Antimicrobial Resistance: A Global Threat
Horizon invites contributions from SQU members of staff and faculty. Contributions in the form of articles, news, travelogues, stories of unique and interesting experiences, encounters, etc., are welcome. Contributions may be edited for the sake of clarity and length. Please send your contributions to horizon@squ.edu.om preferably, as MSWord attachments. Authors will be suitably credited.

The views and opinions expressed in the articles published in this newsletter are those of the authors and are not to be construed as the official views of the publication. Horizon is published three times a month by the Department of Public Relations and Information, Sultan Qaboos University, P.O. Box 50, P.C. 123, Muscat, Sultanate of Oman.

Phone: +968 244141045 E-mail: horizon@squ.edu.om
Fax: +968 24413391 Website: www.squ.edu.om

Unleashing the Power

The future of a nation primarily lies in the hands of its youth population. The young population is filled with tremendous and towering ambitions. It will be a great wastage of human resources if the youths are not given an opportunity to exercise their talents and skills. The young generation of any nation plays a key role in ensuring a bright future for the country. They have to perform their responsibilities to the nation more diligently in times of economic downturn. In November, Oman celebrates its National Day, and SQU celebrates its Graduation Ceremony. This year, around 2800 students graduated from our institution. Now they are ready to serve the nation.

The primary role of young people is to get a good education in order to become better citizens of tomorrow. They need to learn skills to do the job that their country’s economy needs. They also need to know how to think, understand, analyse, and discuss the issues their country faces. The entire success of the nation depends on the youth. In Oman, the Government is always keen to fulfil its responsibility to provide the youth with proper facilities for getting equipped with the knowledge that the modern era demands.

Youth is the spring of life. It is the age of discovery and dreams. They have the power to transform the nation into a better place. They also have the ability to lead their fellow citizens into the right direction. By using their skills and talents, each educated youth should work hard to help the nation come out of the current economic downturn, reduce unemployment, and solve other problems that might hinder the continued progress of the nation.

Youths have the ability to face any challenges and problems. They have a positive influence on their fellow young people. They are able to teach them the positive things in life. The wise youths that we have out there should be taken into consideration. Some of them, though educated are unemployed. They should be given an opportunity to expose their intelligence to the world and make themselves into someone. The public and private sectors should assist the youths; so they can make this land a greater one. They will make a huge difference in society and the entire world.
SQU Medical, Nursing Students Take Oath

The Oath-taking ceremony of the medical and nursing graduates of Sultan Qaboos University was held at the University under the patronage of H.E. Ahmed bin Mohammed Al Saidi, the Minister of Health. 106 graduates-44 males and 62 females- from the College of Medicine & Health Sciences, and 93 graduates-20 males and 73 females- from the College of Nursing took the oath during the ceremony. Dr. Omar Al Rawaifah, Dean of the College of Nursing, welcomed the graduates on the occasion. He stressed the humanitarian principles and noble values of the medical and nursing professions, and their commitment towards the patients and the community.

Tareq Al Saadi gave a speech on behalf of the medical graduates and described their academic journey, discussing the challenges faced to reach the stage of taking an oath to the medical profession. Aisha Al Lamki represented the nursing graduates and spoke about the effort required to become a nursing professional and thanked her college for continued support and encouragement it bestowed on the students. At the end of the ceremony, Prof. Muna Ahmed Al Sadoon, Assistant Dean for Clinical Affairs, College of Medicine & Health Sciences administered the oath to the medical graduates and Aziza Saleh Al Sawaf, Lecturer in Community and Mental Health, College of Nursing administered the oath to the nursing students.

Conference Discusses Children’s Issues

The first conference of Children First Association was held at SQU under the patronage of H.E.Dr. Yahya bin Badr Al Ma’awali, Undersecretary of the Ministry of Social Development. Dr. Al- Ma’awali said that this conference reflects the importance of the role of civil society associations in partnership and cooperation with the various concerned institutions. “The conference is very important as it deals with protection, legislation, laws and educational and cultural dimensions whose implementation must be shared by all the institutions. The institutions should cooperate in selecting appropriate procedures to ensure the necessary protection for children and those children should be brought up in a society that provides all the means of education that will help them to be good and capable individuals to contribute to development in the future”, he said. Sayyida Dr. Muna bint Fahd Al- Said, SQU Assistant Vice-Chancellor for International Cooperation and Chairperson of Children First Society gave a speech in which she said the real wealth of any nation is its human resources before its physical wealth and that the human resources will propel the progress and development forward in various fields.

