arun G Dungave
- Nazim Hussain
- Saurabh Sharma
- Shanti Shakya
- Vipin V. Kumar
- Prashant Pandey
- Ashish K Sankala
- Bhupendra Rajput
- Santosh Kumar

## A Warm Farewell



**Shashikant Patil, Dispatch Dept, served 38 years at HO**



**Karbhari Hyalij, Packing Dept, served 37 years at Nashik Plant**

**Chandrabhan Bidgar, Liquid Dept, served 34 years at Nashik Plant**



**Dilip Deshmukh, Sr. Manager Distribution & Stores, served 24 years at Goa Plant**