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Healthbeat

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THE RETURN BACK TO JOY

Amygdala Hijack:
When Emotions
Take Control

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Dear Readers,

Welcome to the **46th edition of Health Beat**, your trusted companion in the pursuit of better health, happiness, and well-being.

Happiness is one of life's most desired goals, yet one of its most misunderstood. Ask someone, "Are you truly happy?" and the answer is rarely straightforward. As we grow older, happiness often becomes tangled in ambitions, responsibilities, expectations, and endless pursuits. We begin to associate it with the next promotion, the next milestone, or the next possession. But what if happiness is not something we need to chase? What if it is something we can cultivate in the small moments that already surround us?

This edition explores the idea of simplifying happiness and making it a more natural part of everyday life. Sometimes, the greatest lessons in happiness come from observing a child, finding joy in a simple laugh, a shared conversation, a favourite meal, or a moment of wonder. Perhaps happiness is not about adding more to our lives, but about noticing more of what is already there.

As the world becomes increasingly digital, an important question emerges: **Is our happiness being algorithmized?** Through social media, artificial intelligence, and data-driven platforms, our choices, emotions, and even perceptions of well-being are being influenced in ways we may not always recognise. In this edition, we examine how technology is shaping the modern pursuit of happiness.

We also take a global perspective in our **"Around the World"** section, exploring how different cultures define and experience happiness. After all, well-being is not a universal formula but a reflection of diverse values, traditions, and ways of living.

In **"Think About It,"** We delve into the phenomenon of "amygdala hijack" and learn how a moment of pause can help shift an emotional response into a more deliberate and rational thought process.

And for those seeking inspiration, we'll journey through some of the world's happiest destinations, while also exploring how travel, road trips, and even the simple act of driving can support mental well-being, reduce stress, and help us reconnect with ourselves.

As you turn these pages, we invite you to pause, reflect, and rediscover the simple joys that often go unnoticed in the rush of everyday life. Because true happiness is not always found in extraordinary moments, but in the ordinary moments we choose to appreciate. Sometimes, the most meaningful wellness journey begins not with a destination, but with a shift in perspective.

Happy Reading!

Wishing you great health always!

Best regards,
Rakesh Jain
C.E.O



How Being Happy at Work Affects the Rest of Our Life?

"It starts like any ordinary Monday morning. The alarm rings, you grab your coffee, and head to work, mentally preparing for the day ahead. But something feels different. A colleague greets you with a smile, your team successfully wraps up a project you've been working on for weeks, and your manager appreciates your efforts. By the time the day ends, you're tired, but it's the good kind of tired. You head home feeling accomplished. Now think about how that feeling follows you. You're more cheerful at dinner, more patient with family, and perhaps even motivated enough to take that evening walk you've been postponing. That's the power of being happy at work."

For many of us, work occupies nearly a third of our day. It's no surprise, then, that our experiences at work often influence our overall quality of life. When we enjoy what we do, the positive effects extend far beyond office walls.

A big part of workplace happiness comes from having a sense of purpose. Imagine spending hours on a task without knowing why it matters. Compare that with working on something that helps a customer, supports a team, or contributes to a larger goal. The difference is enormous. Knowing that our efforts make a meaningful impact gives us a sense of accomplishment and motivates us to do our best.

Growth plays an equally important role. Think about the excitement of learning a new skill, leading a project for the first time, or achieving a career milestone. Those moments remind us that we're progressing. They build confidence and make work feel less like a routine and more like a journey.

Of course, work isn't just about tasks and targets. It's also about people.

Most of us can recall a challenging day that became manageable simply because a colleague stepped in to help. Strong workplace relationships create a sense of belonging. A supportive team that celebrates achievements, shares ideas, and helps one another through difficult moments can transform a workplace into a community.



Feeling valued matters too. When people are respected, heard, and encouraged to be themselves, they are more confident and engaged. They contribute ideas more freely and bring their best selves to work.

The benefits aren't just emotional. Happiness at work can also support **better health** by **reducing stress**, **preventing burnout**, and helping people maintain a **healthier work-life balance**. And when employees feel energised and motivated, organisations benefit from improved productivity, collaboration, and innovation.

Perhaps the most remarkable thing about workplace happiness is that it follows us home. The confidence, positivity, and sense of achievement we gain at work often influence our relationships, hobbies, and overall outlook on life.

