

Fantastic **40**

40 HABITS FOR A **HEALTHY LIFE**

Do you know?

Favorable lifestyle habits lower heart disease risk by **nearly 59%**.

Inculcating healthy lifestyle habits make us **feel energetic**, bring sense of achievement & most importantly **bring happiness**.

This magazine gives you effective tips to make **healthy habits** a part of your **daily routine**.



Scan to download
the magazine in
regional languages



INTAS

Xenith
A Division of INTAS





Changing habits for better health..... 01

Ways to cultivate healthy habits

1. Decide to change and learn new habits 02
2. Start simple and trust the process..... 02
3. Have a positive attitude 03
4. Keys to successful changes – focus and determination..... 03
5. Keep yourself inspired and motivated 03
6. Track your progress..... 04
7. Remove triggers..... 04
8. Start a habit that you may enjoy..... 04
9. Habit stacking..... 05
10. Cultivate habits with friends and family..... 05

Healthy living habits

11. Move your body 06
12. Don't over-exercise..... 07
13. Correct your posture 07
14. Personal hygiene 09
15. Sleep more and sleep well 09

16. Watch the sunrise 10
17. Add plants to your surroundings 10
18. Reduce, reuse and recycle..... 10
19. Digital detox..... 11
20. Give up that smoke..... 11

Healthy habits for a peaceful mind

21. Learn something new..... 12
22. Prioritize self-care..... 12
23. Declutter..... 13
24. Maintain a journal..... 13
25. Read more..... 13
26. Smile and greet..... 14
27. Find something to laugh about..... 14
28. Spend time in nature..... 14
29. Listen to music..... 15
30. Meditate 15

Healthy relationship habits

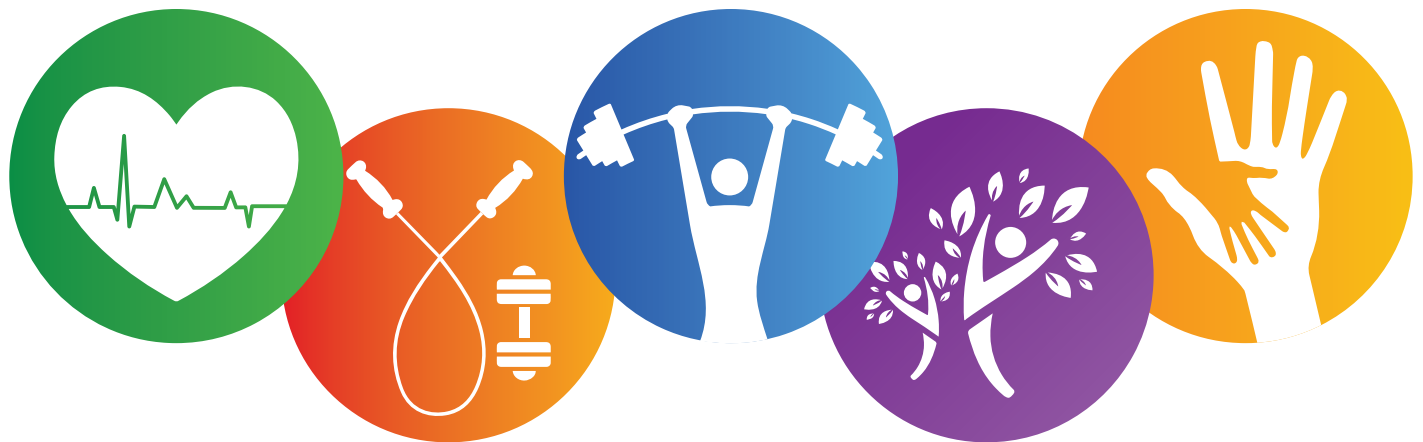
31. Be yourself 16
32. Connect in-person 16
33. Always show respect 17
34. Communication is the key..... 17
35. No judgment 18
36. Learn the art of appreciation 18
37. Have at least one meal with your family 19
38. Go on family vacations 19
39. Go on walks with your partner..... 20
40. Be a supportive and motivating factor..... 20

