

7 Basic Monsoon Health Tips and Precautions to Stay Healthy During Rainy Season

Rain in India brings us life and energy. The monsoon season brings that much-needed relief to the scorched land. However, besides being very refreshing, the heavy rains also provide a breeding ground for mosquitoes and a humid environment, which in turn can lead to rapid spread of microbe-borne diseases. Malaria, dengue, flu, chikungunya, leptospirosis, etc. are some of the common health conditions that pose a threat to your health during the rainy season.

No need to book separate tests for diagnosis now. Book a fever profile test and find

what is causing that high temperature or other health symptoms.

You can only enjoy any season if you and your loved ones are healthy and fit. Here are 7 basic (and no hi fi) health tips to keep you healthy during monsoon:

1. Make sure you drink clean water
2. Getting stomach woes during rain due to high chances of water resources being contaminated can be quite common. The best option is to get safe drinking water from an apt water filter at your home, depending on the water filtration needs

in your locality. Another safe option is to boil drinking water before using. If you are traveling, take your water bottle with you or just rely on sealed, packaged water.

2. Loading up on probiotics and fresh vegetables

It is advisable to ensure you keep your gut flora happy at all times. Take sufficient probiotics like curd, yogurt, etc. This ensures healthy levels of good gut bacteria. Avoid stale food at all times as they may attract infection-causing germs early on. Include fresh vegetables in your diet to get a lot of proteins, fibre and other

nutrients. Wash the vegetables well and avoid eating raw foods as much as possible.

3. Avoid street food: Street food is usually spicy, junk food and can lead to bloating, acidity and indigestion. Also, you can never be sure of what goes inside the street food. The vegetables and water used to make the food might get exposed to constant humidity and can even be contaminated. These unhygienic conditions can cause one to get various infections ranging from typhoid to cholera.

Do not overeat and stick to eating small meals once every few hours.

4. No rain dance please: It is very normal to feel tempted to get that rain shower. However, the pollutants and dirt can get trapped on skin and hair and on you. While you can spend some time in the rain avoid a long shower. Just after you get drenched, take a warm bath.
5. Binge on immunity-boosting fruits: An apple a day can really help you clean up the toxins present in the liver and boost your immunity. Including vitamin C rich fruits like oranges, mosambi is considered one of the healthiest ways to boost immunity and fight infection. Fruits are rich, natural sources of vitamins and minerals that are essential for an individual to maintain health and strength.
6. Use insect repellents and prevent mosquitoes: Do not walk on pavements as roads filled with excess rain water intentionally. These are breeding grounds for mosquitoes that are carriers for several life-threatening diseases such as malaria and dengue. Use insect repellents, mosquito nets, and wear full

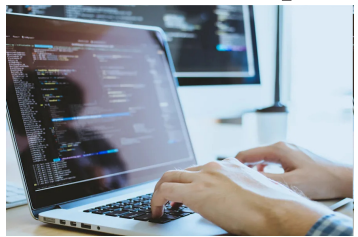
sleeve clothes while going out, especially in the evening.

7. Prioritize your health and do not delay diagnostic tests: Many diseases present with fever, cold-like symptoms, joint and muscle pain. Your doctor can advise you to get certain lab tests done in order to confirm the diagnosis. Do not doubt your doctor. He cannot get to know what's causing your symptoms without a diagnostic examination. Hence, it is extremely important to take care of your health and get tests suggested by your doctor.

If you have comorbidities

and need to get tests done from time to time, do not delay them. A good way to identify any symptoms and nip them in the bud before they get too serious is to get your annual preventive health checkups regularly. It is an important measure to prevent you from falling sick. However, besides being very refreshing, the heavy rains also provide a breeding ground for mosquitoes and a humid environment, which in turn can lead to rapid spread of microbe-borne diseases. Malaria, dengue, flu, chikungunya, leptospirosis, etc.