Dr. Ibrahim bin Sultan al- Harthy, Assistant Professor at Psychology Department and Deputy Chairperson of Children First Society and head of the organizing committee of the conference delivered a speech. He said that this conference focused on two themes, namely, legislations and laws for children, as well as the various initiatives that serve children’s issues, adding that 15 working papers will be presented in the 2-day conference and invitations were forwarded to some government agencies to provide relevant working papers.

2800 Students Receive Degrees

The 27th Graduation Ceremony of Sultan Qaboos University was held on 30 October and 6 November 2016 under the patronage of H.E.Sheikh Abdullah Mohammed Al Salmi, Minister of Awqaf & Religious Affairs. As many as 2800 students from the nine colleges at the University received their certificates of degrees at the graduation ceremony. On 30 October, students from the colleges of Medicine & Health Sciences, Agricultural & Marine Sciences, Engineering, Science, and Nursing received their certificates from the chief guest, the Minister. On 6 November, students from four humanities colleges namely, Economics & Political Science, Arts, Education, and Law, received degrees. Congratulating the graduates, H.E. Sheikh Abdullah Al Salmi, the Minister of Awqaf & Religious Affairs, said that the new graduates are good ambassadors of the University and role models in their respective professions.

Speaking on the occasion, H.E. Dr. Ali bin Saud Al Bemani, the Vice Chancellor of SQU outlined some of the major achievements of the university’s students and faculty members from the science and humanities colleges during the academic year. Speaking about academic and institutional accreditation and global classification of universities, the Dr. Al Bemani said: “in the QS World University Rankings 2016, SQU has been ranked at a position 451-460 in the world. SQU has been consistently moving up this ranking since 2014, when SQU was ranked 601-650."

The College of Medicine and Health Sciences received academic accreditation from the Institute of Biomedical Science, United Kingdom, for five years starting from 2015, further it received accreditation for the program of Medicine for ten years from the Association of Medical Education in the Eastern Mediterranean Region (AMEEMR). The College of Nursing also received global level accreditation from ACEN, Accreditation Commission for Education in Nursing, which is an international accreditation agency based in the US.

The Department of Chemistry at the College of Science received academic accreditation from the Canadian Society of Chemistry, for five years. The degree programs in Biotechnology and Environmental Biology at the Department of Biology are accredited by the ASIIN (Accreditation Agency for Degree Programmes in Engineering, Informatics, the Natural Sciences and Mathematics, another international accreditation agency. The Vice Chancellor added that SQU is currently preparing to secure institutional accreditation from the Oman Academic Accreditation Authority. “We are all working to meet the accreditation standards set by the Authority, which are related to governance, education, learning, research and services provided to students and staff”, he concluded.
Antimicrobial Resistance: A Global Threat

By: Zainab Al kindi
Lecturer, Community and Mental Health Department
College of Nursing

“If we lose our most effective antimicrobials, we lose modern medicine as we know it.” - Dr. Margaret Chan, Director General of the World Health Organization

I remember the day when my son was 2 months old. He had high fever, cough, and wheezing. That time was tough; being as a first time mom, it is never nice to see your baby struggling to breath. I ran to the health center, then to a private clinic for a second opinion, then back to the health center again. Despite my nursing background, when it comes to your own child, you will have millions of queries and question marks. My son was diagnosed with a lower respiratory tract infection where one doctor immediately prescribed Augmentin to be taken three times for 5 days. One month later, my son had similar symptoms where another antibiotic course was prescribed; however, symptoms did not improve despite the completion of the antibiotic course. Before he turns two years old, this child had five courses of antibiotic (This is what I could recall). Is it a bacterial infection so antibiotic is required? Alternatively, a viral infection where supportive treatment is the best way to tackle the infection? Are healthcare providers confident enough to prescribe antibiotics? All these questions should be asked before starting an antibiotic course particularly to a vulnerable population like children.

The widespread use of anti-biotics leads to the emergence of global antibiotic resistance. Antibiotic resistance is a global public health threat. Between 10 to 20 courses of antibiotics are prescribed to each individual before the age of 18 in developed countries. More than 11 million antibiotic prescriptions written each year for children may be unnecessary according to researchers from University of Washington Seattle Children’s Hospital.