- References 21

Changing habits for better health



- Healthy habits are hard to develop and often require changing your mindset.
- Habits are about rewards and benefits. So, it is easier to inculcate habits that give immediate rewards, but those with delayed rewards are more difficult to commit to and maintain. For example, it is easier to check your phone than exercise more.
- According to World Health Organization (WHO), a healthy lifestyle is a way of living that prevents the risk of getting seriously ill or dying. This requires for one to have healthy habits.
- Healthy habits are highly disciplined behavior patterns with self-control, which is beneficial to one's physical and mental health in various ways such as:
 - ✦ Not all diseases are curable or preventable, but they can be reduced in severity or delayed
 - ✦ Longer lifespan
 - ✦ Improved immunity
 - ✦ Increased stamina
 - ✦ More energy
 - ✦ Managing weight
 - ✦ Emotional and spiritual strengths among individuals
 - ✦ Overall positive social relationship
- On your journey to improved well-being, this magazine suggests ways to cultivate new habits, and tips for healthy living habits, healthy habits for a peaceful mind and healthy relationships.



Ways to Cultivate Healthy Habits

01 Decide to change and learn new habits

- Acknowledge the bad habits.
- You have to bring your subconscious habits to an aware state of mind. You could do it by self-observation or by asking your friends or family to point out the habit for your sake.
- This will help you make a conscious decision to learn a new habit and skill that would benefit your health.



02 Start simple and trust the process



- 'Rome was not built in a day'.
- Attempt to make small yet effective changes in your habits instead of fixing everything in a small amount of time.
- Focus on one habit at a time and set small goals towards it.
- This will help your mind and body to handle these positive changes properly.
- It generally takes about 21 days for us to get used to new habits, so enjoy and trust the process. Don't give up easily.

03 Have a positive attitude

- It never helps to see the glass half empty.
- One of the key elements is to stay positive when developing a new habit because staying positive is considered as task half done.
- Staying positive makes it easier to adapt changes you attempt to make in your life.
- This positive attitude will also gradually help change the way you look at the world around you.



04 Keys to successful changes – focus and determination



- Focus on the positive outcomes and priorities, eliminate the distractions and obstacles.
- Keep yourself determined by writing down your goals and fixing a deadline to achieve them.

05 Keep yourself inspired and motivated

- To cultivate and stick to new habits, inspiration and motivation need to be a constant presence.
- Make a note of positive outcomes of the changes that act as a reminder, or get the right resources and help to stay motivated, or surround yourself with people that inspire you.



06 Track your progress

- Tracking your progress helps you spot your strengths, find areas where you can improve, and stay on course. Record not only what you did, but how you felt while doing it—your feelings can play a role in making your new habits stick.
- Recording your progress may help you stay focused and catch setbacks in meeting your goals. Remember that a setback does not mean you have failed. All of us experience setbacks. The key is to get back on track as soon as you can.



07 Remove triggers



- Try to avoid objects, places, and people that make you want to fall into your bad habit. Because habits are often performed with barely any conscious thought, it's much easier to remove the stimulus than to stop the habit with pure force of concentration.
- Get rid of items and situations that can trigger your bad habit. For example, if you want to eat healthy then try not stacking cookies in your pantry.
- This will make it easier to break the bad habits by avoiding the things that cause them.

08 Start a habit that you may enjoy

- It is important to find a habit or activity that you enjoy doing because it'll be that much easier to just start.
- Discipline can only help you to an extent, but the joy and pleasure that comes out of a habit helps in consistency.
- Here are some suggestions: Drinking a tea you like, opting for a Zumba class or a swim for your physical activity etc.