5 Reasons Why Web Development is Important



is a way to show your audience how you treat them. Deterrents include poor navigation, outdated content, and sloppy design. These deterrents signal to your audience that you don't care about them.

SEO is a vital promotion strategy for every business. Google rankings matter no matter what niche you are in for organic traffic. Optimizing is the only way for you to reach a wider audience in highly-censored industries such as cannabis.

Most consumers find products and services online. Your visibility in search engine results pages (SERPs) determines how many people click on your link. Google considers around 200 factors regarding your site's on-page (content layout, mobile optimization, and backlinks).

Your website will be seen by more customers when they search for it. This will increase the number of visitors to your site and convert more people into customers. No matter what your goal is, whether it's sales or subscribers, you will need an SEO plan that your website can support.

Professional development teams will design a fully functional and visually appealing site to promote your brand and drive sales. These services are in high demand. The Bureau of Labor Statistics (BLS) predicts that web development will increase by 8% in 2023, which is higher than the average.

Companies may choose to use drag-and-drop builders

such as the WordPress template, instead of hiring web developers. Their limited functionality doesn't allow brands to create an unforgettable, unique, and personal experience. You can use web development to your advantage.

Build Trust
Poorly designed websites are a red flag. Consumers are used to perfect navigation and design. Your e-store will only sell a few customers if it looks outdated. Companies that don't keep their design and content current are considered shady. Web design is an excellent investment that will increase engagement and help you guide your visitors through your sales funnel.

It is important to make a first impression. A user only takes a few seconds before they form an opinion. Are they going to stay on your website or leave? Potential customers will leave your site if they don't like it. Without a professionally-looking site, you are guaranteed to miss out on leads.

Websites are like customer service representatives. Your website

is expensive. The website is the foundation and reference point of digital marketing efforts. All posts on social media and content should link to the landing pages of that platform.

Websites are more important than social media. A well-designed store says a lot about the company running it. It conveys expertise, reliability, and experience.

Beat Your Competitors
No matter your industry, your best competitors will have used professional web services. You will be outanked by your competitors and lose

- . Layout and design;
- . Content creation;
- . Network security;
- . Front-end, back-end scripting.

The front-end dimension encompasses all elements that users can interact with and see, including buttons, images, menus, and other items. The back-end is similar to the foundation of a house. It contains databases, servers, and other "behind-the-scenes" features.

Optimizing your website for the correct keywords is essential to web development. These keywords should be used sparingly and naturally in the content, title, description, image tags, and other elements. Proper optimization is essential to rank high in the SERPs. Optimized sites allow their owners to:

- . Drive sales with no ads;
- . Assess marketing efficiency, calculate ROI;

business leads if you have a good-quality website.

Invest in high-quality UX/UI to make your business stand out. Highlight the unique features of your products and services. Your audience should immediately see why you are better than other companies.

Your brand can only be made memorable and recognizable by consistency in its aesthetics. A custom development team will adapt your company's colors, styles, and logo to every web page. Strong associations can be built by a comprehensive approach to design.

More people will notice your website and become familiar with your business. You will eventually get more can come down on costs.

Make use of online marketing

All you need to know about the new mobile banking virus

The new mobile banking 'Trojan' virus - SOVA - which can stealthily encrypt an Android phone for ransom and is hard to uninstall is targeting Indian customers. SOVA was earlier focusing on countries like the US, Russia and Spain, but in July 2022 it added several other countries, including India, to its list of targets. India's federal cyber security agency issued an advisory saying that the virus has upgraded to its fifth version after it was first detected in the Indian cyberspace in July.

Emergency Response Team or CERT-In is the federal technology arm to combat cyber attacks and guards the Internet space against phishing and hacking assaults and similar online attacks. The agency said the malware is undetected via SMS phishing (or phishing via SMS) attacks, like most Android banking Trojans.