The lesson is simple: workplace happiness isn't about free coffee or occasional celebrations. It's about purpose, growth, connection, and feeling valued. When people thrive at work, they carry that positivity into every aspect of their lives.

Because sometimes, a happier life begins with a happier workday.

The secret to a happier life may be simpler than we think: find joy, purpose, and connection at work.



The Pursuit of Happiness

What does happiness look like to you? Is it a promotion you've been working towards? A vacation by the beach? A lively dinner with family and friends? Or simply a quiet evening with a cup of tea and no emails to answer?

If you've ever searched for the secret to happiness, you've probably been flooded with advice: earn more money, travel often, practice gratitude, get married, have children, meditate daily. The confusing part? Most of these suggestions seem to contradict one another.

Fortunately, happiness is far more than a collection of internet trends. For decades, researchers have been trying to answer a simple question: *What really makes people happy?* And one fascinating discovery is that happiness doesn't look the same for everyone.

Money, for example, does matter, but perhaps not in the way many of us think. **Financial security** helps us meet our needs and gives us a sense of freedom and control over our lives. Yet research shows that once basic needs are comfortably met, increasing wealth has a surprisingly small impact on day-to-day happiness.

The same is true for life's major **milestones**. Marriage, parenthood, career achievements, and home ownership can bring joy and meaning, but they are not guaranteed tickets to lifelong happiness. What matters more is how these experiences fit into our personal values, relationships, and lifestyles.



Culture also shapes our definition of happiness. In some parts of the world, happiness is closely linked to family and community. In others, personal achievement and independence play a bigger role. A person thriving in a bustling city may define happiness very differently from someone living in a quiet countryside town.

One encouraging finding is that happiness is not entirely determined by luck or genetics. Many of the factors that contribute to wellbeing are within our control.

Simple habits such as expressing gratitude, helping others, spending time in nature, pursuing meaningful goals, and being present in the moment can have a lasting impact.

So, is there one thing that makes almost everyone happier?

After studying multiple generations over more than 80 years, researchers from Harvard arrived at a surprisingly simple answer: **Strong relationships**. People with meaningful connections tend to be happier, healthier, better equipped to handle life's challenges, and even more likely to live longer.

Perhaps that's the beauty of happiness. It doesn't always come from grand achievements or picture-perfect moments. More often, it is found in shared laughter, meaningful conversations, a sense of belonging, and the people who stand beside us through life's ups and downs.

Happiness wears many faces across the world, but meaningful relationships remain the one thread that connects them all.



Is Your Happiness Being Algorithmized? The Serotonin Connection

The Ancient Pursuit of Happiness

Human beings have spent centuries searching for happiness. Philosophers, spiritual leaders, and psychologists have all attempted to answer a deceptively simple question: What makes us happy?

Interestingly, many ancient traditions suggest that happiness is found within. Modern science, in its own way, appears to support this idea. Our bodies are equipped with a sophisticated internal chemical system that influences how we feel, think, and behave.

Four key neurochemicals are often referred to as our body's *"feel-good" chemicals*:

Dopamine – motivation and reward

Serotonin – mood, satisfaction and well-being

Oxytocin – bonding and trust

Endorphins – pain relief and pleasure

Among them, **serotonin (5-HT)** deserves special attention. It influences mood, learning, memory, sleep, digestion and, most importantly, our sense of contentment.

Unlike dopamine, which is associated with excitement and anticipation, serotonin is linked with feelings of calm, confidence, and emotional balance.

Did you know? The Gut-Happiness Connection

One of the most surprising facts about serotonin is that approximately 90% of it is found in the gastrointestinal tract rather than the brain.

Serotonin affects much more than mood—it contributes to overall physical health.

Stress: The Silent Serotonin Killer

While healthy habits can support serotonin production, chronic stress can undermine it. Prolonged stress affects serotonin neurotransmission and elevates levels of **cortisol**, the body's primary stress hormone. Unfortunately, this is where modern technology enters the picture.

Is Your Happiness Being Algorithmized?

Social media platforms are not designed merely to inform or entertain. Their business models depend heavily on **maximising user engagement**. To achieve this, algorithms continuously learn what keeps users scrolling, clicking, reacting, and returning.

The result?

Human attention is becoming a product, and human emotions are becoming data points.

