

MAURITIUS TIMES

Even if you have a terminal disease, you don't have to sit down and mope. Enjoy life and challenge the illness that you have. -- Nelson Mandela

COVID-19



An Invisible, Ultramicroscopic Bit of Life Brings the World to Its Knees



People clap and clang utensils to show gratitude to the helpers and medical practitioners who are working relentlessly to fight coronavirus in Kolkata on March 22, 2020. Pic - PTI

Lessons Corona-ji has forced us to learn

By Dr R Neerunjun Gopee

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We All Have A Responsibility

in the struggle against the Covid-19 pandemic

There is a lot of misinformation and disinformation being spread on social media about Covid-19 ever since the first case was detected in Wuhan in China. So much so that WHO has coined the term 'infodemic' for this phenomenon. Leading researchers have commented that as Covid-19 spreads around the world, 'spreading just as fast, it seems, are conspiracy theories that claim powerful actors are plotting something sinister to do with the virus' with an apprehension that the 'medical conspiracy theories... have the potential to be just as dangerous for societies as the outbreak itself.'

Besides, there is an overload of information on Covid-19 coming all kinds of sources and this is apt to confuse and mislead the people. What is needed now is information from reliable sources that is presented in simple terms for laymen to understand what is happening locally and globally as far as the spread of the pandemic is concerned, as well as straightforward guidelines and tips for them to follow so as to ensure the protection of their health and that of their families.

At a time when experts themselves are trying to grapple with the complexities of the situation and do not have all the answers, but are doing their best to find them as soon as possible, what we find is a plethora of advice about how to cope with Covid-19 that leaves the average layman unable to decide which is which. Understandably, there are lots of questions in people's minds, such as, among others:

- Is the worst yet to come - both at the global level and locally?
- How long will the crisis last?
- What will be the cost in terms of human lives?

- Is it still possible to arrest the spread of the pandemic?
- Will the emergency powers resorted to by governments worldwide really help?
- Are we sufficiently equipped in Mauritius to face the worsening situation?
- What else should we be doing to mitigate the effects of the pandemic?
- What about the preventive measures doing the round on social media suggesting daily intake of ginger or Vit C, inhalations, sun-bathing, concoctions of lemon juice together with cloves, pepper, etc? Do these help or even cure those infected with the virus?

These are genuine interrogations of concern to the people. In a bid to meet these concerns, and in view of the fact that for obvious reasons we cannot come out with our weekly print editions until the situation goes back to normal, we will be coming up with a digital edition as regularly as possible. We will attempt to provide balanced news and views on the evolution of the pandemic for the benefit of our readers, and will also include our regular features: after all, there are other things also happening in the world, although understandably attention is focused on the pandemic. Nevertheless, we feel that it is also important to keep the mind occupied with other positive things and not let ourselves be overwhelmed by undue worry and irrational fears.

We all have a responsibility in the struggle against this pandemic, and if we adopt a sound and rational approach there is no reason why we will not come out of it in due course.

A Message from Bill Gates

What is the Corona/Covid-19 Virus Really Teaching us?

I'm a strong believer that there is a spiritual purpose behind everything that happens, whether that is what we perceive as being good or being bad.

As I meditate upon this, I want to share with you what I feel the Corona/Covid-19 virus is really doing to us:

1. It is reminding us that we are all equal, regardless of our culture, religion, occupation, financial situation or how famous we are. This disease treats us all equally. If you don't believe me, just ask Tom Hanks.
2. It is reminding us that we are all connected and something that affects one person has an effect on another. It is reminding us that the false borders that we have put up have little value as this virus does not need a passport. It is reminding us, by oppressing us for a short time, of those in this world whose whole life is spent in oppression.
3. It is reminding us of how precious our health is and how we have moved to neglect it through eating nutrient poor manufactured food and drinking water that is contaminated with chemicals upon chemicals. If we don't look after our health, we will, of course, get sick.
4. It is reminding us of the shortness of life and of what is most important for us to do, which is to help each other, especially those who are old or sick. Our purpose is not to buy toilet roll.
5. It is reminding us of how materialistic our society has become and how, when in times of difficulty, we remember that it's the essentials that we need (food, water, medicine) as opposed to the luxuries that we sometimes unnecessarily give value to.
6. It is reminding us of how important our family and home life is and how much we have neglected this. It is forcing us back into our houses so we can rebuild them into our home and to strengthen our family unit.
7. It is reminding us that our true work is not our job, that is what we do, not what we were created to do. Our true work is to look after each other, to protect each other and to be of benefit to one another.
8. It is reminding us to keep our egos in check. It is reminding us that no matter how great we think we are or how great others think



- we are, a virus can bring our world to a standstill.
9. It is reminding us that the power of freewill is in our hands. We can choose to cooperate and help each other, to share, to give, to help and to support each other or we can choose to be selfish, to hoard, to look after only our self. Indeed, it is difficulties that bring out our true colours.
 10. It is reminding us that we can be patient, or we can panic. We can either understand that this type of situation has happened many times before in history and will pass, or we can panic and see it as the end of the world and, consequently, cause ourselves more harm than good.
 11. It is reminding us that this can either be an end or a new beginning. This can be a time of reflection and understanding, where we learn from our mistakes, or it can be the start of a cycle which will continue until we finally learn the lesson we are meant to.
 12. It is reminding us that this Earth is sick. It is reminding us that we need to look at the rate of deforestation just as urgently as we look at the speed at which toilet rolls are disappearing off of shelves. We are sick because our home is sick.
 13. It is reminding us that after every difficulty, there is always ease. Life is cyclical, and this is just a phase in this great cycle. We do not need to panic; this too shall pass.
 14. Whereas many see the Corona/Covid-19 virus as a great disaster, I prefer to see it as a 'great corrector'.
- It is sent to remind us of the important lessons that we seem to have forgotten and it is up to us if we will learn them or not.