The lethality of the virus can be gauged from the fact that it can collect keystrokes,

steal cookies, intercept multi-factor authentication (MFA) tokens, take screenshots and record video from a webcam and can perform gestures like screen click, swipe etc. using Android accessibility services. Another key feature of the virus, according to the advisory, is the refactoring of its "protections" module, which aims to protect itself from different victim actions. For example, it said, if the user tries to uninstall the malware from the settings or press the icon, SOVA is able to intercept these actions and prevent them by returning to the home screen and showing a toast (small popup) displaying "This app is secured". It can jeopardise the privacy and security of sensitive customer data and result in "large-scale" attacks and financial frauds. India's federal cyber security agency issued an advisory saying that the virus has upgraded to its fifth version after it was first detected in the Indian cyberspace in July.

Here's all you need to know about the SOVA virus

SOVA can add false overlays to a range of apps and 'mimic' over 200 banking and payment applications in order to act on the Android user.

The latest version of this malware hides itself within fake Android applications that show up with the logo of various famous legitimate apps like Chrome, Amazon, NFT (non-fungible token) linked to crypto currency) platform to deceive users into installing them.

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Decoding the royal Gaekwadi paghdi's X factor

AHMEDABAD: The erstwhile Baroda state was one of the richest and most popular kingdoms during the British era and the visionary ruler, Maharaja Sayajirao Gaekwad III, developed it into a developed region. The dapper king, however, went from sporting a big paghdi to a smaller, more compact version. Radhikaraje Gaekwad, the member of the royal Gaekwad family, has also described the fascinating Gaekwadi paghdi in her Instagram post. 'In India every royal family had their own distinct headgear; in Baroda, we have the Gaekwadi paghdi. From its original height of 38 metres of narrow Chanderi fabric to the present day's 21 metres, our paghdi has seen a few alterations over the centuries. Although sindoori red or crimson was usually the choice of colour, the Maharaja is said to wear green or Moharram and Eid,' she posted. 'From the more elaborate one of Maharaja Khanderao that accommodated his magnificent Sirpach and Turras (ariquette and pearl tassels)' to Sayajirao III's simple paghdi that he wore even with his Saville Row suits on his travels abroad, the Gaekwadi paghdi has many stories to tell. Here's an interesting fact: Maratha boys and men always sport a Gandha or a vermilion dot on their foreheads to accompany their headgear as an auspicious mark,' she added.

occasions, jewellery or a feather adorned the king's paghdi.

The current royal scion, Samarjitsinh Gaekwad, a member of the royal Gaekwad family, has also described the fascinating Gaekwadi paghdi in her Instagram post.

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The survey concluded that the best mattress one should consider before making their next purchase. The survey concluded that your choice, its softness firmness2. While customer preferences varied from soft to firm, research and experts alike suggest that too soft of a mattress can increase chances of cervical lordosis and disc loading, while too hard of a mattress can be too rigid for certain musculoskeletal conditions and do not support adequate postural alignment3,4. One important thing they suggested to keep in mind too, is that you can always soften up a firm mattress with toppers, but you can't harden up a soft mattress. You should avoid going too soft even if you prefer it, as it may create more harm over time5. With that said, the most recommended mattress types were determined by taking an average of pros and cons of available models on the market. Adjustable air, memory foam, and coil mattresses came out on top. The lowest performer was waterbeds, with 100% of participating chiropractors and research concluding that not only are they not recommended, they are highly discouraged for everyone. As far as when to replace a mattress? On average, experts recommend to replace them every 5-10 years. Body size, sleep position, mattress quality, and significant health conditions do affect their longevity however6. A good way to judge when it's time for a replacement is when you notice any visible breakdown or dip in the middle, or if you experience an increase of back pain with your aging mattress. Another consideration is that springs and foam may wear out faster, while air doesn't break down as easily or as quickly.

