

## PROTECT YOURSELF FROM COVID-19



## After conjunctivitis, fungal ear infection cases rise; 5 ways to protect yourself

"If you experience any unusual symptoms in your ears, such as persistent itching, discharge, pain, or hearing difficulties, seek prompt medical attention from an ENT specialist. Early detection and treatment of fungal infections can prevent complications and ensure a swift recovery," advises Dr. Tambe.

# How to raise calm children amidst chaos of the modern world

A full-page photograph of a man with a beard and a young girl. The man is smiling broadly, looking off to the side. He is wearing a dark blue long-sleeved shirt and a black wristband. The girl is sitting on his shoulders, wearing a red dress with a white lace collar. She is also smiling and looking towards the camera. They are standing in a field of tall, dry grass under a bright, overcast sky.

## 6 things to do and not do when spending time alone

Do make some alone time but do not overwhelm yourself with excessive expectations. Avoid turning solitude into a task-driven experience. Embrace leisure and relaxation during your alone time, allowing yourself to recharge and unwind. Alone time does not mean cleaning or putting things together only. Sometimes, not doing anything too is important.