Mauritius Times

Founder/Editor: Beekrumsing Ramlallah - Aug 1954-Sept 2000
Editor-in-chief: M. Ramlallah
Senior Editor: Dr RN Gopee
This epaper has been produced with the assistance of
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Lessons Corona-ji has forced us to learn

In Hindu tradition adding the suffix 'ji' to a person's name is to show great respect to the person. The reasons can be many: the person is powerful, learned, is engaged selflessly in a great humanitarian cause, and so on.



Dr R. Neerunjun Gopee

Covid-19 or the Coronavirus, an invisible, ultramicroscopic bit of life is so powerful that it has brought the world to its knees. Hence Corona-ji.

It has led to many countries going into lockdown, sanitary curfew or *couvre-feu sanitaire* as we have called it here. Essentially, this means that, except for people working in essential services or going about to obtain essential items of food and medicine, everybody else is by law obliged to stay at home. The result is that families that may include grandparents, parents and school/college-going students are now housebound for a number of days. Of course, as far as the children go, this is just like being on holiday. Except that it is not.

“Covid-19 or the Corona virus, an invisible, ultramicroscopic bit of life is so powerful that it has brought the world to its knees. Hence Corona-ji. It has led to many countries going into lockdown, sanitary curfew or *couvre-feu sanitaire* as we have called it here. Essentially, this means that, except for people working in essential services or going about to obtain essential items of food and medicine, everybody else is by law obliged to stay at home. The result is that families that may include grandparents, parents and school/college-going students are now housebound for a number of days. Of course, as far as the children go, this is just like being on holiday. Except that it is not...”

In a matter of weeks, from its origin in Wuhan, Corona-ji has spread all over the world causing respiratory disease and death, known as a pandemic, which is taking away loved ones, leaving families grieving, and shaking to the core national authorities as they attempt desperately to stop its spread and limit the damage.



Families of roadside shopkeepers ring bell and clap to cheer health workers following coronavirus outbreaks, in New Delhi on March 22, 2020. Pic - AP, Manish Swarup

At the same time, though, it has forced us to learn – or re-learn – certain fundamental lessons that humanity seems to have forgotten in its frenetic pursuit of the pleasant (in Sanskrit: preya) at the expense of the good (shreya). I have come up with a few lessons. Readers may add their own to the list.

1. Health is our greatest wealth: all the money in the world will not bring back a single person who has succumbed to Covid-19, nor be able to save the 1% of infected cases which will inevitably die no matter what. And here 1% means thousands already – and climbing day by day.

2. The most precious gift of all is: LIFE. If we do not understand this now, we never will.

3. Those who help to preserve or save lives are the true saviours: doctors, nurses and all healthcare personnel. While all places of worship are closed, with God shut away or hiding above, the only temples that are open indiscriminately to all are the hospitals where the true Devis and Devtas are toiling 24/7 at the risk of their own lives to care for the patients.

As enshrined by Bhagavan Sri Krishna in the Bhagavad Gita, they are performing selfless service (Karma yoga) with great devotion (Bhakti yoga) using their profound knowledge (Jnana yoga) with a pure and focused mind (Raja yoga). That

is why they are being acclaimed, by clapping of hands or ringing of bells/cymbals, by grateful people all over the world.

4. Family together means being happy

“Those who help to preserve or save lives are the true saviours: doctors, nurses and all healthcare personnel. While all places of worship are closed, with God shut away or hiding above, the only temples that are open indiscriminately to all are the hospitals where the true Devis and Devtas are toiling 24/7 at the risk of their own lives to care for the patients. As enshrined by Bhagavan Sri Krishna in the Bhagavad Gita, they are performing selfless service (Karma yoga) with great devotion (Bhakti yoga) using their profound knowledge (Jnana yoga) with a pure and focused mind (Raja yoga). That is why they are being acclaimed, by clapping of hands or ringing of bells/cymbals, by grateful people all over the world...”

and in safety. 100%? No – cannot be measured.

5. We do not have to go out to ‘enjoy’ as often as have been doing, or thought was necessary!

6. We CAN reduce our needs to the minimum. This is beautifully expressed in a post I received quite some time back, lines written by someone who signed ‘Emily Marouttian’. Although she writes about growing older, the core of the message – that we can practise minimalist living, and perhaps start early on – is relevant not only under our present circumstances, but throughout our life cycle. Here goes:

‘As we grow older we let go a little at a time: a bad memory, a negative habit, a toxic friend. Bit by bit we shed what no longer serves us until we reveal who we are underneath it all. We soon discover that even though we gave up many things, there is no feeling of loss. What we have gained in return is far more valuable’.