09 Habit stacking

- According to 'Atomic habits' by James Clear, habit stacking helps a lot in productivity.
- Essentially, habit stacking is when you add in a new habit between two existing habits that you already do each day.
- You can do this by adding 10 minutes of yoga while your morning tea is brewing to perfection.



10 Cultivate habits with friends and family

- Starting a new habit and keeping it can become mundane.
- The trick is to engage in new hobbies together with your friends and family, which can help instill a sense of accomplishment and confidence.
- This social interaction eliminates the negative emotions and feelings of loneliness.





Healthy living habits

11 Move your Body

- Adults should move more and sit less.
- Moving helps maintain a healthy mind and body. Inactivity has been identified as one of the key risk factors for weight gain and obesity in numerous studies.
- Taking a walk in the park, taking stairs instead of elevators are some examples to get your body moving, but for more vigorous activity, the following is recommended:



Example 1

Moderate-intensity aerobic activity (brisk walking) for 30 mins a day, 5 days a week



Example 3

An equivalent mix of moderate- and vigorous- intensity aerobic activity on 2 or more days a week



Example 2

Vigorous-intensity aerobic activity such as jogging for 1-hour and 15 minutes every week



Example 4

Muscle-strengthening activities on 2 or more days that work on all major muscle groups (legs, hips back, abdomen, chest, shoulders and arms)

12 Don't over-exercise

- While any type of physical activity or exercise is good for you, however, over-exercising can do more harm than good.
- Over-exercising can lead to muscle and joint pains, heart problems, low energy, poor mental clarity and health.
- Instead of doing all exercises at one go, you can spread your activity during the week and break it up into chunks instead.



13 Correct your posture

- Our parents and school teachers insisted on us to sit and stand straight in our childhood. However, correct posture has been compromised by our modern lifestyle and mobile phone habits.
- There are more than one benefits of having a correct posture:
 - ✦ Better mood and energy
 - ✦ Better bone, joint, and muscle health
 - ✦ Better breathing and fewer headaches
 - ✦ Improved spine and neck health

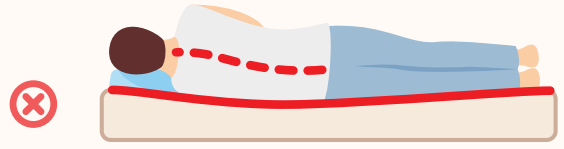
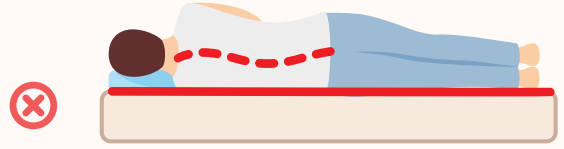
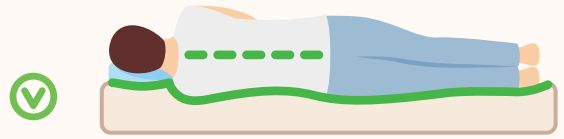
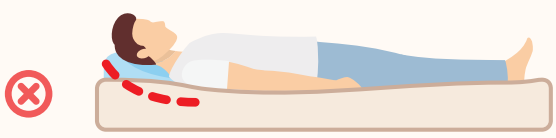
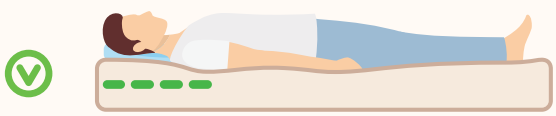
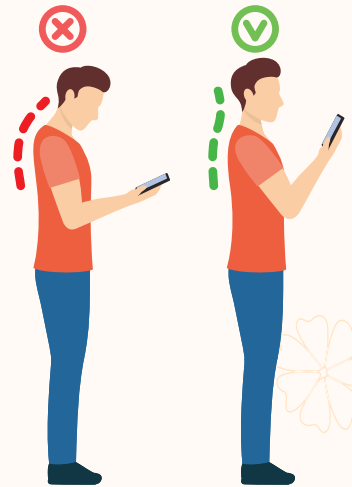
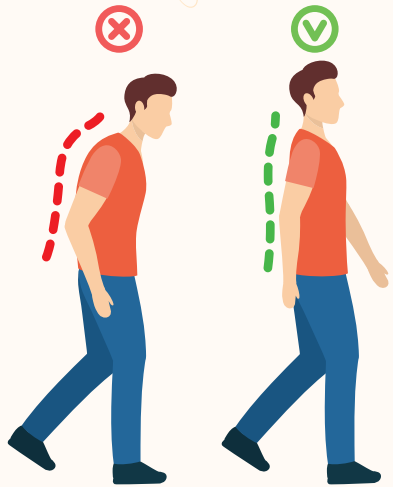
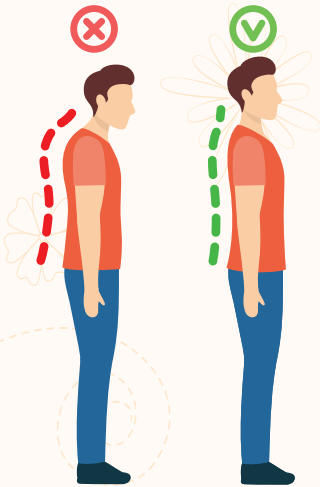
How can i improve my posture when standing?