Unregulated use of antibiotics may result in a variety of possible consequences. Too low dosages may allow some bacteria to survive, adapt and reproduce, resulting in rebound, resistant infections. Too high dosages can result in a variety of dangerous and potentially lethal side effects. Using an antibiotic for a viral infection or for bacteria to which it is ineffective results in an unnecessary use of antibiotics and contributes toward bacterial resistance. The rate of resistance has always quickly outpaced the rate at which we have discovered new antibiotics.

Guidelines on antibiotic use were established, however, parent’ demand as well as the difficulties doctors face in quickly distinguishing viral from bacterial infections continue to support the overuse of antibiotics. Community campaigns targeting antibiotic use is essential. Such campaigns will not provide magical solution to the global antibiotic resistance, but they have proved their effectiveness in reducing antibiotic prescription in many countries. The European Union pioneered an annual (Antibiotic Awareness week) in 2007 which had an impact on antibiotic related consultation and prescription. The success of community awareness campaigns depends on several factors. Targeting patients, families and health care workers (prescribers, pharmacists) is crucial. Reinforced education of medical student about the conservative prescription of antibiotic is very significant. Despite the vital effort that should be directed at the regulatory level, significant attention must be given to human behavior. Hygiene and infection prevention measures should be emphasized.
Translation may be everywhere you look, but it may not always be properly seen. So let us look at the translation method in general in order to see its place in the current teaching context. Our recent study and publication in the Journal of Teaching English for Specific and Academic Purposes aims to analyze different means of implementing translation methods as tools in the context of teaching English and discusses further ways of approaching translation in a wider context.

It is important to clarify that our aim is not to reincarnate the grammar-translation method and bring it back unchanged to the ELT classroom. On the contrary, with the appearance of ever improving instant translation tools, translation, as a hands-on art of foreign language teaching, has yet to be revisited, especially when it comes to teaching English. Here we do not try to challenge the effectiveness of the well-established communicative method. The latter may adopt some changes and incorporate the newest trends created by on-line and mobile translation tools and applications available on the market.

It is not needed to argue that vocabulary instruction is a major element of any preparatory language programme, and so this is the time when Google Translate may or should enter the teaching scene and could provide certain assistance to the instructor and the learner. This Google service is probably one of the easiest and most popular tools to help users meet their immediate translation needs. It offers quick and ever-improving dual translation services in a variety of languages. Students have discovered the benefits of this application and tend to use it more often in-and-out their classroom environment.

How does Google Translate ‘work its magic’? The translation itself is based on various patterns which are found in a large number of texts. The Google Translate creators are aware of all the challenges involved in proper translations, especially in the cases of exceptions, and the exceptions to those exceptions. It is crucial to mention that Google computers are set to scan for statistically significant patterns. Being free and instant, with a variety of languages for input and output, it also allows voice recognition, the translation of entire web pages, and an upload of entire files for instant translation. But, without proper guidance from language instructors, language learners and enthusiasts are likely to face certain difficulties.

Let us look at some examples
As stated above, Google Translate is based on various significant patterns that are later used to translate to and from a foreign language. Sometimes basic cohesion may be lost, e.g. in the case of tongue twisters. The Google translation into Arabic of something like ‘Peter Piper picked a peck of pickled peppers’ may not be easily ‘picked up’ by a native speaker of the Arabic language. Although this translation tool gives immediate response to the tap of your finger on a smartphone or keyboard, the quality of the outcome may be unsatisfactory. The popular buzz-word and concept of ‘selfie’ became the Oxford Dictionary Word of the Year in 2013 but was merely kept as a mirror reflection in the Google Translate service. It was only transliterated into Arabic the following year and in 2016 eventually appears with a real translation, i.e. ‘surat shakhśia’.

Google Translate is probably most often referred to by English language learners to look for the translation of individual words or short phrases. However, in cases of certain synonymic pairs, the discrepancy between input and output may be one of the main challenges for Google Translate. As an example, the reader can try Google translating into Arabic the words ‘guarantee’ and ‘warranty’ or compare the translation options of ‘dialect’ and ‘accent’. Moreover, certain neologisms like ‘spork’ (which is a combination of a spoon and fork) can be found in some fast food joints in Oman, but Google Translate mistakenly offers the Arabic equivalent of ‘throw away’.