Let us therefore use these days of togetherness fruitfully, to bond even more strongly among ourselves, to rediscover the strength of love and affection, and to ponder how our lives have been truly enriched during this Stay-at-home imposed for our own protection.

Thank you, Corona-ji.

RN Gopee

As the virus spreads, economies grind to halt

Citizens around the world look warily at the rates of illnesses and deaths at home and abroad as the economic effects of COVID-19 start to hit

Even as China, South Korea and Singapore make progress controlling the new coronavirus, its spread raises alarm in many more parts of the globe as the pathogen's toll on human health and world economies climbs.

In the past week many more citizens have had to stay at home in the hope that infection rates can be slowed to prevent health systems being overwhelmed. The collapse in consumer activity has sent stock markets swooning, prompting governments and central banks to take steps to soften the blow of an expected global recession.

At the same time, public health authorities around the world are devising strategies to contain the spread, hoping to avoid the plight of the worst-hit countries, such as Iran and Italy, which has now had more deaths than China from the virus.

Public health responses

Public health agencies have responded to the crisis in very different ways. Our experts explained how critical those differences are to each country's trajectory thus far and, potentially, in the future.

- **Singapore, the model response?** Singapore, which suffered from the SARS epidemic in the early 2000s, had a highly organized response that, among other things, avoided a lock down. The chair of infection control for National University of Singapore, Dale Fisher, explains how the country did it and the lessons for other countries.
- **South Korea's contact tracing.** South Korea, too, has been held up as a global model. One interesting aspect of its response is its acceptance of surveillance systems, notably CCTV and the tracking of bank card and mobile phone usage, to control the spread of COVID-19, the disease caused by the coronavirus.
- **The picture in Africa.** There have been comparatively few reported cases in Africa so far. Akebe Luther King Abia, research scientist from University of KwaZulu-Natal in South Africa explains why that might, adding that countries on the continent need to do much more to prepare their health systems and public responses. Meanwhile, among many people in South Africa, joking is a common way to cope.

Grim economic outlook

Even as governments deal with the pandemic, they are trying to forestall what's expected to be widespread economic pain caused by the halt of so much economic activity. In the US, the White



House and Congress are seeking to spur economic activity through multiple measures, including tax cuts, business loans and handing out money to families, on the order of US\$1,200 per taxpayer.

- **Direct payments to citizens** are particularly beneficial to low-wage workers, many of whom will be hurt by the slowdown in consumer spending, says economist Steven Pressman from Colorado State University.
- **Low to middle-income countries more vulnerable.** Globally, the impact of the coronavirus could be worse on low to middle-income countries and harm particularly vulnerable people, say professor of public policy David Evans of Pardee RAND Graduate School and Mead Over of Georgetown University. As previous pandemics have shown, the short-term shocks on the economy typically translate into slowing long-term growth.

On the front lines of science

Scientists are racing to get a better understanding of the novel coronavirus, known as SARS-CoV-2.

- **Seeking the virus's origin.** Researcher Alexandre Hassanin, of Sorbonne Université, ISYEB - Institut de Systématique, Evolution, provides some context for one of the most vexing questions facing scientists: did it originate in a bat or pangolin and where? He describes a recent genetic analysis which suggests that the "SARS-Cov-2 virus is the result of a recombination between two different viruses." (To read the original article in French, click here.)
- **The quest for anti-viral treatments.** Could existing drugs work? Nevan Krogan, who is director of Quantitative Biosciences Institute at the University of California, San Francisco, describes the work of a 22-lab

research team working around the clock to identify the most promising candidates for disarming this new virus.

- **The biology of why elders are more at risk.** As scientists generate new data on how COVID-19 affects people, one point is very clear: Older people and those with chronic medical conditions are most at risk of serious illness or death. Brian Geiss, associate professor of microbiology, immunology and pathology at Colorado State University, explains how changes to a person's immune system as we age affects its ability to fight off infections like COVID-19.

Changes to daily life

For people who remain healthy and staying at home, the virus has upended many lives.

- **Confused children.** Child development experts from the University of Calgary explain how parents can talk to their children about the pandemic.
- **Complex daily decisions.** Many people isolating themselves at home still have questions. Adam Kamradt-Scott from the University of Sydney gets into a more nuanced discussion around social distancing and tries to answer basic questions such as: Can I take the dog for a walk?
- **The psychological toll.** Finally, one common thread across all countries is stressed-out individuals. Nita Bharti from the Center for Infectious Disease Dynamics at Pennsylvania State University offers some tips on how to maintain physical and mental health during this period.

Martin La Monica
Deputy Editor

Mailbox

GM must reduce expenditure, dixit PKJ

According to the Constitution, Mauritius has 34 ministers made up of the PM, 23 Cabinet ministers and 10 junior ministers also known as private parliamentary secretaries. Consequently almost half of Parliament is composed of ministers. Another proud world record for little Mauritius!

Now each one of these 34 Honourables is entitled to an official car; and obviously they all opt for one with a big engine capacity that guzzles huge amounts of fuel. All paid for by the taxpayer. But what many people may not know is that these hard working honourables are apparently entitled to a personalised number plate as well, at a cost of Rs 40,000 each. That adds up to a total of Rs1,360,000.