1. Stand up straight and tall.
2. Keep your shoulders back.
3. Pull your stomach in.
4. Put your weight mostly on the balls of your feet.
5. Keep your head level.
6. Let your arms hang down naturally at your sides.
7. Keep your feet about shoulder-width apart.

How can i improve my posture when sitting?

1. Switch sitting positions often.
2. Take brief walks around your office or home.
3. Gently stretch your muscles.
4. Don't cross your legs.
5. Make sure that your feet touch the floor, or if that's not possible, use a footrest.
6. Relax your shoulders; they should not be rounded or pulled backwards.
7. Keep your elbows close to your body.

- 8. Make sure that your back is fully supported.
- 9. Make sure that your thighs and hips are supported.



14 Personal hygiene



- Practicing good personal hygiene is important for keeping the body healthy and clean.
- Good personal hygiene involves keeping all parts of the external body clean and healthy. It is important for maintaining both physical and mental health.
- Body hygiene, dental hygiene, trimming your nails are just some basics that one should never ignore.

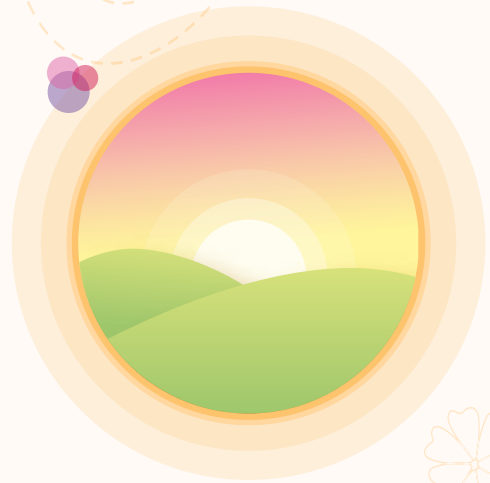
15 Sleep more and sleep well

- Not only is getting adequate sleep paramount to an optimum healthy mind but a good sleep quality is also essential for health and well-being.
- Creating a sleep routine with a relaxing environment, reduced daytime naps and worrying less can help improve quality of sleep.
- It is recommended that adults must have 7–9 hours of sleep and children must have 9–12 hours of sleep daily.
- Benefit:
 - ✦ Adequate sleep equates to a sense of peace and motivation through your day, instead of stress and anxiety.



