

Monday Morning

RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)

Weekly Current Awareness Service

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“Stay positive and happy. Work hard and don't give up hope. Be open to criticism and keep learning. Surround yourself with happy, warm and genuine people. ”

— Tena Desae

About Monday Morning

Monday morning is a weekly E- CAS (Electronic Current Awareness Service) of RMRC Library, Bhubaneswar which carries one Biomedical & health science news item and some useful current medical research links so that the scientists can access the articles. This E- Bulletin starts its journey from 21st Nov. 2016. In this maiden attempt we cordially invite your inputs and suggestions to improve in future.

Dr. Banamber Sahoo, Lib & Inf. Officer
Poonam Singh Deo (Lib. Trainee)

Here's how drinking coffee could protect your heart



ACUPSA JOE Studies have shown that people who drink four cups of coffee a day have a lower risk of dying of a heart attack.

<https://www.sciencenews.org/article/how-drinking-coffee-could-protect-your-heart?tgt=nr>

1. Mindful movement may help lower stress, anxiety

Taking a walk may be a good opportunity to mentally review your to-do list, but using the time to instead be more mindful of your breathing and surroundings may help boost your wellbeing, according to researchers. For more details click on the below link.

https://www.eurekalert.org/pub_releases/2018-06/ps-mmm062118.php

2. WHO releases new International Classification of Diseases (ICD 11)

Geneva: The World Health Organization (WHO) is today releasing its new International Classification of Diseases (ICD-11). The ICD is the foundation for identifying health trends and statistics worldwide, and contains around 55 000 unique codes for injuries, diseases and causes of death. It provides a common language that allows health professionals to share health information across the globe. For more details click on the below link

[http://www.who.int/news-room/detail/18-06-2018-who-releases-new-international-classification-of-diseases-\(icd-11\)](http://www.who.int/news-room/detail/18-06-2018-who-releases-new-international-classification-of-diseases-(icd-11))

3. Common Gene Variants Found Among Psychiatric Disorders

While it's clear that brain disorders are often inherited, finding exactly which genes are responsible for passing them along is challenging. In a study published today in Science, an international consortium of hundreds of scientists assembled genome-wide association study data for 25 psychiatric and neurological disorders and found that 10 mental illnesses share genetic variants that contribute to the risk of their development. For more details click on the below link

<https://www.the-scientist.com/?articles.view/articleNo/54902/title/Common-Gene-Variants-Found-Among-Psychiatric-Disorders/>

4. International Yoga Day: Foods To Eat Before And After Your Yoga Session This Yoga Day

We celebrate International Yoga Day, commonly known as Yoga Day, on 21 June every year, since its inception in the year 2015. A combination of physical, mental and spiritual practice, yoga has been attributed mostly to India. The asanas, or poses, that yoga includes aim at attaining overall body strength and keeping it healthy and sound..click on the below link

<https://food.ndtv.com/health/international-yoga-day-2018-foods-to-eat-before-and-after-your-yoga-session-this-yoga-day-1870451>



E- CAS (Current Awareness Service)

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