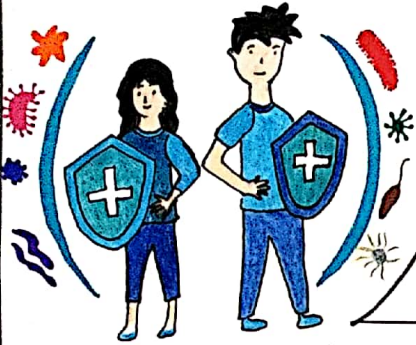


# BOOST YOUR IMMUNITY!



## 5 FOODS TO BUILD YOUR IMMUNITY



## EAT HEALTHY

CONSUME PLENTY OF FRUITS & VEGETABLES

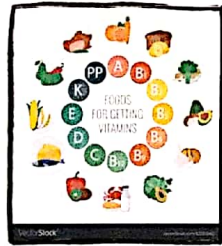
Fruits & Vegetables are rich in fiber, vitamins & minerals which keep your immune system in good shape.



GET YOUR DAILY DOSE OF VITAMINS & ANTIOXIDANTS

\* Vitamins are important for the proper working of the immune system.

\* Antioxidants keep the cell safe from damage caused by free radicals.



CONSUME PROBIOTICS

These have friendly gut bacteria - they keep the gut healthy & prevent the growth of harmful bacteria, E.g: CURD/YOGURT.



## EXERCISE

\* Exercising for at least 30 min per day can help your immune system function better.



\* Exercise strengthens your body so your immune system can easily fight off infections.

\* You can try: BRISK WALKING, RUNNING, BICYCLING, AT HOME CARDIOWORKOUTS & STRENGTH TRAINING



## KEEP CALM!

\* keep your stress levels under control.

\* Long term stress increases the level of cortisol in your

blood - This hormone suppresses your immune system.

\* You can manage stress by practising -  
 → Guided meditation / focusing on your breath for 5-10 min, daily  
 → Yoga → listening to Music

## GET ENOUGH SLEEP

\* Get plenty of good quality sleep

\* Keep a regular sleep cycle.

\* Get at least 6-7 hrs daily.

\* Sleep is the time when your body heals & gets back into fighting shape.

\* During this time, new immune cells are produced.

\* Lack of sleep weakens the immune system & reduces its capacity to fight infections.



AVOID LOOKING AT YOUR PHONE IN THE DARK - IT disturbs your sleep cycle





# ASIAN MEDICAL STUDENTS' ASSOCIATION INDIA



## CERTIFICATE

»» *of Achievement* ««

This is to certify that **D V VARSHA** of BOWRING AND LADY CURZON MEDICAL COLLEGE, KARNATAKA secured 2nd position in an online Poster Making Competition: How to Build Immunity on 13th June 2020.

**ROUNAK VERMA**  
GENERAL SECRETARY  
AMSA-INDIA

**PRIYANSH NATHANI**  
REGIONAL CHAIRPERSON  
AMSA-INDIA

**DR. AVI SINGH**  
VICE OVERALL CHAIRPERSON INTERNAL  
AMSA-INDIA