16 Watch the sunrise

- Sunrise is a beautiful, sacred and precious phenomenon on our planet.
- The beautiful golden sun rays, chirping of the birds, fresh breeze on face help us start our day with happiness and excitement, and infuse positivity.
- Wake up early & enjoy the sunrise to reap the following benefits
 - ✦ Strengthens the immune system and reduces inflammation
 - ✦ Provides plenty of vitamin D
 - ✦ Stimulates healthy circadian rhythm
 - ✦ Works great on the nervous system
 - ✦ Improves mood, showers positivity and reduces stress



17 Add plants to your surroundings



- Indoor and outdoor plants offer us more than pretty colors and fragrances to enjoy. Plants give people health benefits as well.
- Benefits:
 - ✦ Balance between the oxygen you breathe in and the carbon dioxide you breathe out
 - ✦ Calming effects
 - ✦ Indoor plants can increase your productivity by up to 47% and a 20% boost in memory

18 Reduce, reuse and recycle

- Reducing, reusing and recycling are all important ways to keep the environment clean, conserve natural resources and prevent pollution.
- Benefit:

A cleaner environment would reduce the health problems humans face, including lung diseases, heart attacks, infections, and cancer caused by the pollutants existing in our environment.



19 Digital detox

- The digital world, as much as it enhances our lives, can take away our present moments and make us miss what's really going on around us.
- Benefit:
Detoxing gives you that sense of freedom of time to do other things that will boost your mental health
- Here are some tips to reduce screen time:
 - ✦ Set screen time limit on your devices
 - ✦ Turn off app notifications.
 - ✦ Try not to check your mobile at social gatherings.
 - ✦ Do not use screen devices 2-3 hours before sleep



20 Give up that smoke



- Smoking causes cancer, heart diseases, stroke, lung diseases, and also increases the risk of tuberculosis, eye diseases, and problems with the immune system including rheumatoid arthritis.
- If you find it difficult to quit, here are some helpful ways:
 1. Remind yourself of the benefits of not smoking and the harmful effects of tobacco
 2. Try nicotine replacement therapy
 3. Avoid triggers
 4. Delay the urge to smoke
 5. Chew a piece of gum or candy
 6. Get busy with some physical activity
 7. Try relaxation techniques
 8. Call for support and counseling



Healthy habits for a peaceful mind

21 Learn something new

“Learning is the only thing the mind never exhausts, never fears, and never regrets.” - Leonardo Da Vinci.

- Learning is a continuous process. Learning helps to nurture our minds which purifies our soul.
- So, learn a skill that you have been thinking for since long.



22 Prioritize self-care

- Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit the good feelings to others.
- Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more.
- Here are some ways to prioritize yourself:
 - ✦ Keep aside 15 minutes to 1-hour for yourself everyday.
 - ✦ Engage yourself in the task you most enjoy.

23 Declutter

- Decluttering your surroundings is the easiest way to reduce stress. Getting rid of excess stuff can benefit your mental health by making you feel calmer, happier, and more in control.
- A tidier space can be helpful for a more relaxed mind.
- Here are some tips to declutter
 - ✦ Create a plan and timeline to declutter
 - ✦ Sort things into 'definitely required', 'may be required', 'not required' and trash
 - ✦ Donate or sell the things that fall in 'may be required' and 'not required' category



24 Maintain a journal



- Writing is a powerful act, as the brain processes what's being written down more slowly, and so it becomes a kind of therapy.
- It helps you get a clarity on your positive and negative emotions.
- Writing down goals and dreams can bring about a positive boost, and making lists of past achievements can help in showing successes in your life.
- Here are some tips to help you get started:
 - ✦ Decide what you want to write
 - ✦ Set a time for writing. You can also paint, draw or scribble
 - ✦ Reflect over the day
 - ✦ List 3 things that you were grateful for that day
 - ✦ Avoid being negative

