

# R HealthBeat

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Reiki: The Japanese Healing  
Therapy For Mental Health Benefits

Ikigai: Staying Young  
While Growing Old

Kaizen: Culture Of  
Continuous Improvement

Zazen: The Art Of  
Zen Buddhist Meditation

The Japanese Art of  
**HOLISTIC WELL-BEING**



# DEAR READERS,

**Kon'nichiwa!** Japan is a treasure trove of wellness practices that have been passed down through generations. These ancient methods are deeply rooted in Japanese culture and have contributed to the country's renowned status for having a happy and healthy aging population. Despite working longer than any other nation, Japan has maintained a positive outlook on life & work - thanks to these time-honored traditions. Not only is Japan famous for its delicious sushi and sake but also for its holistic approach to wellness, which continues to inspire and fascinate people from all over the world.

In our 34th edition, we've curated a collection of Japanese art and health practices that can easily be incorporated into our daily lives, bringing a lifetime of peace, harmony, and well-being, all from the comfort of our homes and offices.

One such practice is "Ikigai," which revolves around discovering our purpose and values, leading to a fulfilling and content life by finding joy in the little things. We explore how embracing the concept of Ikigai can help us stay young at heart while growing old gracefully.

Another intriguing idea we delve into is the "Hara Hachi Bu," a Japanese term meaning "Eat until you're 80% full." It originated in Okinawa, where people use this advice to control their eating habits. Interestingly, they have one of the lowest illnesses from heart disease, cancer, stroke and a reasonably long-life expectancy. We also discover the role of healthy beverages like Matcha tea and Sayu water in their lifestyle.

"Kaizen," was introduced as a business philosophy, but the concept of continuous improvement through small, positive changes is a crucial aspect of Japanese culture. By focusing on constant progress in our daily habits, we can enhance the quality of our actions and lead more fulfilling lives.

Japan's working culture is a subject of fascination, and in this edition, we compare its traditional and modern aspects, providing insights into their dedication to excellence and continuous growth.

Beyond the well-known destinations of Tokyo, Kyoto, and Osaka, we uncover hidden gems across Japan worth exploring for the intrepid traveller. Our Travel & Leisure section offers unique journeys off the beaten path.

To inspire you further on your wellness journey, I leave you with the wisdom of a Japanese proverb:

***"Shikkari to shita mejirushi, yume mitsukete makezuni ganbarou -Mae muki ni ne"***

"I'll do my best to find my dreams & goals while staying positive."

Our goal in this edition is to take you on a journey to ancient Japanese culture and history. We aim to guide you in integrating these timeless practices into your daily life, which can help you cultivate a more peaceful and mindful approach. By embracing these methods, you can learn to appreciate the present moment and savor life's simple pleasures.

Thank you for your unwavering support, and we hope you enjoy reading this issue, wishing you the best of health, always!

Warm regards,  
**RAKESH  
JAIN**  
C.E.O.





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# TESTIMONIALS



"We'd like to congratulate the entire team for choosing such important, useful and interesting health topics. The content of these articles are easy to understand and holistically covers the issues related with mind, body and soul. I appreciate the people who work behind this magazine and wish you all the success in conceptualizing and creating the future editions."

**MR. GURPREET SINGH JOLLY**

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"A very creatively presented magazine. The Reliance team has done a great and excellent job of putting a very readable & interesting array of ideas together. It guides us towards healthy lifestyle."

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"R HealthBeat is very interesting & creative publication; they've got some great ideas in each issue. The themes are always different, intriguing & eye catching. RGICL is doing a great job in highlighting current issues and trends. I'm looking forward for more reading."

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# THE CULTURE OF SHITSUKE

## A SOCIETY THAT VALUES ORDERLINESS & DISCIPLINE

Many of us have lived the majority of our lives within the confines of our offices, commutes, and homes. The blurring of the lines between our work and personal lives has resulted in a higher-than-usual amount of disarray. But what is this doing to our minds? Our brains are naturally inclined to order and structure and the continuous presence of disorganization is likely to boost our stress levels, which in turn has an impact on our physical and mental well-being. Recent research indicates that the warning signs of stress may manifest in the form of headaches, muscle tension and pain, fatigue, digestive problems, and sleep issues.

**Shitsuke**- It is a Japanese word meaning *"discipline" or "education"*. It is composed of the **kanjis** 巽 (*Tadashii*) which means *"correcting"* and 教育 (*kyouiku*) which means *"education"*. This is a way of describing the discipline and learning that happens to children, so they can be good members of society. The word is often used in family and school contexts.

Discipline from the outside must gradually and naturally become self-discipline as a person matures. Before it becomes an inherent habit, practice, or a state of mind.

### SCHOOLING & CHILDHOOD TRAINING

In Japanese education, the importance of teaching children how to practice self-control is on par with teaching academic content. Cooperation, taking turns, and looking out for the needs of others rather than one's own are all encouraged and selfish behaviour is frowned upon. Consensus-building is a key practice at school and in social activities, and the Japanese are generally able to work together and come to an agreement quickly, unlike in other country settings where it can take longer to decide who is in charge or come up with the best idea.

### SUSTAINABILITY

In the 5S workplace, shitsuke involves following the processes that were established through the initial 5S activities—Sorting, organizing, cleaning and standardizing—on a consistent basis, not just when the situation starts to get chaotic. Schedules, checklists and evaluations are used to make sure these tasks are done. Regular scheduling makes sure all of these tasks are taken care of. Assignments are given to individuals but everyone is responsible for completing all of the tasks. Additionally, supervisors regularly evaluate progress. The objective is to develop good habits and eliminate bad ones.





## COMMUNICATION & COMMON SENSE

The practice of communication & discipline involves making use of words that will be understood and ensuring the message is clear. Both verbal and non-verbal communication comes into play. Shitsuke suggests that, once processes and attitudes have been established, workers will carry out the 5S tasks without being asked to. Shitsuke is not only about adhering to the rules but also being able to recognize and act on them.

## PUTTING SHITSUKE INTO PRACTICE

We can incorporate shitsuke into our everyday routines, both at work and at home. Without shitsuke, even the best-laid plans will not be able to stay in place for very long. We can make our lives easier and more enjoyable if we stick to the process, and identify and remove potential problems as soon as they arise. The toughest part is keeping it up over a long period of time.

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*A good way to motivate ourselves is to establish rewards for reaching certain goals. For example, if you keep your living space tidy, you could give your kids an extra allowance or buy a small present. If everyone in the house is consistent, you could go out for a nice dinner as a reward. It's not always easy to achieve perfection, but it should become simpler to maintain order in the long run. By taking a little time for ourselves and relieving the stress, we can make our life simpler, healthier and brighter.*



# IKIGAI

## STAYING YOUNG WHILE GROWING OLD

Reflect on a moment when you were entirely absorbed in something you were doing, from belting out your favorite song to reading an intriguing book. This could guide you to your *"Ikigai"*, which is the *"joy of always being busy"*, i.e. the joy of always having something to do.

Many of the World's longest lived people find their Ikigai & prioritize it nearly every day of their lives. For living in accordance with your Ikigai, there is no magic formula for happiness. However, the ability to reach this state of flow and have an *"optimal experience"* is a crucial ingredient.

Let's look at the rules as the habits that'll help us to live a long and fulfilling life. Keep in mind; these aren't must-dos to get your Ikigai, but rather tips and tactics to up our health and well-being.