Taking Back Control of Your Happiness

The solution is not abandoning technology.

Rather, it is recognising that many digital experiences are engineered to capture attention, often at the expense of emotional well-being.



To protect your serotonin system:

- Sleep – eat – exercise - repeat
- Spend time outdoors in natural sunlight
- Exercise consistently
- Prioritise real-world relationships
- Limit social media usage

Can We Increase Our Serotonin Levels Naturally?

The body synthesises serotonin from **tryptophan**, an essential amino acid that must be obtained through diet. Consequently, lifestyle choices significantly influence serotonin levels.

Foods Rich in Tryptophan

Top serotonin-supporting foods include:

Food	Approximate Tryptophan Content
Pumpkin & squash seeds	~576 mg/100 g
Mozzarella cheese	~571 mg/100 g
Chicken & turkey	~400-500 mg/100 g
Chia seeds	~380 mg/100 g
Lean beef	~374 mg/100 g
Soybeans & tofu	High
Oats	Good source
Probiotic-rich foods	Support gut health
Ginseng, Syrian rue, nutmeg*	Traditionally associated with mood support

Consult healthcare professionals before using herbal supplements.

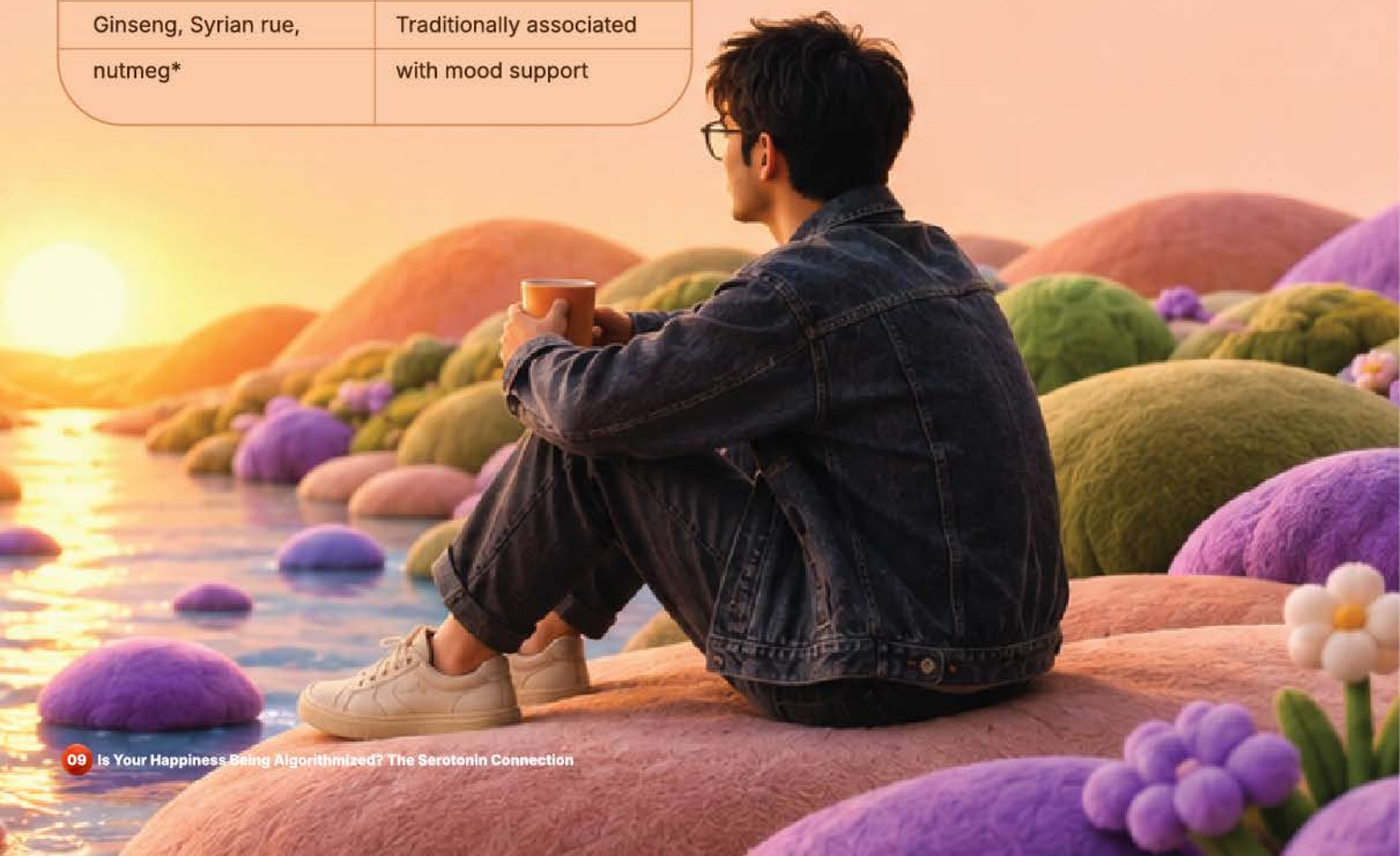
Research shows that regular aerobic exercise combined with strength training can improve mood, reduce stress, and support overall mental health.