Now one MAY (the capital letters are deliberate) concede that, besides their disproportionate salaries and perks, the taxpayer needs to provide each one of them with a big car to deliver the dubious goods in several instances, but one wonders in what way these personalised number plates enhance their output.

Wasn't it only last week that we heard the PM say that Government must reduce its expenditure by 10%? Revising MPs salaries and inordinate perks downwards might be a good start.

R.B.
Quatre Bornes

Confinement...

Heaven for some,
Hell for others
Still, together
We are bound to kneel
In front of the wrath of Mother Earth
And reflect on our despicable acts
We've been constantly assassinating her progenies
With our scandalous actions
Leading to their premature extinction
Today, human beings feel 'imprisoned' in their own concrete 'nests'
Fearing that once they'll step outside from their bubbles
And get back into their routines
They'll end up as the perfect host
Of the deadly Corona virus
Life is thus resumed to a set of possibilities
We can think of
To control this anguish
From spreading its vicious poisonous tentacles
Into our existence
We should learn to appreciate each breath we take
Realizing the importance of another day loaned to us
To make a positive difference in the world
We should learn to love selflessly
Those we've been taking for granted so far
We should learn to reflect on our own existence
And together learn to rectify our shameful acts
To make it a better world
For You and For Me.

Kushida D. Fulena

COVID-19 treatment might already exist in old drugs

Among the more than 20,000 drugs approved by the FDA, there may be some that can treat COVID-19. A team at the University of California, San Francisco, is identifying possible candidates



COVID-19 treatment might already exist in older drugs - Considerable - Photo Getty Images

Why don't we have drugs to treat COVID-19 and how long will it take to develop them?

SARS-CoV-2 – the coronavirus that causes the disease COVID-19 – is completely new and attacks cells in a novel way. Every virus is different and so are the drugs used to treat them. That's why there wasn't a drug ready to tackle the new coronavirus that only emerged a few months ago.

As a systems biologist who studies how cells are affected by viruses during infections, I'm especially interested in the second question. Finding points of vulnerability and developing a drug to treat a disease typically takes years. But the new coronavirus isn't giving the world that kind of time. With most of the world on lockdown and the looming threat of millions of deaths, researchers need to find an effective drug much faster.

This situation has presented my colleagues and me with the challenge and opportunity of a lifetime: to help solve this huge public health and economic crisis posed by the global pandemic of SARS-CoV-2.

Facing this crisis, we assembled a team here at the Quantitative Biosciences Institute (QBI) at the University of California, San Francisco, to discover how the virus attacks cells. But instead of trying to create a new drug based on this information, we are first looking to see if there are any drugs available today that can disrupt these pathways and fight the coronavirus. So far, we've identified 27 FDA-

approved drugs that we hope will narrow and speed up the search.

The team of 22 labs, that we named the QCRG, is working at breakneck speed – literally around the clock and in shifts – seven days a week. I imagine this is what it felt like to be in wartime efforts like the Enigma code-breaking group during World War II, and our team is similarly hoping to disarm our enemy by understanding its inner workings.

A stealthy opponent

Compared with human cells, viruses are small and can't reproduce on their own. The coronavirus has about 30 proteins, whereas a human cell has more than 20,000.

To get around this limited set of tools, the virus cleverly turns the human body against itself. The pathways into a human cell are normally locked to outside invaders, but the coronavirus uses its own proteins like keys to open these "locks" and enter a person's cells.

Once inside, the virus binds to proteins the cell normally uses for its own functions, essentially hijacking the cell and turning it into a coronavirus factory. As the resources and mechanics of infected cells get retooled to produce thousands and thousands of viruses, the cells start dying.

Lung cells are particularly vulnerable to this because they express high amounts of the "lock" protein SARS-CoV-2 uses for entry. A large number of a person's lung cells dying causes the respiratory symptoms associated with COVID-19.

There are two ways to fight back. First, drugs could attack the COVID-19 treatment might already exist in older drugs | Considerablevirus's own proteins, preventing them from doing jobs like entering the cell or copying their genetic material once they are inside. This is how remdesivir – a drug currently in clinical trials for COVID-19 – works.

A problem with this approach is that viruses mutate and change over time. In the future, the coronavirus could evolve in ways that render a drug like remdesivir useless. This arms race between drugs and viruses is why you need a new flu shot every year.

Alternatively, a drug can work by blocking a viral protein from interacting with a human protein it needs. This approach – essentially protecting the host machinery – has a big advantage over disabling the virus itself, because the human cell doesn't change as fast. Once you find a good drug, it should keep working. This is the approach that our team is taking. And it may also work against other emergent viruses.

Learning the enemy's plans

The first thing our group needed to do was identify every part of the cellular factory that the coronavirus relies on to reproduce. We needed to find out what proteins the virus was hijacking.

To do this, a team in my lab went on a molecular fishing expedition inside human cells. Instead of a worm on a hook, they used viral proteins with tiny chemical tags attached to them – termed a "bait." We put these baits into lab-grown human cells and then pulled them out to see what we caught. Anything that stuck was a human protein that the virus hijacks during infection.