### Stay Active & don't retire

If you give up the things you love and do well, it can take away your purpose in life. That's why it's so important to keep doing things that are meaningful, make progress, bring beauty, be helpful, and make a positive change in the world.

### Take it slow

The quality of one's life is negatively impacted when they rush through things. Taking the time to slow down and be mindful of your decisions brings a sense of being in control allowing you to focus on what you want to do.

### Don't fill your stomach

It is a Confucian saying that has been around for centuries, advocating mindful eating. The literal translation of 'hara hachi bu me' is 'stomach eight parts full' i.e. to remind oneself not to overeat.

### Surround yourself with good friends

We can easily become absorbed in our own day-to-day activities and lose sight of the importance of connecting with others. It can be difficult to foster intimacy or love without meaningful relationships. It might be beneficial to step away from our screens and make an effort to reconnect with our friends.





### **Get in shape for your next birthday**

Water needs to be constantly moving to remain in its optimal state; otherwise, it will become stagnant. It is essential to take care of yourself every day in order to maintain a good lifestyle. In addition, exercise can release endorphins and produce a happier state of mind.

### **Smile**

We should be grateful that we can identify negative aspects of our world, yet never lose sight of the opportunities that come with being alive in this day and age.

### **Reconnect with Nature**

Taking a break from everyday life and spending time in nature can be beneficial for our wellbeing. Shin-rin yoku, which is a Japanese phrase meaning "forest bathing", encourages us to actively engage with nature using all five senses. This can be likened to a short meditation, providing a sense of peace and relaxation.

### **Be thankful**

Take the time to appreciate the people and things that have helped you get to where you are today. Show your gratitude to your ancestors, the natural world that provides you with air and

sustenance, your friends and family, and all of the positive things that make your life more enjoyable. Expressing thanks on a regular basis will lead to an increase in your contentment.

### **Live in the Moment**

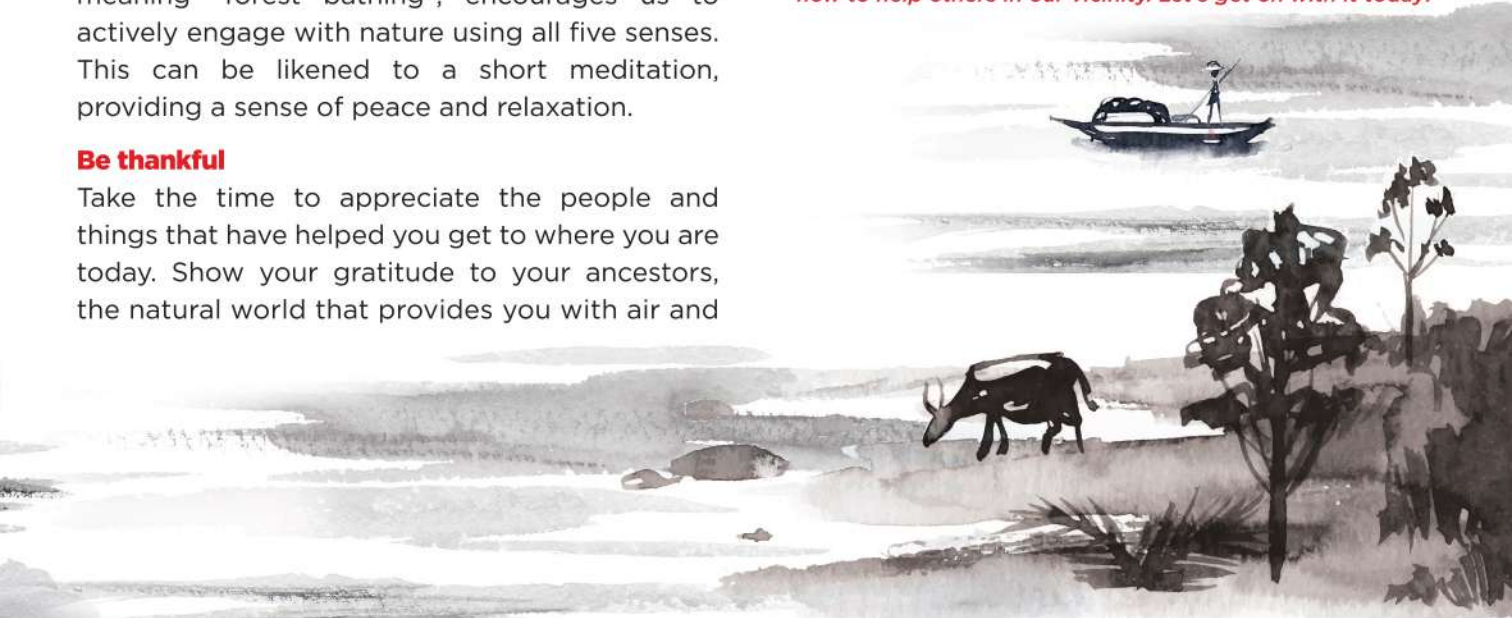
We should continuously have conversations with ourselves as we move from one thought to the next, recognizing that we are conscious, alert, and alive.

### **Follow your Ikigai**

Ikigai does not stem from any particular set of values, but rather from the diverse range of small elements that do not necessarily provide a large-scale purpose in life.

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*Ikigai is all about discovering one's purpose and finding out how to help others in our vicinity. Let's get on with it today!*





# THE ART OF DOING NOTHING

*It's nice to take a mental rest, every now & again.*

When was the last time you did absolutely nothing? No devices, conversations or chores. Engaging in a period of reflection, sky gazing, letting your mind wander.

Taking a break from the hustle and bustle of everyday life is essential for reducing stress and anxiety. Practicing '**Boketto**' - the act of gazing vacantly into the distance without thoughts of anything specific - can be a great way to relax and clear your mind. In this modern world, it's easy to get caught up in the FOMO culture and never take a break from your phone or laptop. Make sure to make time for yourself to do nothing and reap the mental and physical benefits.

## HOW CAN WE MASTER THE ART OF DOING NOTHING?

With hundreds of thoughts competing for our attention, it can be surprisingly overwhelming at first.

- Start small, refocus on your breath, & let go of your thoughts.
- Concentrate on the sounds in your immediate surroundings & trace each detail.
- Periodically re-clear your mind of internal chatter, take a deep breath, hold it for 2 seconds, breathe out & repeat as required.

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*The aim is to have only random thoughts or direct observations in our minds. **Boketto**. Try doing nothing for the next 2 minutes. Not dreaming or worrying. Just gazing. Disengage, breath in, breath out & relax.*





# REIKI

## THE JAPANESE HEALING THERAPY FOR MENTAL HEALTH BENEFITS

**Reiki** may sound “**new age**” to some, but it’s anything but new. In fact, it’s a form of energy healing with roots in ancient cultures.

Reiki is a Japanese form of healing and it’s based on the idea that humans have energy fields, which keep us alive. It’s made up of the words ‘rei’ (universal) and ‘ki’ (life energy). Reiki is a non invasive therapy that involves a trained practitioner who serves as a conduit for universal energy.

Several studies conducted between 2014 & 2019 have examined the impact of Reiki on discomfort, melancholy, and an array of other concerns. The outcomes have consistently been positive, indicating that Reiki has the ability to reduce pain, fatigue & anxiety in cancer patients.

The latest study from 2019 even proposed that a single Reiki session could enhance an individual’s overall physical & mental wellbeing.