Faking cold? Beware, your boss will nail the lie

Surat : A team of three researchers from Sardar Vallabhbhai National Institute of Technology (SVNIT) in association with a researcher from Rhenish University of Applied Sciences of Germany have developed an algorithm that can distinguish a normal voice and one with common cold. What's more, one need not even listen to the entire sentence as the artificial intelligence-based system can do it with just one or two words. A paper on the study 'Sinusoidal model-based diagnosis of the common cold from the speech signal' has been recently published in Biomedical Signal Processing and Control.

The team of researchers includes Suman Deb, assistant professor, his PhD students Pankaj Warule and Siba Mishra. Jarek Krajewski is their associate in the study from Germany. 'We studied a database of voice samples of 630 individuals provided by our German study partner. We extracted features from the voices that had cold or normal. Then the machine was trained to identify the features through deep learning,' said Deb, who has been doing a research in this area since 2015. 'With this AI-based system, one or two words are enough to confirm if a person has a common cold,' he said. The idea

behind the research is to develop speech signal-based non-invasive diagnostic techniques that can work remotely as well. Association with a database, the accuracy of the algorithm was around 70% that identified voices with cold or no cold. 'As the algorithm develops, one can get tested for common cold through the system over the phone, and doesn't need to go to a doctor for testing. Similar studies are being done world over for other illnesses like Parkinsons, asthma, cancer in head and neck,' said Warule.urat : A team of three researchers from Sardar Vallabhbhai National Institute of Technology (SVNIT) in association with a researcher from Rhenish University of Applied Sciences of Germany have developed an algorithm that can distinguish a normal voice and one with common cold. What's more, one need not even listen to the entire sentence as the artificial intelligence-based system can do it with just one or two words. A paper on the study 'Sinusoidal model-based diagnosis of the common cold from the speech signal' has been recently published in Biomedical Signal Processing and Control.

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SLEEP HEALTH AND YOUR MATTRESS

A recent survey conducted by ChiroUp, asked 200 chiropractors and 1000+ customers for their feedback on what they believe to be the best mattress on the market. Their findings were based on a combination of reported customer satisfaction, evidence-based research, and expert opinion. In addition, types of mattresses considered in this study were adjustable air, memory foam, coil, latex, hybrid/other, and waterbeds. While the data did not confirm any one mattress being the right pick for everyone, it did create a great baseline to consider before making your next purchase.

The survey concluded that what is paramount when making your choice, its softness firmness2. While customer preferences varied from soft to firm, research and experts alike suggest that too soft of a mattress can increase chances of cervical lordosis and disc loading, while too hard of a mattress can be too rigid for certain musculoskeletal conditions and do not support adequate postural alignment3,4. One important thing they suggested to keep in mind too, is that you can always soften up a firm mattress with toppers, but you can't harden up a soft mattress. You should avoid going too soft even if you prefer it, as it may create more harm over time5. With that said, the most recommended mattress types were determined by taking an average of pros and cons of available models on the market. Adjustable air, memory foam, and coil mattresses came out on top. The lowest performer was waterbeds, with 100% of participating chiropractors and research concluding that not only are they not recommended, they are highly discouraged for everyone. As far as when to replace a mattress? On average, experts recommend to replace them every 5-10 years. Body size, sleep position, mattress quality, and significant health conditions do affect their longevity however6. A good way to judge when it's time for a replacement is when you notice any visible breakdown or dip in the middle, or if you experience an increase of back pain with your aging mattress. Another consideration is that springs and foam may wear out faster, while air doesn't break down as easily or as quickly.

Also, when you make a new purchase you should go with a seller who offers a trial period of 60-90 days with a reasonable return or exchange policy. You will need ample time to properly try your new mattress out to make sure it's the right fit. With a 40-45% increase of online mattress sales, this proves to be especially important7,8.

The bottom line?