25 Read more

- Reading involves a complex network of circuits and signals in the brain that changes the mind.
- As your reading ability matures, these networks also get stronger and more sophisticated. So ditch that phone and pick up a novel to get the following benefits:
 - ✦ Increases empathy
 - ✦ Builds vocabulary
 - ✦ Prevents cognitive decline
 - ✦ Reduces stress
 - ✦ Aids sleep
 - ✦ Alleviates depression
 - ✦ Lengthens lifespan
- Here are 5 tips to develop a reading habit:
 1. Set your reading goals
 2. Choose your reads every month
 3. Allocate a fixed time for reading
 4. Avoid distractions at the time of reading
 5. Make books a part of your environment



26 Smile and greet

- Always smile when alone or when greeting someone. Smiles are contagious.
- Also, genuine smiles represent inner happiness. But even a fake smile could trick the brain into thinking we're happy.
- Benefits:
 - ✦ Spreads good feeling
 - ✦ Helps prevail a sense of mental well-being
- Here are some tips to master that perfect smile
 - ✦ Smile with your eyes
 - ✦ Keep your smile relaxed and subtle
 - ✦ Practice smiling in the mirror



27 Find something to laugh about

- Laughter is a powerful medicine. It elevates mood, reduces stress and improves memory.
- So, watch a comedy with someone or join a laughter club and laugh your heart out for at least 30 minutes a week.
- Benefits:
 - ✦ Improves mood
 - ✦ Improves pain tolerance
 - ✦ Improves cardiovascular health

28 Spend time in nature

- There is a significant connection between nature and well-being.
- The benefits of nature are derived not only from the visual stimuli but also from sounds, smells and all other senses.
- Spending at least 120 minutes a week in nature is associated with good health and well-being.



29 Listen to music

- Music is one of mankind's beautiful creations for amusement, communication, expression etc., however, its influence exerts beyond all these.
- Many dimensions of human life—including physical, social, educational, psychological are affected positively by successful engagement in music.
- A musical activity of 0.5 hr a week increases verbal and intellectual ability.
- Benefits:
 - ✦ Listening to music daily can help release stress, elevate mood and even sleep better. These are all essential for a healthy life.



30 Meditate

- Meditation is the habitual process of training your mind to focus and redirect your thoughts.
- Meditating for 13 minutes a day for eight weeks is known to have various benefits.
- Benefits:
 - ✦ Decreased negative mood state, enhanced attention, working memory and recognition memory
 - ✦ Decreased state of anxiety
 - ✦ Reduces stress and develops concentration
 - ✦ Helps in getting better sleep
- Here are tips to get you started
 - ✦ Find a quiet, comfortable place and sit tall
 - ✦ Start by several short sessions in a day, gradually increasing the duration
 - ✦ Concentrate on breathing
 - ✦ Do not struggle much about your thoughts, instead just let them come and let them go
 - ✦ Take help from guided meditation



Healthy Relationship Habits



31

Be yourself

- 'Be yourself' is a simple phrase but a difficult task.
- But being yourself gives you confidence, more acceptance from others, more trust and less stress.
- Here are some ways to help you be yourself
 - ✦ Accept yourself
 - ✦ Identify negative self-talk
 - ✦ Celebrate your strengths
 - ✦ Express yourself
 - ✦ Show your vulnerability



32

Connect in-person

- In-person connections can give you these benefits:
 - ✦ Better mental health – it can lighten your mood and make you feel happier
 - ✦ Lower your risk of dementia – social interaction is good for your brain health
 - ✦ Promotes a sense of safety, belonging and security
 - ✦ Allows you to confide in others and let them confide in you
- This doesn't mean you have to spend the whole day with people; a 15-min walk or a quick coffee with your neighbor will do the trick
- You can also extend yourself and accept more invitations to social gatherings.