### WHAT TO EXPECT IN A REIKI SESSION?

A Reiki session typically lasts around 30-90 minutes. You’ll be lying down on the massage table, while the practitioner places their hands, palms down, on certain parts of your body or just above it. They use a series of 12 to 15 different hand placements. Some people may experience heat, tingling or pulsing sensation & many drift into slumber during the session.

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### TAKEAWAY

*Reiki is a complementary health approach that seeks to improve wellness by restoring balance in an individual’s life force or energy field. It should never be used as an alternative to conventional medical care or as a treatment on its own. While the verdict is still undecided on whether it can genuinely heal the body, studies do indicate that it can offer positive effect on those who engage in it.*



# THE ART OF KINTSUGI

## & ITS RELEVANCE WITH LIFE

In our 20s & 30s, there's a lot of pressure to live up to everyone's expectations. When one looks back at it, many people feel they should have taken the chance to travel more. Perhaps they'd think that in their professional or personal life, they should be further along. It's not easy, and we can get tossed around, break our dreams, and feel like we don't have anything.

It's true that, if you experience disappointment, it can really have an effect on our psychological well being, but it shouldn't be the end of our story. We can learn a lot of different methods, practices and philosophies that will help us deal with failure while remaining optimistic.

One such practice is **Kintsugi**. This Japanese concept has become popular in recent years as a way of thinking, an art technique, and an analogy for life. It's also inspired by Zen and Mahayana beliefs that emphasize the beauty of imperfection and the idea that everything is constantly changing.

Kintsugi dates back centuries, originating in the **Muromachi** period in Japan. The third Shogun of this era, **Ashikaga Yoshimitsu**, owned a favorite tea bowl which was broken and repaired with metal staples in China. However, he wanted to make something beautiful & functional from the damaged object without hiding the damage. That's how Kintsugi came to be.



# CERTAIN LESSONS TAUGHT BY KINTSUGI HAVE BEEN ADAPTED BELOW:

## **Keep an eye on the future, but focus on the short term**

When planning and building, it's important to take into account the future, but we must also be present and supportive of those around us, regardless of the situation.

## **Listen to your feelings and strive for optimism**

We must treat ourselves well, encourage each other, and stay focused. We can make it through these tough times with perseverance and determination.

## **Expand your horizons**

When we learn this art form, it inspires us to think about things differently and not limit ourselves to just one view. Our opinion could be biased and narrower if we look at the issue from one point of view. In order to understand what a seemingly insignificant or broken object has to offer, we should try to look at things from different angles.

## **Keep an open mind**

Kintsugi reminds us we shouldn't judge and dismiss things as irrelevant so quickly. Our modern culture is encouraging us to discard those with any kind of handicap, problem or anomaly but Kintsugi teaches us that we must become more understanding and accepting.

## **Being kind can help us be more humane**

It is important to try to improve society with the idea that having flaws or being different doesn't mean someone is lesser, but rather they are special in their own way and should be accepted.

## **Acceptance**

The most relevant lesson, Kintsugi emphasizes, is the idea of Acceptance. We must be aware of our faults, as well as those of others, and understand that we are just a person with no perfection at all. We've got to let go of the societal pressure to be perfect, which is fostered by social media, where people pretend to be content and happy all the time, and this often masks feelings of pain, negative emotions, and sadness that can be harmful.



*Kintsugi is a form of art that gives us insights & reminds us that misfortune is an inevitable part of life. It could be compared to Phoenix, which is said to have risen from the ashes of its own destruction. Both are indicative of the idea that after a crisis, we should be able to rebuild ourselves more strongly and in greater value. If we spend time understanding and applying Kintsugi's philosophy today, it can have a profound impact on our society.*



# TASTING AT JAPAN HOUSE? SAYU: HOT WATER

In the tradition of Ayurveda and Chinese medicine, Hot water has become a popular drink, thanks to its health benefits such as skin cleansing and hydration.

In Japan, there has been a trend of substituting cold icy water with boiled or room temperature water, which is generally referred to as '**(Sayu白湯)**' or '**'Shirayu'** in Japanese. This water is typically boiled and cooled at temperatures between 50 degree Celsius and 80 degree Celsius.

## WHAT IS THE DIFFERENCE BETWEEN SAYU & HOT WATER?

The difference between Sayu and hot water is that Sayu has been boiled and cooled, while hot water has been heated to 40 degrees Celsius or higher. Although the distinction is minor, Sayu water has many benefits such as distressing, assisting in weight loss, & improving digestion. It is suggested to drink 700 to 800 ml of Sayu water each day; however one should be aware that over-consumption can cause bodily imbalances.

## PREPARATION OF SAYU

Drinking Sayu has many health benefits, and when it is prepared in an iron kettle, the benefits can be even greater. The taste is subtle, and it is beneficial for women who are iron deficient.

Mineral water or drinking water can be used, though using a filter with tap water is recommended. When the water is boiling, make sure the overhead fan is on and take the lid off.

Boil the water for about 15 minutes until it's full of bubbles, then remove it from the stove and let it cool to between 50 to 60 degrees Celsius.

To add some flavour to your Sayu cup, fresh mint leaves or ginger syrup can be used.

*So, what are you waiting for? Let us begin our health journey with a cup of Sayu.*



A woman with dark hair tied back, wearing a black sleeveless top, is sitting at a desk and working on a laptop. The image has a splatter effect, with black and white ink-like splatters around the woman and the laptop. The background is a warm, reddish-brown color.

# JAPAN WORKING CULTURE

## THE OLD VS THE NEW

The Land of the rising sun, Japan's unique culture of food & art makes it famous, but in fact its working culture is even more distinctive. So, what is it like to work in Japan?

During peak hours in Shibuya, Tokyo's business center; passersby will likely be dressed in muted colors like gray or black, as this is viewed as an indication of professionalism. Japanese individuals strive to be courteous in their interactions with their boss, coworkers, or clients. The **Nenkoujoretsu** concept of hierarchy between seniors and juniors is observed in both work and education settings.

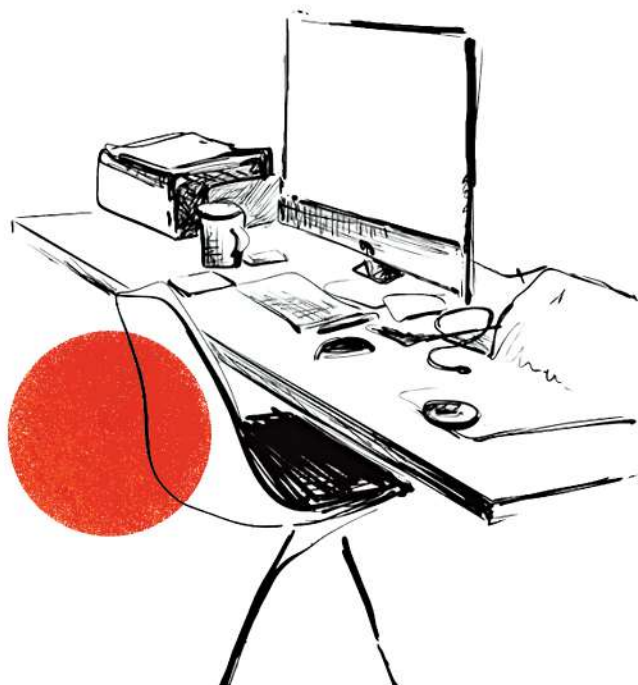
The Japanese management style is based on collective harmony, and open-plan offices are quite common. The hours worked are highly important in this culture, and newcomers wait patiently for the right time to be promoted. It is also very typical to be loyal to one company for a long time.