By March 2, we had a partial list of the human proteins that the coronavirus needs to thrive. These were the first clues we could use. A team member sent a message to our group, "First iteration, just 3 baits... next 5 baits coming." The fight was on.

Counterattack

Once we had this list of molecular targets the virus needs to survive, members of the team raced to identify known compounds that might bind to these targets and prevent the virus from using them to replicate. If a compound can prevent the virus from copying itself in a person's body, the infection stops. But you can't simply interfere with cellular processes at will without potentially causing harm to the

body. Our team needed to be sure the compounds we identified would be safe and nontoxic for people.

The traditional way to do this would involve years of pre-clinical studies and clinical trials costing millions of dollars. But there is a fast and basically free way around this: looking to the 20,000 FDA-approved drugs that have already been safety-tested. Maybe there is a drug in this large list that can fight the coronavirus.

Our chemists used a massive database to match the approved drugs and proteins they interact with to the proteins on our list. They found 10 candidate drugs last week. For example, one of the hits was a cancer drug called JQ1. While we cannot predict how this drug might affect the virus, it has a good chance of doing something. Through testing, we will know if that something helps patients.

Facing the threat of global border shutdowns, we immediately shipped boxes of these 10 drugs to three of the few labs in the world working with live coronavirus samples: two at the Pasteur Institute in Paris and Mount Sinai in New York. By March 13, the drugs were being tested in cells to see if they prevent the virus from reproducing.

Dispatches from the battlefield

Our team will soon learn from our collaborators at Mt. Sinai and the Pasteur Institute whether any of these first 10 drugs work against SARS-CoV-2 infections. Meanwhile, the team has continued fishing with viral baits. So far we have found 332 human proteins that the coronavirus co-opts, and there are drugs that interact with 66 of those proteins. We published the results of our work, which has not yet been peer-reviewed, on March 22 in the hope that labs around the world can start to test these drugs and find a treatment as fast as possible.

The good news is that so far, our team has found 69 existing drugs that bind the human proteins we've identified. 27 of these are FDA approved, and 42 are in clinical or pre-clinical trials. This large number makes me hopeful that we'll be able to find a drug to treat COVID-19. If we find an approved drug that even slows down the virus's progression, doctors should be able to start getting it to patients quickly and save lives.

Nevan Krogan
San Francisco

Being Mum & Dad

5 Good Parenting Tips

**1. A child is a privilege**

It is a privilege that this child - this bundle of joy - has come through you and arrived in your house. Children are not your property; they do not belong to you. Just see how to enjoy, nurture, and support them. Don't try to make them an investment for your future.

2. Let them be

Let them become whatever they have to become. Don't try to mould them according to your understanding of life. Your child need not do what you did in your life. Your child should do something that you did not even dare to think in your life. Only then will the world progress.

3. True love

People misunderstand that loving their children is to cater to whatever they ask for. If you get them everything they ask for, it is stupidity, isn't it? When you are loving, you can do just whatever is needed. When you truly love someone, you are willing to be unpopular and still do what is best for them.

4. There's no hurry to grow up

It is very important a child remains a child; there is no hurry to make him into an adult because you can't reverse it later. When he is a child and he behaves like a child, it's wonderful. When he becomes an adult and behaves like a child, that's bad. There is no hurry for a child to become an adult.

5. It's time to learn, not teach

What do you know about life to teach your children? A few survival tricks are the only things you can teach. Please compare yourself with your child and see who is capable of more joy? Your child, isn't it? If he knows more joy than you, who is better qualified to be a consultant about life, you or him?

When a child comes, it's time to learn, not teach. When a child comes, unknowingly you laugh, play, sing, crawl under the sofa, and do all those things that you had forgotten to do. So it is time to learn about life.

Isha Foundation

Health Tips

Here is how pepper can lower the risk of heart attack and increase your lifespan

Science says chilli pepper can reduce your risk of dying from heart attack and stroke. This long red pepper is used to prepare stews.

According to a new study, the key to a long life is lying around your kitchen.

The newly released research shows that you can cut the risk of heart attack, stroke and even death by simply eating pepper. However, it has to be a specific kind of pepper.

Scientists have found that eating spicy food containing chilli pepper can increase your lifespan by lowering your risk of dying from heart attack and stroke.

This is according to a study published in a recent issue of the 'Journal of the American College of Cardiology' released last year.

Findings from the research showed that the risk of dying of a heart attack went down by 40% for people who regularly consumed chilli pepper (four times a week or more).

Overall, the mortality risk reduced by 23% while the risk of death from stroke lowered more than half in people who consume chilli pepper regularly compared to those who did not.

"In a model adjusted only for age, sex, and energy intake, regular consumption (4 or more times each week) of chilli pepper was associated with 23% lower risk of all-cause mortality, as opposed to none/rare intake, and results remained substantially unchanged in the fully adjusted model," the study stated.

The study was done by monitoring the health status and eating habits of 22,811 men and women living in Molise, Italy over eight years. Some of the participants ate chilli and some did not.