33

Always show respect



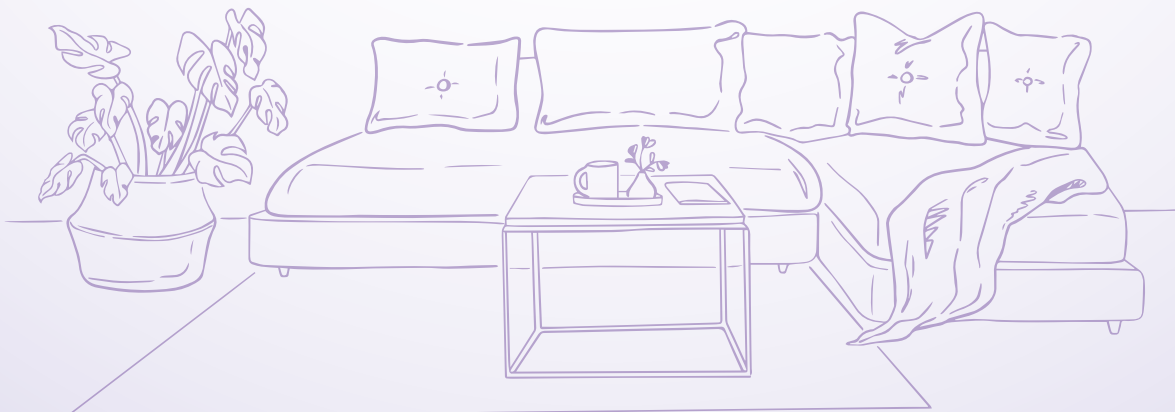
- The foundation of any good relationship is the level of respect within it.
- Here are some ways to show respect:
 1. Talking openly and honestly with others
 2. Listening to each other
 3. Valuing each other's feelings and needs
 4. Compromising
 5. Speaking kindly to and about others
 6. Giving each other space
 7. Supporting each other's interests, hobbies, careers, etc.

34

Communication is the key



- It is well known that communication is the key to success for a healthy relationship and a healthy you.
- Effective family communication is strongly related to more positive health outcomes.
- In the workplace, effective communication can help you:
 - ✦ Manage employees and build teams
 - ✦ Grow your organization more rapidly and retain employees
 - ✦ Benefit from enhanced creativity and innovation
 - ✦ Build strong relationships and attract more opportunities for you or your organization



35

No judgment



- Judgment is a natural instinct. However, one can keep their judgmental words and thoughts from harming others.
- How to stop being judgemental?
 - ✦ Don't blame yourself
 - ✦ Give benefit of doubt to the other person
 - ✦ Be mindful
 - ✦ Depersonalize
 - ✦ Look for basic goodness
 - ✦ Reframe your outlook towards life
 - ✦ Look at your own behavior
 - ✦ Educate yourself

36

Learn the art of appreciation

- Showing gratitude can be as simple as a verbal “thank you” or a short note, but the effects are far-reaching.
- Whether your partner just did a load of dishes, or your friend swooped in at the eleventh hour to save the day, don't miss the chance to say thanks.
- Benefits:
 - ✦ Reduces the risk of depression and anxiety
 - ✦ Eases the difficulties associated with chronic pain
 - ✦ Decreases risk of disease
- Here are some ways to show appreciation
 - ✦ Say thank you
 - ✦ Listen empathetically
 - ✦ Write an appreciation note
 - ✦ Gift them a plant or flowers to brighten their day etc.



37 Have at least one meal with your family

- It is much easier to have conversations at the dining table when eating dinner than rushing about.
- Benefit
 - ✦ This increases your sense of happiness and well-being which will impact your mental health a lot.



38 Go on family vacations



- Holidays serve a powerful opportunity to connect with your family and disconnect from stress.
- Even though vacation effects are short-lived, vacation memories may temporarily enhance mood and well-being, and may act as buffer against future stressors.
- Vacations may also help people to mentally distance themselves from daily hassles and to put life in perspective which might engender psychological resilience.
- You can start by taking shorter vacations, which are budget friendly hence allowing you more trips a year and you get to travel to lesser known destinations.



39

Go on walks with your partner

- Taking a stroll through the neighborhood is a great way to reconnect with your friend or partner.
- These walks are a great chance to get some fresh air and catch up on life without spending an arm or a leg.