Happiness Is Still an Inside Job.



Amit Agarwal

Executive Vice President - Retail UW & Finance



Happiness Around the World: Different Paths, One Shared Goal

What does it really mean to be happy? While the answer may seem straightforward, it varies widely across cultures. Around the world, people pursue happiness in different ways, shaped by their traditions, values and lifestyles. Yet despite these differences, the foundations of well-being are surprisingly **universal**.

Imagine travelling the globe in search of happiness. In **Denmark**, you would discover **Hygge**, a way of life built around comfort, connection and togetherness. In **Costa Rica**, you would encounter **Pura Vida**, a philosophy that celebrates gratitude, simplicity and enjoying the present moment. Though these approaches differ, they share an important lesson: *Happiness often comes from how we experience life, not from what we own.*

What the Research Says?

Happiness is closely linked to overall health and well-being.

According to the World Happiness Report 2025, **Finland** was ranked the world's happiest country for the **8th consecutive year**, followed by **Denmark, Iceland, Sweden, & the Netherlands**.

Happiness is influenced by factors beyond income, including good health, social support, personal freedom, generosity, and trust.

Strong social connections play a key role in well-being. Spending time with family and friends, sharing meals, and showing kindness are linked to better mental health and greater life satisfaction.



Lessons from Different Cultures

What does happiness look like around the world? While the answer varies across cultures, one theme remains constant: true well-being is about much more than money or success.

In many Western societies, happiness is often linked to personal success, independence and self-development. Career growth and financial security remain important goals. However, attitudes are gradually shifting, with more people prioritising mental health, work-life balance and meaningful experiences over material success alone.

In **Sweden**, the concept of **Lagom**, meaning "just the right amount," encourages balance in all aspects of life. It reminds us that happiness often comes not from having more, but from finding harmony between work, relationships, rest, and leisure.

Across Asia, happiness is often connected to purpose and inner fulfilment. **Japan's Ikigai**, or "reason for being," inspires people to pursue what they love while contributing to society. In **India**, the ideas of **Sukha** (everyday contentment) and **Ananda** (deep inner joy) highlight the importance of gratitude, self-awareness, and inner peace. **Bhutan** takes a unique approach through its **Gross National Happiness** philosophy, measuring progress not just by economic growth, but also by well-being, culture, community, and the environment.

In many African cultures, the philosophy of **Ubuntu**, "**I am because we are**," emphasises the importance of compassion, connection, and community. Similarly, Latin American cultures celebrate happiness through strong family bonds, friendships, and enjoying life's simple pleasures together.

Bringing Happiness Home

The lesson from around the world is simple: happiness grows through meaningful relationships, a sense of purpose, mindfulness, kindness, and good health. Sometimes, the greatest joy comes not from achieving more, but from appreciating what we already have and sharing it with others.

Bottomline

Around the world, happiness may look different, but its core ingredients remain the same: connection, purpose, gratitude, kindness and good health. Rather than searching for a single formula, we can learn from diverse cultures and create our own path to a happier, healthier life. After all, true wellness is not just about living longer, but living with greater joy, meaning and resilience.

Happiness isn't a destination; it's a way of living with purpose, gratitude & connection.



The Power of "We" over "Me"

It was one of those evenings.

After a long day at work, someone walks through the door to find a sink full of dishes, laundry waiting to be folded, and dinner yet to be prepared. Exhausted, a familiar thought creeps in: *"Why am I always the one handling everything?"*

Meanwhile, their partner is in the next room, stressed about a looming deadline and feeling equally overwhelmed. Both are carrying their own burdens. Both feel stretched. Neither feels fully understood.