Chilli pepper

Commenting on the research, the study lead author Marialaura Bonaccio, an epidemiologist at the Mediterranean Neurological Institute (Neuromed) said, "An interesting fact is that protection from mortality risk was independent of the type of

diet people followed.

"In other words, someone can follow the healthy Mediterranean diet, someone else can eat less healthily, but for all of them chilli pepper has a protective effect."

Sharing his thoughts on the study, Duane Mellor, a registered dietitian and senior teaching fellow at Aston Medical School in the UK, noted that it does not necessarily show a strong link between the consumption of chilli and having a healthy life.

"It is plausible people who use chillies, as the data suggests also used more herbs and spices, and as such likely to be eating more fresh foods including vegetables," he stated.

Following the results of this study, the team now has plans to figure out exactly what makes chilli so good for our health.

Extra health benefits of eating chilli pepper

This is not the first science has attributed certain health benefits to the chilli pepper which is rich in numerous minerals, vitamins and antioxidants.

Some additional health benefits include:

- Improves digestive health and metabolism
- Aids weight loss.
- Chilli pepper aids weight loss.
- Alleviates migraines and joint pain.
- May decrease the risk of cancer and type 2 diabetes.
- Fights flu, colds, fungal infections and inflammation.
- Promotes the growth of red blood cells.
- Can be used to treat wrinkles, acne scars, dark spots and keep your hair healthy.

Side effects

It is important to add that chilli pepper is very spicy and hot so it should be consumed in moderation to avoid redness, stomach pain and diarrhoea.

Living Better

Warren Buffett's top productivity tool

I'm a fan of Warren Buffett.

I love his humility, his intensity and his dedication to philanthropy.

His biography 'Buffet: The Making of An American Capitalist' is one of my favourite books.

I have also been affected by this quote of his:

"The difference between successful people and very successful people is that very successful people say 'no' to almost everything."

World-class is so much more about what you don't do, rather than what you actually do.

Amazing producers and world-changers are Masters of The Thoughtful No. And while your To-Do list is important, your Not-To-Do list is essential.

6 activities to release from your days so you upgrade your success:

1. **Stop focusing on the cost of something** (like a work tool or a trip you've always longed to take) versus the value you'll receive from the investment. Cheap is more expensive.

2. **Stop going on social media** without a clear intention of your outcome. Too many potential genius-grade producers use "likes" as an escape. And to medicate the sorrow of human potential unexpressed.

3. **Stop starting your weeks without a clear and calibrated game plan.** That's like attempting to scale Everest with no strategy. Hope and prayers are not a map. And luck loves the prepared.

4. **Stop using victim-speak.** Our words have dazzling

power to shape our results. And to energize ourselves. Excuses, gossip and criticism diminish your native talents. And degrade your original magic.

5. **Stop using your phone as an alarm clock.** It's just too easy to begin your day checking email or notifications this way, taking you down a digital rabbit hole of terrific distraction and toxic interruption.

6. **Stop listening to the trolls.** Releasing your poetry into the world is a threatening act to stuck people. You modelling possibility and demonstrating creative bravery brings up their acts of potential betrayed. It's far easier to sling arrows at your art than step up their own courage. And produce work that wows.

Robin Sharma

'Dadi Amma Dadi Amma Maan Jao' serial actress Sheen Das wants to bridge the difference between big and small city

Television actress Sheen Das will soon be seen in the serial '*Dadi Amma Dadi Amma Maan Jao*'. Sheen has also previously worked as a lead actress in Rajshri Production. Sheen considers herself very lucky as this is the first time when Rajshri Production has repeated its lead actress in a show. Recently, during a conversation with Dainik Bhaskar, Sheen shared some things related to her personal and professional life with us.

Happy with my achievement in a short time

Usually, these production houses do not repeat the actresses, but when I received a call for the show again, obviously I couldn't believe it for a while. My previous show '*Piyaa Albela*' may have run for a short time but it seems that I had made a very good repo in that short time and hence got a chance again. I am very happy and I will try my best to meet the expectations of the makers.

I have to live up to expectations of veteran actors

I auditioned for the show and had to attend a lot of workshops. The team wanted me to look completely different from my old character. For which we used to attend workshops four times a week. During those workshops, I worked very hard on dialogues and body language. There are some veteran actors in this show; I have to live up to their expectations too.

I also want to bridge the difference between big and



small city

Talking about the show, I personally relate to it a lot. The small-town girl, who does not have parents, has many responsibilities but she also has dreams of her own, which she wants to fulfill. I personally feel that many small-town girls do not get a chance to compete because whenever you go to a big city, the first question you are asked is where you are from and you are judged accordingly. No matter how big you have achieved, it definitely matters to some people to which city you belong. It happened to me too and to be honest, like my character, I also want to remove the difference between big and small city.

If not an actor, I would have become a journalist

I always wanted to become an actor, but I could not understand where to start to fulfill this dream. I did a course in journalism and then did an internship with a news channel in Delhi. The place where the channel had its office, the shooting of a show called '*Airlines*' was going on. There I auditioned and there was a time that the show's actor was not able to read her lines properly. The production house gave me a chance and asked me to read those lines. I correctly read the lines and my journey to become an actor began. I got a real recognition with '*Piya Albela*'. I would have been a journalist had I not become an actor.