The **Houkoku - renkaku - soudan** (Report - Contact - Consult) system is in place in Japanese working culture, which requires employees to keep their superiors informed of any work they do. Attention to detail is highly valued and all tasks require thorough planning.

## THE EVOLVING JAPAN'S WORK CULTURE

Japanese authorities have implemented regulations that require people to take a minimum of 5 days off for family and relaxation, reduce working hours, and improve workplace conditions. This change in attitude towards work-life balance has been embraced by the younger generation, and more females are entering the workforce. Furthermore, the government aims to provide flexible working hours to ensure & encourage employees to prioritize life over work.

These reforms have proven to be successful. Given that these ideas are beginning to be taken up, careful consideration must be given to treating employees as humans and taking account of their needs & considerations.



*Ganbarimashau! Let us do our best from now on!*

# KAIZEN

## CULTURE OF CONTINUOUS IMPROVEMENT

How does transformation happen in any organization? Is it through significant initiatives, or is it a part of the ongoing process in which we operate? Some forms of transformation inevitably require a major project, involving months of diligent effort, substantial budgets, & upheaval. However, an alternative or complimentary approach to enhancing systems and processes entails more subtle, continuous changes.

One approach to achieving this kind of ongoing improvement is Kaizen. It originated in Japan, and the term translates as *"Change (kai) for the good (zen)"*.

**Kaizen** is a culture that emphasizes perpetual improvement in an organization, with the ultimate objective of generating value for customers. It entails the collaboration of all personnel, from the CEO to the assembly line workers.

### FUNDAMENTAL PRINCIPLES OF KAIZEN

#### Know your Customer

It's crucial that companies identify their customers' interests to enhance their experience.

#### Let it flow

This applies to achieving zero waste. Everyone in the organization should strive to eliminate any waste from their area of the business while also creating value.

#### Go to Gemba

The literal translation for gemba is "the real place." In this context, it's about leadership and knowing what is happening at every level of the organization. You can think of it as following the action, as value is created where something is actually happening.

#### Empower People

This one is aimed at teams and ensuring that they are organized in a way that supports the kaizen principles.

#### Be Transparent

Data is the strongest determining factor. It's the metric that measures success. Therefore, performance and improvements must be tracked with real data.



# HOW IS KAIZEN METHODOLOGY IMPLEMENTED?

- 1. Engaging employees** is essential for the successful implementation of Kaizen. Management should foster a culture of improvement and collaboration with their staff by actively soliciting their ideas, feedback, and involvement. Quality Circles are an effective way to do this, as they form circles of employees from different departments to work towards the overall success of the business.
- 2. Analyze the process** to acknowledge and identify issues in your organization. To do this, you need to gather feedback from all perspectives.
- 3. To generate & find solutions,** managers should assemble teams of skilled, creative workers who can focus on problem-solving. We want solutions to be presented freely and innovatively and not to dismiss any proposals prematurely, even if they are not fully utilized or implemented.
- 4. Implement the solutions** to test new theories. Many individuals delay this phase due to excessive contemplation or simply lack of knowledge. Instead, we should focus on taking small steps and testing new ideas in a trial setting.

- 5. Evaluate the results:** There should be open exchange of ideas among team members multiple times during implementation, with the responsibility being passed on to another individual. This is where the challenge lies in implementing Kaizen and where testing and auditing becomes important. To ensure accurate results, it is crucial to ensure that implementation is carried out at the grassroots level.
- 6. Standardize the solution** if the results are not positive. Do not be discouraged. Kaizen has numerous benefits, and these will become evident over time. Go back to the 3<sup>rd</sup> stage and consider other previously discussed ideas.
- 7. Repeat** the entire process to continuously optimize practices. "Continuous improvement" and "gradual and steady change" are the fundamental principles of Kaizen.

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*In order to make kaizen work with your team, learn the philosophy together, allow everyone to submit their ideas, create an approach and system that all understand, and reward ideas to foster kaizen.*

*Kaizen is a widely accepted principle utilized by organizations like Toyota, which aims to achieve ongoing, incremental enhancements over time. It involves the active participation of everyone involved and does not necessitate significant financial investments. Practical, cost-effective techniques are encouraged, and constant adaptation is essential. This method of progression is advantageous and highly sought-after. When implemented effectively, a kaizen approach demonstrates the significant impact that minor changes can have!*



# ZAZEN

## THE ART OF ZEN BUDDHIST MEDITATION

In our fast-paced stylish world, where stress and anxiety have become pervasive, the need for effective strategies to achieve inner calm and mental well-being has never been more magnific. One such powerful practice is Zazen, the art of Buddhist meditation. Rooted in ancient wisdom and mindfulness, Zazen offers many benefits beyond spirituality, including significant medical advantages.

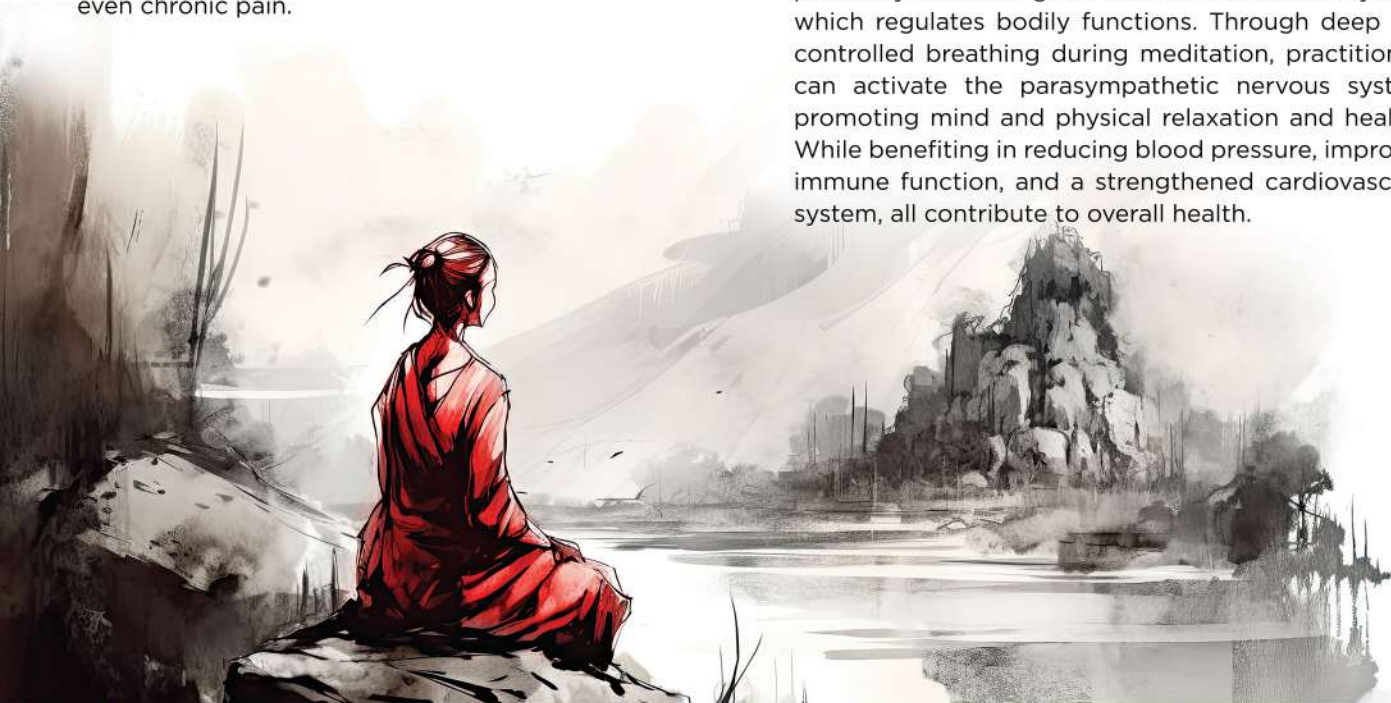
**Zazen**, which translates to *"seated meditation,"* is a cornerstone of Zen Buddhism. Zazen is the cornerstone of Zen training. Za means "sitting." In Japan, Zen—which derives from the Sanskrit dhyana—means meditation. It involves sitting in a stable and upright posture, typically cross-legged, with a straight spine. The practitioner directs their attention to the present moment, observing thoughts and sensations without judgment or attachment. By cultivating non-reactive awareness, Zazen fosters mental clarity, emotional stability, and overall well-being, even having numerous positive effects on the mind and body from a medical perspective.

