

# CHRONICLES

*'Take care of your body, it's the only place you have to live...'*

*-Jim Rohn*

## TIPS TO MAINTAIN A HEALTHY LIFESTYLE

Amidst juggling all the stress of our daily life from family to work, sometimes we forget to take care of our health. Follow these easy tips to keep yourself healthy...



Do not forget to eat breakfast and choose a **nutritious meal**.



Taking a daily **multivitamin** supplement is a good idea,



Drink **water** and stay hydrated



**Exercise** regularly and be physically active

Get enough good **sleep** (7-8hrs)



Go easy on alcohol and stay **sober**



Reduce **screen time**



## BIOENGINEERED HEART FIT FOR A HUMAN

Bioengineers have developed the first biohybrid model of human ventricles with helically aligned beating cardiac cells. To build a human heart from the ground up, researchers need to replicate the unique structures that make up the heart. This includes recreating helical geometries, which create a twisting motion as the heart beats.

# TEAM TRAINING AT CHE ADVENTURE PARK



# BDU AND AMRAK TEAM BUILDING



# Welcome!



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## INTRODUCING...

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## BATTLING COVID

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