Jennifer Winget, Hina Khan, Divyanka Tripathi, and Sriti Jha: The highest-paid TV actresses



which was one of the highest generating TRP shows of all time. According to reports, Hina Khan gets paid a whopping sum of Rs 150,000 to Rs 200,000 per episode.

Divyanka Tripathi is a popular TV actress, who made her acting debut in the TV industry for Doordarshan. She earned nation-wide fame and recognition with Zee TV's character of Dr. Ishita Bhalla in Star Plus's '*Ye Hai Mohabbatein*'. Besides acting, Divyanka Tripathi hosted several awards shows and she has been a part of dance reality show '*Nach Baliye*'. She charges a whopping amount of Rs 80,000 to Rs. 85,000 per episode.

Jennifer Winget is one of the most beautiful and talented Hindi TV actresses. She is popularly known for her roles Kumud Desai in '*Saraswatichandra*', Maya Mehrotra in '*Beyhadh*' and Zoya Siddiqui in '*Bepannah*'. Jennifer Winget made her acting debut as a child actor when she was merely a 12-year old in '*Raja Ko Rani Se Pyar Ho Gaya*'. Later, as an adult, she went on to work in scores of Indian TV shows. According to reports, earlier the actress was being paid Rs 80,000 to Rs. 85,000 per episode but now her paycheck has been increased to Rs 100,000 per episode.

Sriti Jha, the leading lady of a top popular show of Zee TV '*Kumkum Bhagya*' is also among the most paid actresses. She is said to be earning around Rs 70-75,000 per episode. Her character of Pragya is famous in every house of India.

Mohit Malik opens up on 'Kullfi Kumar Bajewala' going off-air

Mohit Malik made his television debut with *Miilee*. After that, he did various TV shows like '*Pari Hoon Main*', '*Banoo Main Teri Dulhann*', '*Godh Bharaai*', '*Mann Kee Awaaz Pratigya*', and '*Phulwa*'. The actor is currently seen in '*Kullfi Kumarr Bajewala*' as Sikandar Singh Gill. However, the show will soon go off air.

In an interaction with a leading portal, he spoke about his feelings on the same and more. Read on.

You had been a part of many shows before but your character Sikandar in Kullfi Kumarr Bajewala has earned you a special place in people's hearts. How does it feel to be leaving the show?

Yes, it is still sinking in that '*Kullfi*' is going to be off air soon, but as they say, ending is a new beginning, so that is how I am looking at this. Bidding goodbye to the show has definitely got me very emotional, as not only me but our entire cast and crew over the last two years has got very attached to the show. So it definitely is going to be a teary farewell for us as well as the show's well-wishers and fans.

What are your plans after the show?

I am definitely looking at some me time post the show. I would like really like to unwind and relax for a while at the moment.

Is there any kind of roles that you are looking for?

I am someone who likes to experiment with what I can showcase on screen, as my diversity as an actor is what eventually brings out the best in me. So a script or role that intrigues me or is something I have not worked on before is definitely what I am going to look at.



A Cardiologist's Tips for Staying Healthy

during the Covid-19 outbreak

Many of my patients are asking how they can stay healthy in the setting of Covid-19. They are concerned because they have read that those with heart disease, high blood pressure, and diabetes may be at an even higher risk for serious illness from the novel coronavirus (Covid-19, which is also called SARS-CoV-2).

And they are right to be concerned. The very early (meaning, it can change) information suggests that being older, having heart disease, high blood pressure, diabetes, as well as lung disease, HIV, being immunocompromised, and being pregnant may all predict a more severe Covid-19 illness.

But that does not mean that you are helpless when it comes to minimizing your risk of Covid-19.

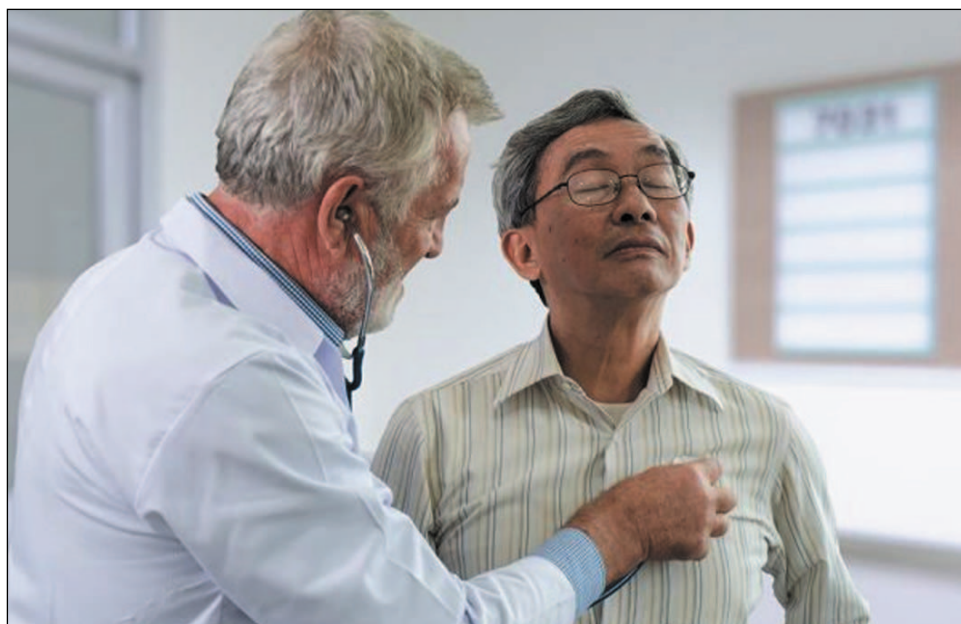
The prevention strategies that have been discussed over and over are critically important.