### WHY MEDITATE?

According to medical studies, meditation aids refinements in attention and reasoning power to improve immune system activity and relief from conditions such as insomnia and blood pressure. Research suggests that regular meditation can reduce stress and anxiety by lowering the production of cortisol, a hormone associated with the stress response. By activating the body's relaxation response, Zazen can alleviate symptoms of anxiety disorders, depression, psychosomatic diseases and even chronic pain.

Zazen has been found to enrich cognitive function and improve focus and attention. Studies indicate that the practice can increase grey matter density in brain regions associated with memory, learning, and emotional regulation. This neuroplasticity can result in improved mental acuity, creativity, and decision-making skills, which are invaluable qualities in the corporate world.

Additionally, Zazen promotes physical well-being by positively influencing the autonomic nervous system, which regulates bodily functions. Through deep and controlled breathing during meditation, practitioners can activate the parasympathetic nervous system, promoting mind and physical relaxation and healing. While benefiting in reducing blood pressure, improved immune function, and a strengthened cardiovascular system, all contribute to overall health.



## BUT MEDITATION... IN BUSINESS?

High stress, tension, and persistent multitasking often illustrate the corporate environment. This chronic stress can lead to burnout, reduced productivity, and compromised mental and physical health.

By incorporating Zazen into their routine, professionals can develop resilience and cultivate a sense of calm amidst the chaos. The practice allows individuals to detach from the never-ending stream of thoughts and emotions, providing clarity and a renewed focus. It enables professionals to respond rather than react to challenging circumstances, making them more effective and efficient.

Moreover, the practice of Zazen fosters emotional intelligence, empathy, and compassion, which are crucial for effective leadership and teamwork.

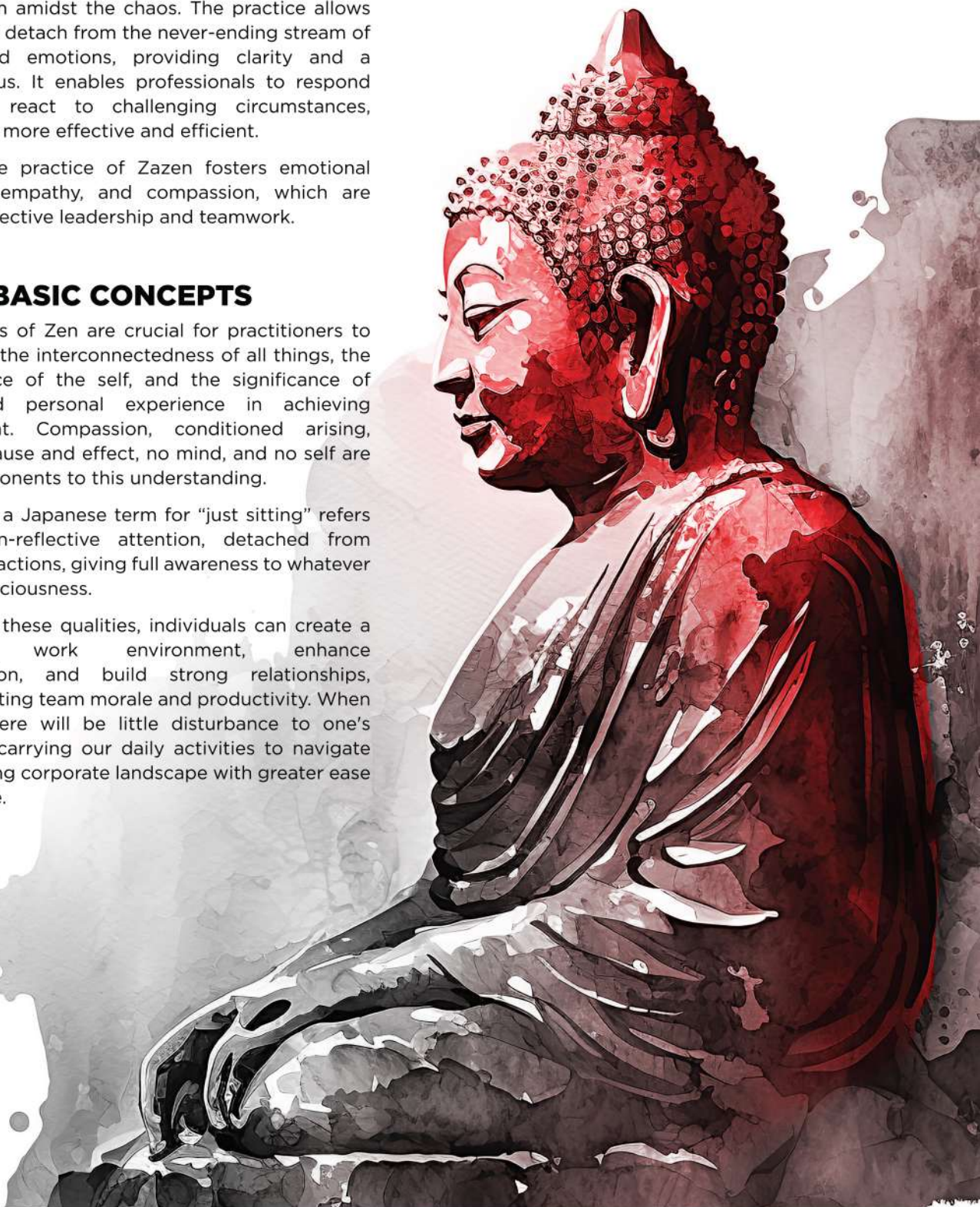
Incorporate Zazen into your routine and experience the transformative power of this practice on your mental, emotional, and physical well-being. Take a moment to pause, observe, and cultivate mindfulness. Your mind, body, and career will thank you for it.

## "ZEN"- BASIC CONCEPTS

The teachings of Zen are crucial for practitioners to comprehend the interconnectedness of all things, the impermanence of the self, and the significance of wisdom and personal experience in achieving enlightenment. Compassion, conditioned arising, emptiness, cause and effect, no mind, and no self are all vital components to this understanding.

**Shikantaza** – a Japanese term for “just sitting” refers to alert non-reflective attention, detached from external distractions, giving full awareness to whatever arises in consciousness.

By nurturing these qualities, individuals can create a harmonious work environment, enhance communication, and build strong relationships, thereby boosting team morale and productivity. When mastered, there will be little disturbance to one's emotions in carrying out daily activities to navigate the demanding corporate landscape with greater ease and resilience.



