

CHRONICLES

*'The aim of medicine is to prevent disease,
prolong life...'*

-William James Mayo

EVERYTHING YOU NEED TO KNOW ABOUT STRESS

What is Stress?

Stress is your body's fight or flight response being triggered due to a threat, a challenge or being overwhelmed.



Signs you are stressed

- Increased heartbeat
- Increased breathing
- Grinding teeth/ clenched jaw
- Headaches
- Sudden changes in appetite

How to deal with stress

- Maintain a healthy diet
- Aim for 7-8 hours of sleep each night
- Exercise regularly
- Reduce caffeine intake
- Make time for rest/self-care
- Learn meditation techniques



WHY YOU NEED TO START HOME GARDENING

- Increases vitamin D exposure
- Enjoyable aerobic exercise
- Mood-boosting
- Help prevent loneliness
- Fresh fruits and vegetables
- Organic produce



WORLD'S ONLY NONUPLETS 9 BABIES IN A SINGLE BIRTH

The world's only nonuplets - nine babies born at the same time - are "in perfect health" as they celebrate their first birthday, their father has told the BBC. The babies broke the Guinness World Record for the most children delivered in a single birth to survive.



POSON ICE CREAM DANSALA



POSON BHAKTHI GEE



Welcome!



Ms. PASANGI PAMUDITHA
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Ms. THIMASHI KAUSHALYA
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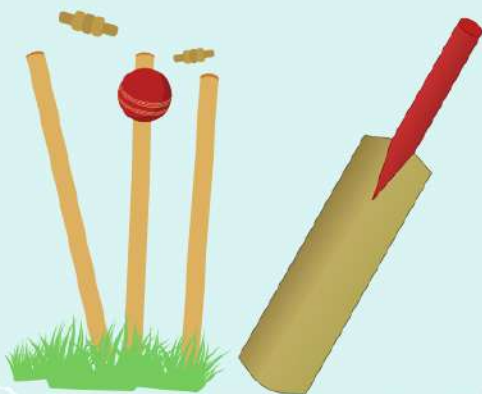


Mr. SOORIYAGE
DON BUDDHIKA
Operations Department

FUTURE EVENTS

DURDANS CRICKET TOURNAMENT

Look forward to Durdans' first ever cricket tournament! More details coming soon!



NEW TO DURDANS

DURDANS LABS: ANTI-MÜLLERIAN HORMONE TEST

Anti-Müllerian Hormone (AMH) test is used to check for fertility in women, recently introduced to our Durdans Laboratories!