These are all incredibly important, but they are not all that you can do.

Good health habits: even more important

Good health habits are always important, but take on additional urgency considering the Covid-19 pandemic.

We want our bodies and immune system to be at their strongest, yet the barriers to healthy behaviors are even higher right now. Gyms are closed, our patterns are disrupted, and the anxiety and stress may be affecting our sleep. Combine this with losing some of our stress-relieving outlets like church, social



gatherings, sports, or even going out for dinner, and it's easy to see how our health habits can slip, even at a time when they should be a high priority.

Here are the most important tips I share with my patients to help them stay strong and healthy through the Covid-19 pandemic.

Get your sleep

If you aren't getting enough sleep, your health will suffer. Most people need 7-9 hours a night. The important thing to avoid is the "I will sleep when I'm dead" approach. I'm not joking when I say that this approach may get you there sooner than you'd like.

Stay active

Gyms are closed (as they should be right now), but that doesn't mean you can't be active. Go for a walk, do some body-weight exercises (like push-ups, squats, lunges, burpees) or follow an exercise or yoga class online. It's important to do something active every day, even if it's for 5-10 minutes.

Eat nutritious food

Packaged foods are convenient, easy to store, and last forever. They are also likely to be ultra-processed and lead to weight gain and poor health. Instead, look for natural foods that you can store for a while. Good choices are canned fish or chicken, canned beans, canned or frozen vegetables, hard cheeses, eggs, nuts and

seeds, fruits, avocados, berries, and whole grains like oatmeal.

Avoid stress eating. And drinking

As much as 40% of us are self-described as emotional eaters. Be aware if you are prone to this and be thoughtful when you reach for something to eat. Am I really hungry? Or just bored, anxious, or otherwise stressed? If the answer is that you are not hungry, see if drinking a glass of water or going for a walk will help with your cravings. Also, it's common to turn to alcohol during times of stress. Notice if your alcohol intake is more than usual, and be aware of ways that your drinking may be affecting your health - like poor sleep, poor food choices when drinking, or not being active the next day because you don't feel your best.

Practise stress management

Effective stress management techniques include controlled breathing, meditation, gratitude practice, among many others. Some find physical activity and getting enough sleep to be the most effective stress management technique. Whatever works for you, focus on making it a priority right now. And if you don't have an established stress management technique, this may be an ideal time to find one!

Better health is often a lower priority in times of stress and turmoil. However, particularly in these days of COVID-19, taking care of your health is not selfish. It's selfless. Your family and friends need you to stay healthy. We need you to stay healthy.

R. Todd Hurst, MD, FACC - WebMD



A Doctor's Tips for Diabetes Patients

with your diabetes team. Do they/will they offer tele-medicine visits? Managing your diabetes and controlling your blood sugar is important for keeping your immune system at its best.

To prepare, here's what I recommend:

- **Monitor your diabetes even more closely than usual.** During stress, it makes sense to monitor your blood sugars more often.
- **Have extra meds. Ask your doctor or pharmacist for refills now.** This may be out of sync with your insurance coverage and you may need to pay out-of-pocket but chose generics like old-fashion insulin vials and syringes. Have one extra week of supplies in case you get sick. If you can't go out, have them delivered or reach out to a neighbor to help.
- **Stay connected.** Our community helps us thrive. Use social media, or just your phone to connect during this crisis.
- **Stock up.** Make sure to have plenty of canned and frozen fruits and vegetables on hand. Before using, rinse them thoroughly before using since they have excess salt or sugar, which can throw a monkey wrench in your diabetes management.

- **Don't forget carbs.** Have simple carbs available - regular soda, honey, jam, Jell-O, hard candies or popsicles help keep your blood sugar up if you are at risk for lows or too ill to eat.
- **Be creative with your meals.** It's never too late to experiment in the kitchen with diabetes-friendly recipes. American Diabetes Association has plenty of heart and diabetes recipes.
- **Exercise daily.** While you may not be able to keep your regular routine of going to the gym, you do need to keep exercising. It's a must for managing blood sugars and decreasing stress. So, set up a corner of your home with equipment, mats, video, etc. Now's a great time to try a new workout app.
- **Get plenty of sleep.** To set yourself for a good night's rest, practise meditation, prayer, and optimism - AND place a curfew on the internet and news. At a certain time in the evening, start dimming the lights in your home and put away screens.
- **Stay up to date.** Information changes rapidly. Check your local /state authorities on recent changes in your community.

Brunilda Nazario, MD -- WebMD

If you have diabetes, the coronavirus outbreak probably feels like a rollercoaster of uncertainty. Right now, being prepared and reaching out is critical.

Speak to your doctor about maintaining a care plan