# FUTURE OF SURGERY: HINOTORI

## REVOLUTIONIZING SURGICAL ROBOTICS WITH A.I.

The field of surgery is experiencing a transformative shift driven by technological advancements and the integration of artificial intelligence (A.I.). No longer the stuff of science fiction and futuristic movies, **Hinotori** stands at the vanguard of this revolution as a **ground-breaking innovation**. This surgical robotics system merges high manoeuvrability with A.I. capabilities to replicate operations based on the technical data of experienced surgeons.



The system comprises three units; Surgeon Cockpit, Operation Unit and Vision Unit. With the potential to enhance precision, minimize risks, and optimize patient outcomes. The Hinotori features arms with eight axes, enabling them to perform the same movements as human arms but stable and having intricate functionality. It also has a three-dimensional endoscope and a high-definition screen to assist the surgeon in controlling the components. Hinotori represents a promising glimpse into the future of surgical procedures.

### HOW DOES IT HELP IN THE ENHANCEMENT OF SURGICAL PRECISION?

Hinotori achieves enhanced precision during surgical procedures by utilizing highly advanced robotic arms equipped with intricate sensors and actuators. These arms mimic human hand movements but with superior

dexterity, effectively reducing hand tremors and enabling them to perform complex tasks with unparalleled accuracy.

### WHAT'S THE ROLE OF ARTIFICIAL INTELLIGENCE IN HINOTORI?

A.I. integration is a key feature of Hinotori, which uses machine learning algorithms to analyze vast amounts of medical data, including surgical images, videos, radio-diagnostic scans like CT., M.R.I. etc., and patient records. By simulating surgeries and providing real-time feedback, Hinotori augments decision-making capabilities and offers valuable insights to surgeons.

### HOW DOES HINOTORI FACILITATE SIMULATION TRAINING FOR SURGEONS?

Hinotori's A.I. capabilities allow it to simulate surgical procedures based on the technical data of experienced surgeons. This facilitates less-experienced surgeons to perform intricate procedures in a controlled virtual environment, improving their skills and enhancing patient safety and outcomes.





## WHAT ARE THE ADVANTAGES TO THE PATIENTS?

The system is helpful in minimally invasive procedures with smaller incisions, reducing trauma, faster surgeries and lesser scarring while enhancing recovery times. It also enables remote surgery, providing expert care to under-served areas and potentially saving lives in emergencies.

## SO, WHAT'S IN THE FUTURE AHEAD?

The future of surgical practices is poised to undergo a revolutionary change with the advent of Hinotori. This technological marvel combines the prowess of A.I. and simulation-based training to accelerate the learning curve for surgeons, ultimately leading to improved surgical techniques and outcomes.

With the expansion of 5G networks, there is a remarkable potential for surgical robots to transform the way we approach medical treatments.

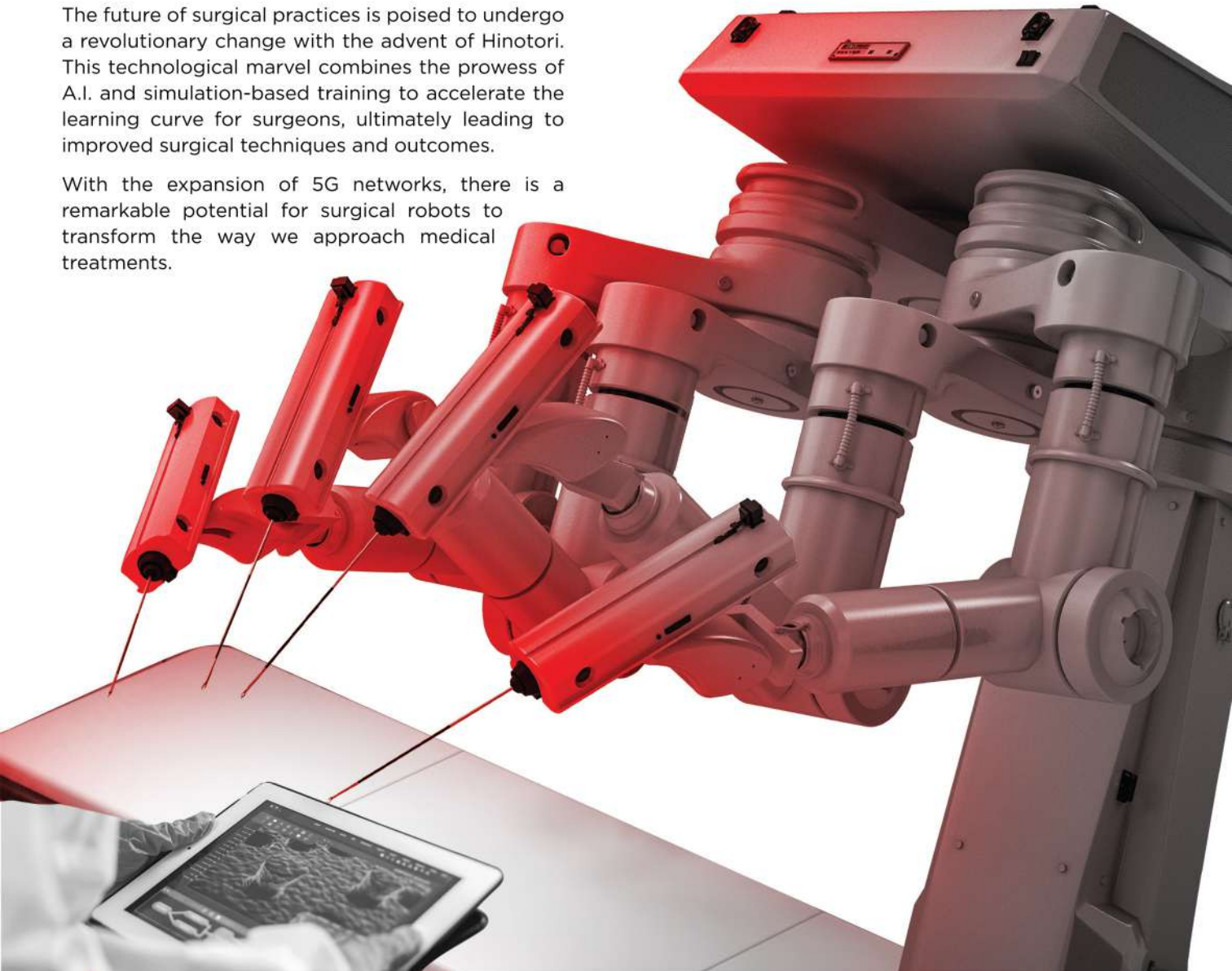
These robots can transmit high-resolution medical images and colossal data sizes without any delay in control signals from the operating surgeons, thereby enhancing the precision and accuracy of surgical procedures.

Furthermore, ongoing advancements in robotics and A.I. will likely enhance the manoeuvrability and capabilities of systems like Hinotori, da Vinci Surgical Systems, Smart Tissue Autonomous Robot (STAR), etc., are opening doors to increasingly advanced complex and specialized surgical procedures.

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*To sum it up, the future of surgery is shaping up to be a fusion of robotics, artificial intelligence, and supreme manoeuvrability.*

*And one tool that's leading the way is Hinotori. With this technology, surgeons can operate with unprecedented precision, simulate surgeries beforehand, and, ultimately, provide better patient care. It's simply mind-blowing to imagine how this innovation will transform surgical practices and elevate healthcare standards worldwide.*



# DON'T EAT UNTIL YOU'RE FULL, INSTEAD, MIND YOUR HARA HACHI BU POINT!

Lots of people are trying to figure out how to live longer, and it looks like the Japanese have it all figured out! The Okinawans practice something called Hara Hachi Bu, which is based on an old Confucian teaching. Basically, it means eating until you're only 80% full.