To sum up, the grammar-translation method did have its place in the history of English language teaching but now has been replaced by other methods that are more communicative in nature. However, with the growing popularity of modern technologies like instant online translators and smartphone apps, some features of translation principles reappear in the current teaching paradigm, regardless of some elements that could be lost. In this context, our goal as educators is to show students the benefits and drawbacks of instant translation as a learning tool so that they are not lost but, instead, found in meaningful language learning practice.

Acknowledgement
The author would like to thank Dr. Bati Al-Shukeili, an academician from the Centre for Preparatory Studies and IELTS administrator of Sultan Qaboos University, for his consultancy in cases of Arabic-English translation. The author may be contacted via email gennady@squ.edu.om

*The full text of this article with more illustrations and reflection on the subject matter can be found at the following link http://espeap.janis.ni.ac.rs/index.php/espeap/article/view/318/221
Tafaul’ to Facilitate Interaction with Parents

Sultan Qaboos University formally launched the ‘Tafaul’ (Interaction) program with a function held at the Grand Hall of SQU under the patronage of H.E Dr. Ali bin Saud Al Bemani, the Vice Chancellor. Speaking on the occasion, Prof. Amer bin Ali Al Rawas, Deputy Vice-Chancellor for Academic Affairs and Community Service, said that the relation between the parents and the university is an essential element for the success of the students’ university life. “The latest statistics indicate that the number of students enrolled in the university who are under probation is 1231, which is a worrying indicator for the future of students. It also shows the absence of the family’s role in supporting and following up the students in their university and academic life”, he said.

The event consisted of two discussion panels. The first session entitled “the success ladder of the university student”, was moderated by Prof. Abdullah bin Khamis Al Busaidi, CEO of Gulf Energy. The second session entitled “the leader of the future” was moderated by Dr. Abdullah Nasser Al Harrasi, Chairman of the Public Authority of Radio & Television. This conference brought together more than 100 participants to participate in over 100 sessions, including plenary presentations by internationally renowned academics in the fields of Language, Linguistics, Literature, Translation and Intercultural Studies. Around 300 local and regional scholars and students attended the three-day conference. The event was aimed at highlighting the relationship between global themes and local practices in these four areas of inquiry and to unpack the relationship between these interrelated areas of study to investigate the ways in which languages and literatures connect to each other while maintaining their uniqueness in the global context.

In his welcome address, Dr. Abdul Gabbar Al Sharafi, Head of the Department of English Department, said that this international events is organized as part of the Department’s efforts to assume a leading position in the region in terms of high quality in teaching and innovative research in areas related to English language, literature, linguistics and translation. The Department of English is one of the largest academic departments in the university with over a thousand students and forty faculty members. It boasts an active research profile of over 126 research publications in refereed journals over the last three years”, he said.

Dr. Najma Al Zidjaly, the conference chair, said that the participants in this year’s conference represent different parts of the world as well as a variety of research interests. “Presentations include broad theoretical studies on World Literature and its translations, the role of English in the present global context, the changing role of language in social media and changing methodologies of teaching English. Presentations also focus on research in specific areas of language studies (online identities, grammaticalization), literature (fiction of the diaspora, travel writing), linguistics (disability studies, code-switching) and translation (translating humour, literary translation)”, she said.

"Connecting the Dots in a Glocalized World"

The 3rd International Conference of the Department of English Language & Literature at the College of Arts & Social Sciences at Sultan Qaboos University, titled “Connecting the Dots in a Glocalized World” was held from 3 to 5 November. The opening ceremony was under the patronage of H.E Dr. Abdullah Nasser Al Harrasi, Chairman of the Public Authority of Radio & Television. This conference brought together more than 100 participants to participate in over 100 sessions, including plenary presentations by internationally renowned academics in the fields of Language, Linguistics, Literature, Translation and Intercultural Studies. Around 300 local and regional scholars and students attended the three-day conference. The event was aimed at highlighting the relationship between global themes and local practices in these four areas of inquiry and to unpack the relationship between these interrelated areas of study to investigate the ways in which languages and literatures connect to each other while maintaining their uniqueness in the global context.

In his welcome address, Dr. Abdul Gabbar Al Sharafi, Head of the Department of English Department, said that this international events is organized as part of the Department’s efforts to assume a leading position in the region in terms of high quality in teaching and innovative research in areas related to English language, literature, linguistics and translation. The Department of English is one of the largest academic departments in the university with over a thousand students and forty faculty members. It boasts an active research profile of over 126 research publications in refereed journals over the last three years”, he said.