Then comes a simple question: *"How do we get through this together?"*

The dishes do not magically disappear. The laundry still needs attention. But something changes. The problem is no longer mine or yours. It becomes ours. And that small shift makes all the difference.

We often think of strong relationships as being built on love, trust, or shared experiences. While all these ingredients matter, there is another that quietly strengthens connections every day: the ability to move from *"me"* to *"we."*

Whether it is a partner, friend, family member, or colleague, challenges tend to feel heavier when carried alone. Thoughts like *"Why am I doing all the work?"* or *"Why doesn't anyone appreciate what I'm dealing with?"* can slowly create frustration and distance. Over time, even small issues can feel much bigger than they really are.



The workplace is no different. Picture a team racing to meet an important deadline. Pressure is high, inboxes are overflowing, and stress levels are climbing. Soon, fingers start pointing. One team believes another has held things up. The other insists expectations were never clearly communicated. Emails become sharper. Meetings become tense. Everyone is focused on proving a point rather than solving the problem.

Then someone changes the conversation.
*"Let's stop focusing on whose fault it is.
What can we do together to move this forward?"*

Almost instantly, the energy shifts. Team members begin sharing ideas instead of criticism. Collaboration replaces blame. The deadline remains the same, but it suddenly feels more manageable because everyone is rowing in the same direction.

That is the power of the **"we" mindset**. It reminds us that strong relationships are not about keeping score. They are about remembering that we are on the same side. It encourages us to listen a little more, judge a little less, and focus on solutions instead of fault.

The best part? It does not require grand gestures. Sometimes, "we" looks like offering help before being asked. Sometimes, it is listening patiently when someone needs to vent. Sometimes, it is a colleague stepping in to support a teammate, a friend checking in after a difficult day, or a partner saying, *"We'll figure it out."*

These small moments create trust, belonging, and emotional safety. They remind us that life was never meant to be a solo journey.

The power of **"we"** is not about losing our individuality. It is about recognising that challenges become easier to face, successes become sweeter to celebrate, and relationships become stronger when the journey is shared.

The secret to a happier life may be simpler than we think: find joy, purpose, and connection at work.



Scroll. Stress. Repeat.

How Doomscrolling Affects Your Brain?

We've all been there. You open Instagram for a quick look, see a troubling headline, click to read more, and suddenly you're bouncing between news articles, videos, and social media posts. Before you know it, an hour has passed, and instead of feeling informed, you feel anxious and drained.

Welcome to the world of **Doom Scrolling**.

Doom scrolling is the habit of repeatedly consuming negative or emotionally charged news online. It tricks us into believing that one more article, video, or update will give us clarity or peace of mind. In reality, it often has the opposite effect, leaving us feeling overwhelmed and emotionally exhausted.

But why is it so hard to stop? Blame your brain! Humans are naturally wired to pay more attention to potential threats than positive news. This "**negativity bias**" helped our ancestors stay safe, but in today's digital world, it can keep us glued to an endless stream of alarming content.

Over time, doom scrolling can increase stress, disrupt sleep, affect concentration, and create a sense that the world is far more negative than it actually is. Instead of helping us feel in control, it can leave us feeling helpless and mentally fatigued.

The good news? You don't have to disconnect completely. Creating **healthy tech boundaries** such as limiting screen time, avoiding news before bedtime, and taking regular screen-free breaks can make a big difference.

Scroll less. Live more. Your best moments aren't always on your screen. They're happening all around you.



Amygdala Hijack: When Emotions Take Control

Have you ever fired off a sharp email, snapped at a colleague, or reacted in the heat of the moment, only to wonder later, *"What was I thinking?"* Chances are, you experienced an **amygdala hijack**.

Deep within the brain sits the **amygdala**, a small almond-shaped structure that acts as our internal alarm system. Its job is simple: detect threats and trigger the body's **fight-or-flight response**. While this instinct once helped our ancestors escape real dangers, today it can be activated by everyday stressors like a looming deadline, a critical meeting, or an unexpected message from the boss.

When the amygdala sounds the alarm, the body springs into action. Stress hormones surge, your heart beats faster, muscles tense up, and emotions take centre stage.