Most people eat mindlessly & eat past fullness, which isn't healthy & can pack on kilos. But when you practice eating to only 80% full, you can learn to listen to your body, lose weight, & feel your best.

## WHY DO IT?

It takes about 20 minutes for your stomach to tell your brain it's full. So if you stop eating when you're 80% full, you'll naturally cut down on how much you eat. That can have a lot of health benefits, like avoiding obesity, acid reflux, gastrointestinal issues, metabolic disorders, and reducing risk of cardiovascular diseases, cancer, and other age-related illnesses.

## PUTTING INTO PRACTICE

**Don't obsess** over calorie intake or weight loss; rather do all things in moderation. As you eat, practice mindfulness by listening to your body.

**Eat slowly** as it allows your body to respond to cues, which tell us we are no longer hungry.

**Focus on food** by turning off the TV & keep all other forms of digital devices away from your eating environment.

**Choose to eat on smaller plates** & use tall, narrow glasses. We're likely to eat less without even thinking about it.

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*Are you intrigued? It's time to try this unique way of eating in pursuit of a long & healthy life.*



# DRINKING MATCHA TEA & ITS BENEFITS

Move over coffee, there's a new morning pick-me-up in town & it's called Matcha. Read on to discover all the reasons to love this drink & how to make it into a delicious beverage.

Matcha contains **caffeine**, **L-theanine**, & **EGCG (epigallocatechin-3-gallate)** which have numerous health benefits. Studies show that Matcha helps boost metabolism aiding in weight loss, stimulates collagen production, promotes skin cell turnover, reduces skin inflammation, anxiety, and promotes relaxation.

## PREPARING MATCHA TEA

The Japanese tea ceremony has a long history of ritual and tradition, and is considered an art form. It's a way to express gratitude, hospitality, appreciate nature's beauty reminding one to cherish the simple things in life.

The traditional Japanese method to prepare Matcha calls for a bamboo whisk, a tea bowl, & a tea scoop. After preparing the bowl with a damp cloth and hot water, mix Matcha powder in hot water (160-170°F), whisking it using the bamboo whisk in a back-and-forth motion until it becomes frothy. Finally, pour into small cups and serve.

The modern method is more straightforward and skips the special equipment. As long as you have good quality matcha powder and hot water, you can make a great cup of tea. But this method skips the mindfulness practices that go along with the traditional method.

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*Matcha tea is a delicious & healthy beverage that's also easy to make. So, now that you know how to make it, try it and enjoy a perfect cup of wholesomeness.*

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# THE HIDDEN JEWELS OF JAPAN

For many globetrotters, Japan is one of those places that's worth a return trip or two. Tokyo, Kyoto & Osaka may be popular, but there are also plenty of underrated gems that are worth a visit. If you're looking for a unique journey, check out these hidden gems for your next trip to Japan.

Looking for a tropical paradise? **Yoron Island** in Kagoshima is the perfect spot! With its stunning white sand beaches and beautiful sunsets, you won't be disappointed. **Ooganeku** is the top tourist attraction and biggest beach on the island, and if you visit between April and October you'll be able to spot **Yurigahama** at low tide - it's a sandbar that appears in different places throughout the day, so it's like a fun treasure hunt!

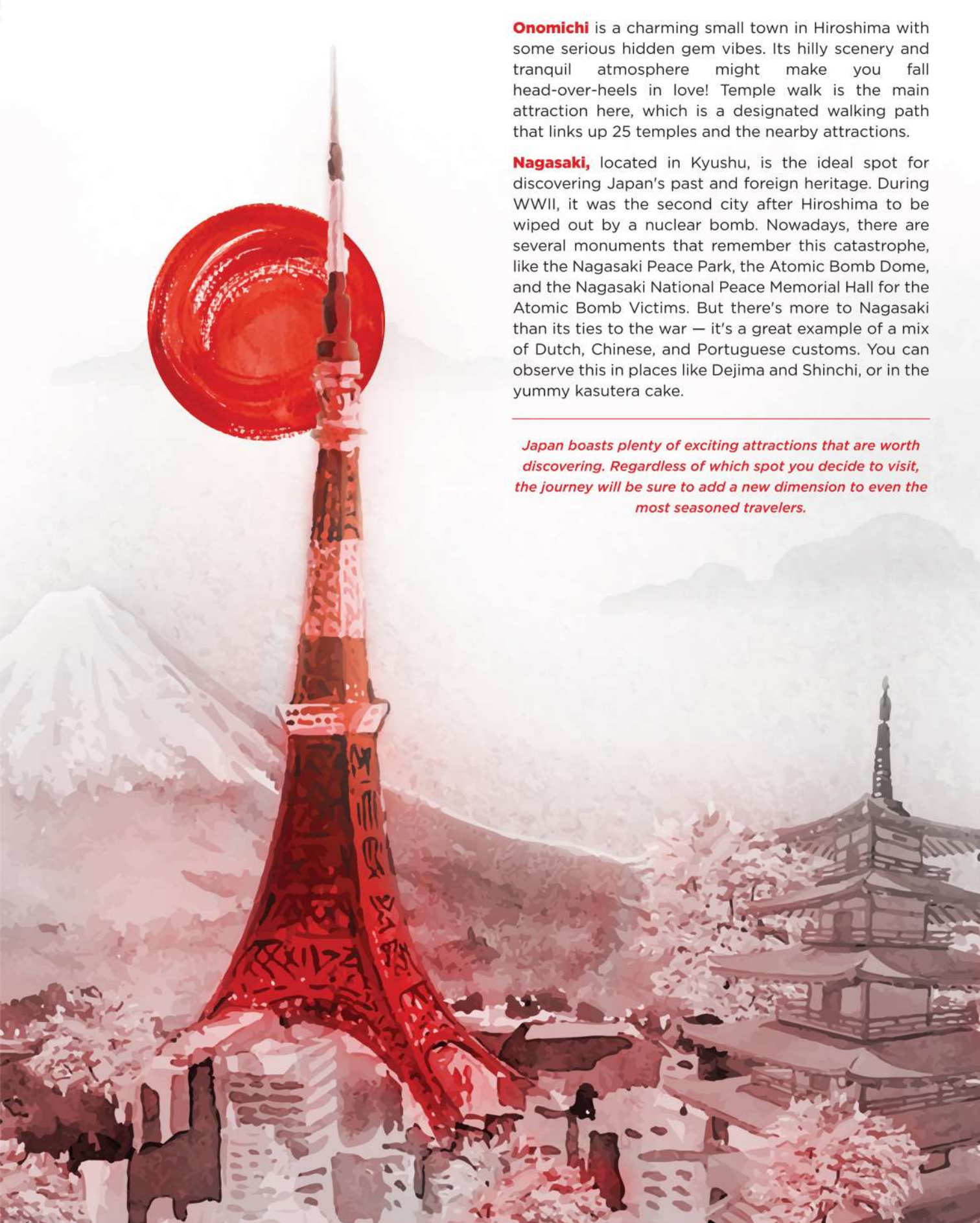
While Yoron Island is a sparkly paradise, but **Yakushima** is the complete opposite. It's a subtropical jungle island with ancient cedar forests and jungle trails that go on forever. Nature-lovers and adventurers come here to explore the ancient trees and go on hikes. There's something extra special about the mist that rises throughout the forest - creating a dreamy, almost fairytale-like atmosphere.