You will likely have success with a variety of mattresses so long that they are medium-firm, though an adjustable air, memory foam, or coil mattress may provide you with the most value. Expect to replace your mattress every 5-10 years, and make certain that you purchase from a seller with an adequate trial period and robust return/exchange policy.

|| Shree Ganeshaya Namah ||

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STANDALONE AUDITED FINANCIAL RESULTS FOR THE QUARTER AND YEAR ENDED 31ST MARCH, 2023

(Rs. in Lacs)

PARTICULARS	QUARTER ENDED		YEAR ENDED		
	31/03/2023	31/12/2022	31/03/2023	31/03/2022	31/03/2022
	Audited	Un-Audited	Audited	Audited	Audited
PART I					
1. Net Income from Operation	1,609.01	1,850.76	949.74	7,214.94	4,702.99
2. Expenditure					
a. Consumption of Raw Material					
b. Purchase of Stock-in-Trade	2,158.64	1,463.52	9,555.07	7,223.54	4,414.94
c. Change in Inventories of Finished Goods & Work-in-progress	(483.70)	333.46	(113.81)	(301.31)	(1,951.91)
d. Employees Benefits Expenses	10.31	28.55	33.21	93.34	94.41
e. Depreciation	13.21	12.21	5.72	13.21	5.72
f. Other Expenses	438.82	154.16	51.65	138.90	129.43
g. Total Expenditure	2,137.28	1,979.68	9,706.65	7,167.48	4,446.59
h. Profit from Operations before Other Income, Interest & Taxes	(466.37)	(128.92)	179.00	474.46	254.40
i. Other Income	12.60	0.19	2.11	12.83	2.12
j. Profit before Interest and Exceptional Items (2+4)	(453.77)	(128.73)	200.88	482.29	256.51
k. Financial Cost	21.01	14.70	12.23	61.41	53.35
l. Profit after Interest but before Exceptional Items (5-6)	(454.78)	(143.43)	7.77	(132)	203.16
m. Exceptional Items					
n. Profit/(Loss) from Ordinary Activities before Tax (7+8)	(454.78)	(143.43)	7.77	(132)	203.16
o. Taxation Expenses					
a. Current Tax	-	-	-	1.88	57.75
b. Deferred Tax Liability/(Assets)	-	-	0.20	1.20	2.00
c. Total Tax Expenses	-	-	0.20	3.08	59.75
11. Net Profit/(Loss) from Ordinary activities after tax (9-10)	(454.78)	(143.43)	7.77	(139)	144.21
12. Extraordinary Items					
13. Net Profit/(Loss) for the period (11-12)	(454.78)	(143.43)	7.77	(139)	144.21
14. Profit/(Loss) for the period from discontinuing operations					
15. Tax expense on discontinuing operations					
16. Profit/(Loss) for the period from discontinuing operations (14-15)					
17. Other Comprehensive Income					
a. Items that will not be reclassified to profit and loss					
b. Items that will be reclassified to profit and loss					
TOTAL COMPREHENSIVE INCOME (13+16+17)	50.00	50.00	50.00	50.00	50.00
18. Prior year Equity Reserves					
(Face Value of Rs. 1/- each per share)	50.00	50.00	50.00	50.00	50.00
19. Reserve excluding Revaluation Reserve as per previous year					
(28.07)					
20. Earning Per Share	(9.10)	(2.87)	0.16	(0.06)	2.88
a. Basic & Diluted EPS	(9.10)	(2.87)	0.16	(0.06)	2.88
After Extraordinary Items	(9.10)	(2.87)	2.91	(0.06)	2.88
a. Basic & Diluted EPS	(9.10)	(2.87)	2.91	(0.06)	2.88

NOTES

1. The above audited results have been reviewed by the Audit Committee and taken on record by the Board of Directors at their meeting held on 23rd May, 2023

2. The company is not carrying any segment in its business activities therefore no segment reporting has been done.

3. Previous Period's Year's figures have been regrouped /recast wherever necessary to make them comparable with those of the current period.

FOR, NANDINI TEXCOM (INDIA) LIMITED
Managing Director
ASHOKKUMAR TEKRIWAL
DIN: C 00856178

Place : Surat
Date : 23rd May, 2023