At that moment, rational thinking often takes a back seat, making it easier to react impulsively rather than thoughtfully.

The good news? An amygdala hijack is not a flaw in character or a lack of self-control. It's a natural biological response. Even better, it can be managed.

Research suggests that the body's initial emotional reaction lasts only about **90 seconds**. What keeps it alive are the thoughts we continue to replay. The next time emotions start to take over, pause. Take a few deep breaths, count to ten, or step away briefly. These simple actions give the thinking part of your brain time to catch up and regain control.

Remember, emotional intelligence is not about suppressing feelings. It's about creating a small but powerful space between **feeling** and **reacting**. In that space lie better decisions, healthier relationships, and greater well-being.

A brief pause can turn an emotional reaction into a thoughtful response.



The Joy of Traveling Slow

Ever returned from a vacation with hundreds of photos, a packed itinerary, and every famous attraction checked off, yet felt oddly unsatisfied? In our quest to make the most of every minute, travel can sometimes start feeling like a race rather than an experience.

Slow travel offers a refreshing alternative. Instead of rushing from one landmark to another, it encourages us to connect with a destination at a deeper level. It could be spending an afternoon at a neighbourhood café, wandering through a local market, taking an unplanned walk, or exploring the city through its buses and trains. These simple experiences often reveal more about a place than any guidebook ever can.

The real charm of slow travel lies in the *little moments*. A cooking class with locals, a pottery workshop in a small town, or even sitting quietly in a park and observing daily life can create memories that stay with us long after the trip ends.

There is also something liberating about not planning every minute. With fewer decisions to make and less pressure to "see it all," we feel more relaxed, present, and connected to our surroundings. Instead of constantly checking the time, we begin to appreciate the people, culture, and stories that make each destination unique.

The best travel memories are rarely the ones we plan for. More often, they come from unexpected discoveries, meaningful conversations, and the joy of simply slowing down.

Travel is not about how much you see, but how deeply you experience it.



Mental Health on Wheels

Sometimes, the best therapy doesn't happen in a clinic; it happens on an open road.

Whether it's a weekend road trip, a leisurely bike ride, or a long drive with your favourite playlist, travel has a unique way of calming the mind. In a world filled with endless notifications, packed schedules, and constant noise, the road offers something priceless: space to breathe, reflect, and simply be present.

As city traffic gives way to open highways, **stress often fades** into the background. The rhythmic hum of an engine, changing landscapes, and fresh air can help clear mental clutter and bring a sense of calm. Challenges that once felt overwhelming often seem easier to navigate after a few miles on the road.

The journey itself adds to the magic. A hidden café, a scenic lake, an unexpected viewpoint, or a charming little town can transform an ordinary trip into an adventure. These moments of discovery spark joy, boost optimism, and remind us that sometimes the best experiences are the ones we never planned.

And then there's the special bond with our trusted travel companion, be it a beloved car or a favourite motorcycle. More than just vehicles, they become carriers of freedom, memories, and stories waiting to be told.

Roads may lead to destinations, but often, the real journey is the one happening within.

Fuel your Tank! The mind needs a mental reset? Take a scenic route. Sometimes, a change of road is all the mind needs.



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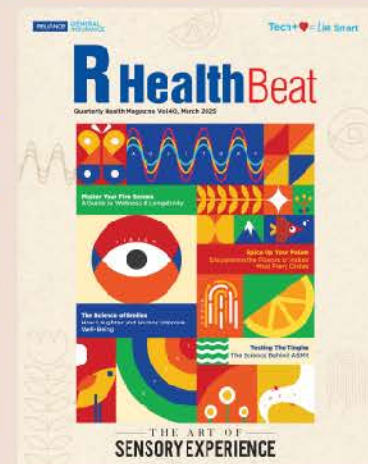
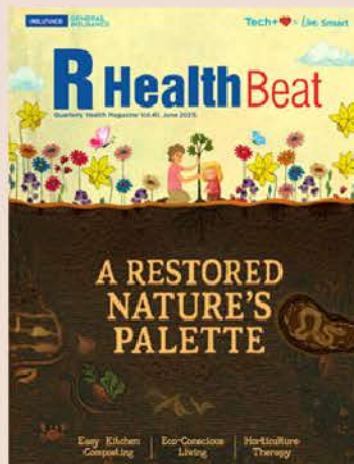


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