For those who long for a trip to the Mediterranean area, **Shodoshima** in Kagawa could be the ideal answer for you! It's situated in the Seto Inland Sea and is predominantly recognized for olive cultivation among locals. Numerous visitors have discovered this secret treasure in Japan, stunning for its untouched splendor and mild weather.

**Iya Valley** in Tokushima, Shikoku Island should also be on your list! You can take a drive and get views of gorges, forests and hiking trails. Cross the gorges by using the three vine bridges that have been maintained over time. If you're in love with the scenery, an overnight stay is a must. In **Ochiai Village**, you can stay in the traditional thatched-roof farmhouses called **chiiori**, each of which is cozy and equipped with a fireplace, and you can see the entire valley from the window.

The **Kii Mountain Range** in Wakayama is one of the finest hidden treasures in Japan you should not overlook. Historically, this is the location of Shinto and Buddhism pilgrimages. Travelers who visit this place will discover numerous temples and shrines in the area, as well as abundant wildlife and natural scenery. Nachi Falls, specifically, is the most renowned attraction in Wakayama. Towering at 133 meters, it is Japan's highest waterfall and truly a spectacle to witness from the observation platform.





**Onomichi** is a charming small town in Hiroshima with some serious hidden gem vibes. Its hilly scenery and tranquil atmosphere might make you fall head-over-heels in love! Temple walk is the main attraction here, which is a designated walking path that links up 25 temples and the nearby attractions.

**Nagasaki**, located in Kyushu, is the ideal spot for discovering Japan's past and foreign heritage. During WWII, it was the second city after Hiroshima to be wiped out by a nuclear bomb. Nowadays, there are several monuments that remember this catastrophe, like the Nagasaki Peace Park, the Atomic Bomb Dome, and the Nagasaki National Peace Memorial Hall for the Atomic Bomb Victims. But there's more to Nagasaki than its ties to the war — it's a great example of a mix of Dutch, Chinese, and Portuguese customs. You can observe this in places like Dejima and Shinchi, or in the yummy kasutera cake.

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*Japan boasts plenty of exciting attractions that are worth discovering. Regardless of which spot you decide to visit, the journey will be sure to add a new dimension to even the most seasoned travelers.*

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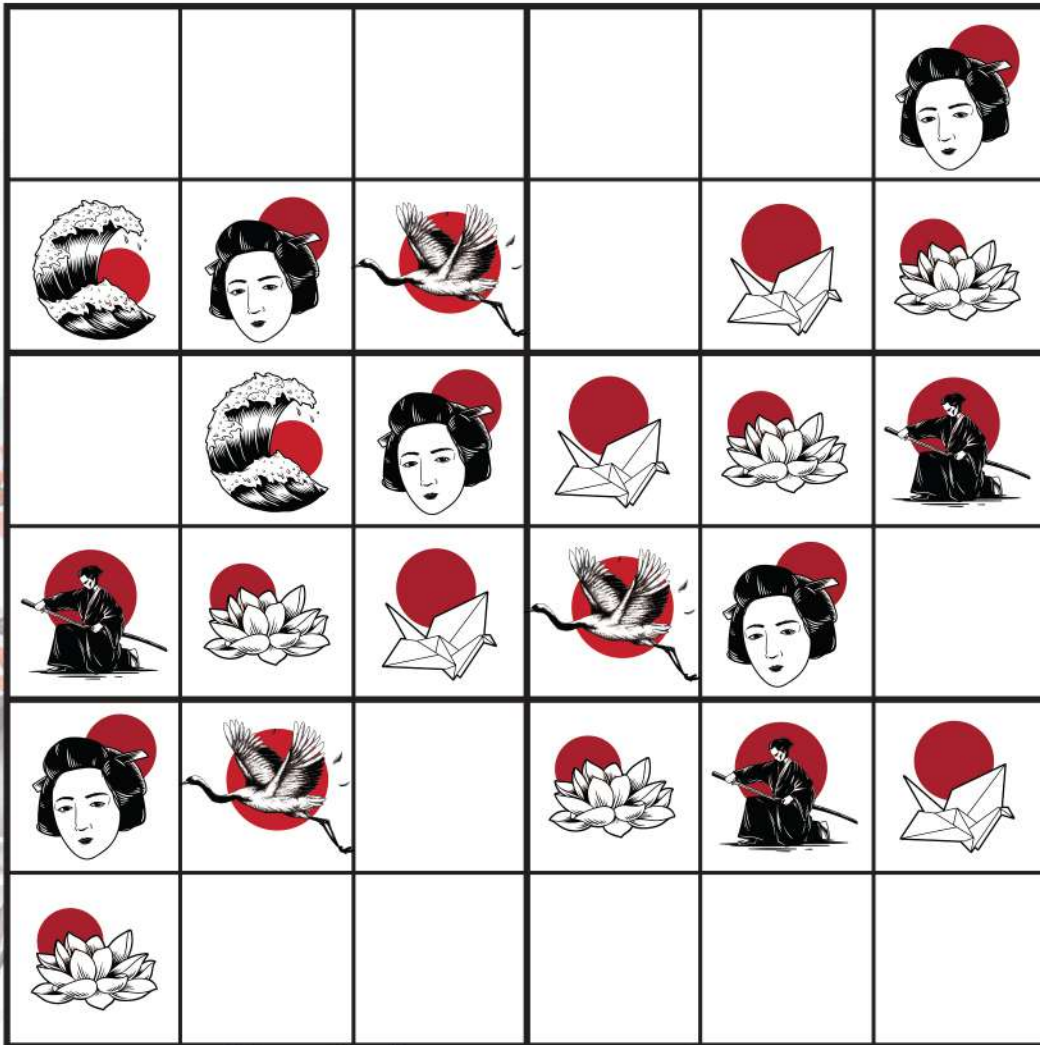
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# HOW QUICKLY CAN YOU TRACK THIS SUDOKU PUZZLE?

Grab a pen and let the puzzle unravel!



01



02



03



04



05

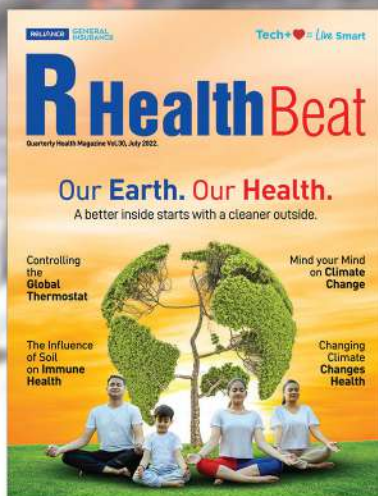
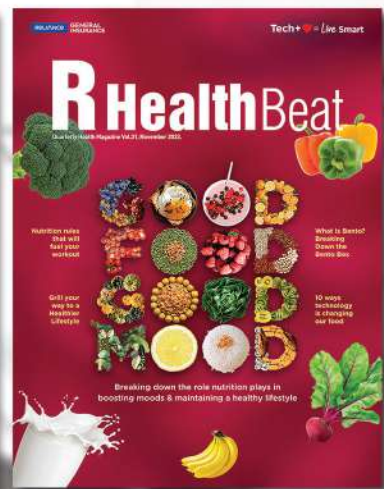


06

Complete the Sudoku puzzle by filling in the missing boxes with the correct image.

# WAS THE JOURNEY TO JAPAN CAPTIVATING?

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