Dr. Najma Al Zidjaly, the conference chair, said that the participants in this year’s conference represent different parts of the world as well as a variety of research interests. “Presentations include broad theoretical studies on World Literature and its translations, the role of English in the present global context, the changing role of language in social media and changing methodologies of teaching English. Presentations also focus on research in specific areas of language studies (online identities, grammaticalization), literature (fiction of the diaspora, travel writing), linguistics (disability studies, code-switching) and translation (translating humour, literary translation)”, she said.

Conference to Focus on Academic Accreditation

The 4th International Conference of the Department of Education at Sultan Qaboos University, will be held from 14 to 17 November 2016 under the auspices of Sheikh Mohammed bin Abdullah Al Hinai, State Advisor. The conference for this year is entitled “Academic Accreditation, the Road to Sustainable Quality Education”. It reflects the importance of accreditation and its role in the development of teacher preparation and in the sustainability of quality programs. It also offers an opportunity to connect researchers, experts and educationalists to discuss and exchange experiences in academic accreditation at regional and international levels.
New edited book on the benefit of Food on Managing Parkinson’s disease

A new edited book was published on 6th of October 2016 titled “Food and Parkinson’s disease” by Nova Science Publishers, INC, USA under Bio-medical category. It was co-edited by Dr. Mohamed Essa, Associate Professor in Human Nutrition from the Department of Food Science & Nutrition at the College of Agricultural & Marine Sciences, Sultan Qaboos University and Dr. T. Manivasagam, Dr. A. Justin Thennozhi (both from Annamalai University, India), and Dr. Mohammed A.S. Khan (from Massachusetts General Hospital and Harvard Medical School, USA).

This book mainly focuses on the alternative therapeutic approach for managing Parkinson’s disease. This manuscript analyzes the curative properties of natural ingredients and bioactive compounds — known as “nutraceuticals” — from natural foods, herbs, spices and plant extracts. Scientific revelations supported by conducted research concerning these remedies are presented. For example, consuming foods from natural sources that are rich in amino acids, antioxidants, vitamins and alkaloids may reduce the chances of onset of Parkinson’s disease, and suggests that nutrition and diet have an impact on disease management. In addition, epigenetic modifications in conjunction with Parkinson’s disease are also discussed in this book.

This book was partly supported by an internal research grant from CAMS, SQU to Dr. Essa (IG/AGR/FOOD/14/01). This book on Parkinson’s disease describes the benefits and medicinal values, and mechanisms of action of natural food products. The motive is not only to describe their scientific importance of nutraceuticals but also to create awareness in general audiences about the dietary consciousness to reduce the incidence of Parkinson’s disease. This book has total 11 chapters authored by well-known experts in this field from USA, Egypt and Oman. The first chapter discusses about the benefit of dietary amino acids for the benefit of Parkinson’s disease and the second one about effect of dietary antioxidants on this disease. Other chapters are discussing about the benefits of spices, turmeric, citrus fruits, black tea components, Ayurveda and sea weed bioactive components against Parkinson’s disease. The book has total 11 chapters authored by well-known experts in this field from USA, Egypt and Oman. The first chapter discusses about the benefit of dietary amino acids for the benefit of Parkinson’s disease and the second one about effect of dietary antioxidants on this disease. Other chapters are discussing about the benefits of spices, turmeric, citrus fruits, black tea components, Ayurveda and sea weed bioactive components against Parkinson’s disease. The book was already nominated for the Gourmand Cook Book awards 2016 under Nutrition and Institutions category (D-09). Dr. Essa hopes that this book would increase the knowledge of the readers and help them understand the pathological process of Parkinson’s disease and importance of natural food products in disease management.

A book that explores the link between natural products and neurodegenerative diseases

Dr. Mohamed Essa, Associate Professor in Human Nutrition from the Department of Food Science & Nutrition at the College of Agricultural & Marine Sciences, Sultan Qaboos University, recently co-edited a book that explores the link between natural products and neurodegenerative diseases. The book titled “The Benefits of Natural Products for Neurodegenerative Diseases” which contains chapters about the benefits of multiple natural products by leading researchers, examines the molecular mechanisms behind the effects of natural products. The coeditors of the book are Dr. Mohammed Akbar from National Institute of Health from the US, and Prof. Gilles Guillemin from Macquarie University, Australia.

The volume, brought out by Springer, USA under Advances of Neurobiology category, focuses on the effects of natural products and their active components on brain function and neurodegenerative disease prevention. Phytochemicals such as alkaloids, terpenes, flavonoids, isoflavones, saponins etc. are known to possess protective activity against many neurological diseases. The molecular mechanisms behind the curative effects rely mainly on the action of phytoneutrients on distinct signaling pathways associated with protein folding and neuro-inflammation. The diverse array of bioactive nutrients present in these natural products plays a pivotal role in prevention and cure of various neurodegenerative diseases, disorders, or insults, such as Alzheimer’s disease, Parkinson’s disease, Huntington’s disease, traumatic brain injury, and other neuronal dysfunctions. However, the use of these antioxidants in the management of neurodegenerative conditions has so far been not well understood. “The Benefits of Natural Products for Neurodegenerative Diseases” is a comprehensive collection addressing the effects on the brain of natural products and edible items such as resveratrol, curcumin, gingerol, fruits, vegetables, nuts, and marine products.

The advantage of this book is indexed in Pubmed for more reading access. The book has total 23 chapters which were contributed by the leading researchers from USA, Australia, India and Oman. The book was published on 21st September 2016 and it is available to read through the following link http://www.springer.com/gp/book/9783319283814
Dr. Ali Mosaraf

Dr. Ali Musref is proponent of integrated medicine. He is the founder of Integrated Medical Center in the United Kingdom, and specialist in rehabilitation and physiotherapy. Dr. Ali visited Sultan Qaboos University and gave a talk titled “Integrated Healthcare, the future of Medicine”. Being an expert in Ayurveda medicine and naturopathy with a holistic vision, he attempts to blend oriental and western medicine in a health concept.

Horizon: Could you give an outline of your talk on “Integrated Healthcare, the future of Medicine” which you delivered at SQU?
Dr. Ali: In the lecture, I touched on ancient methods of diagnosis and treatment and explained how relevant they can be in today’s medicine. There is a rise in chronic ailments; diseases are not being cured so easily in the acute stage or at their onset. There is an urgent need for medicine to look for alternatives in traditional and complementary methods of treatment. It is time to train doctors in those old and time-tested methods. The blend of allopathy with traditional medicine is called “Integrated Healthcare” which embraces the best of both. In my interactive lecture, I demonstrated methods of diagnosis and treatment, which are simple but impressive.

Horizon: Could you explain the concept of ‘integrated health’?
Dr. Ali: Integrated Health is the gathering together of all the factors that contribute to your continued well-being and balancing them to enable you to attain your full potential all the time. Preventive measures ensure your freedom from disease and adverse conditions; the most advantageous curative procedures, when ill, include using the best traditional and conventional techniques and optimising your condition to take advantage of your full potential. Most people today are in the borderline phase, neither healthy nor sick. If you go to a doctor because you have flatulence, excess weight or insomnia he will say it is not a disease. Likewise, chronic fatigue or lethargy is not a disease. Therefore, the doctor will only treat certain symptoms, say fever, diarrhoea, a cough, or tissue damage, but he will not go beyond that to rectify the cause that might have started the symptoms. That is where Integrated Medicine comes to the fore. Prognosis or foretelling the advancement of health or disease is an important duty of an integrated medical physician. He or she must know what the outcome of a “borderline” state of health will be and warn the person in advance.

Horizon: Does Integrated Medicine relies on the healing power of nature?
Dr. Ali: Exactly. Eighty percent of the diseases can be cured with the innate healing power of our body. We should let our immune systems to do its job. The term “vis medicatrix naturae” which means the healing power of nature was established by Hippocrates to denote the body’s ability to heal itself or innate healing. This healing power is an inherent self-organizing, ordered healing process of living systems that establishes, maintains and restores health. At the same time, to live a healthy life, we take care of three basic things: eat well, exercise and physical therapy like massages. Apart from following a healthy diet, one should drink 6 to 8 glasses of water daily. Water is required for the elimination of waste and regulating body temperature. Practising yoga can help to improve the oxygenation of the blood and stretches most of the muscles in the body. It also helps to calm and destress the person. Similarly, a brisk walk in the fresh air is an invigorating way to exercise and can also help to improve blood circulation, improve lung capacity and function, reduce weight and blood pressure, and alleviate feelings of tiredness and lethargy. Massage is an essential part of my healing technique.