40

Be a supportive and motivating factor

- Just as you would appreciate motivation and support from others on your journey to a healthy lifestyle, you can also do the same for others.
- You can motivate others by giving them multiple reasons for doing what they want to achieve.
- This will inspire them to work harder and complete the task on time without delay.



References:

1. <https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health>"Changing Your Habits for Better Health | NIDDK (nih.gov)
2. <https://www.wikihow.com/Change-a-Habit>
3. <https://www.healthline.com/health/fitness-nutrition/healthy-lifestyle-benefits#healthy-lifestyle-definition>
4. <https://psychcentral.com/health/watching-the-sunrise>
5. <https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-choosing-the-one-for-you>
6. <https://www.cdc.gov/physicalactivity/basics/adults/index>.
7. <https://www.theworldwithmnr.com/post/why-it-s-important-to-protect-our-environment>
8. <https://london.sunderland.ac.uk/about/news-home/growth-mindset/plants/>
9. <https://www.lifehack.org/432440/7-day-digital-detox-challenge-that-will-transform-your-life>
10. <https://www.lifehack.org/673363/healthy-habits-that-will-improve-your-overall-well-being-and-make-you-feel-good>
11. <https://medlineplus.gov/guidetogoodposture.html>
12. https://www.cdc.gov/tobacco/basic_information/health_effects/index.
13. https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html
14. <https://hmct.dypvp.edu.in/blogs/five-reasons-why-learning-is-so-important-in-life>
15. <https://www.linkedin.com/pulse/how-maintain-daily-journal>
16. <https://harappa.education/harappa-diaries/reading-habits>
17. Louie D, Brook K, Frates E. The Laughter Prescription: A Tool for Lifestyle Medicine. *Am J Lifestyle Med.* 2016 Jun 23;10(4):262-267. doi: 10.1177/1559827614550279. PMID: 30202281; PMCID: PMC6125057.
18. <https://www.mercycare.org/health-benefits-of-social-interaction/>
20. White, M.P., Alcock, I., Grellier, J. *et al.* Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Sci Rep* 9, 7730 (2019).
21. Welch GF, Biasutti M, MacRitchie J, McPherson GE, Himonides E. Editorial: The Impact of Music on Human Development and Well-Being. *Front Psychol.* 2020 Jun 17;11:1246.
22. <https://www.psychologytoday.com/us/blog/sleep-newzzz/201812/the-many-health-and-sleep-benefits-music>
23. <https://mindworks.org/blog/how-to-start-meditating>
24. Basso JC, McHale A, Ende V, Oberlin DJ, Suzuki WA. Brief, daily meditation enhances attention, memory, mood, and emotional regulation in non-experienced meditators. *Behav Brain Res.* 2019;356:208-220.
25. Lim JW, Paek MS. The relationship between communication and health-related quality of life in survivorship care for Chinese-American and Korean-American breast cancer survivors. *Support Care Cancer.* 2013 Apr;21(4):1157-66. doi: 10.1007/s00520-012-1641-2. Epub 2012 Nov 1.
26. <https://www.coursera.org/articles/communication-effectiveness>
27. <https://www.psychologytoday.com/us/blog/living-the-questions/201410/10-reasons-stop-judging-people>
28. <https://parade.com/1208701/kaitlin-vogel/how-to-show-appreciation>
29. <https://www.flavoursholidays.co.uk/blog/healthy-eating-habits-why-eating-with-friends-and-family-keeps-you-young/>
30. https://www.researchgate.net/publication/254897932_How_do_vacations_affect_workers'_health_and_well-being_Vacation_after_effects_and_the_role_of_vacation_activities_and_experiences





For the Use of a Registered Medical Practitioner, Hospital, or a Laboratory only.



© 2023 CIMS Medica India Pvt. Ltd.



This is an independent publication wholly owned by CIMS Medica India Pvt. Ltd., (formerly known as UBM Medica India Pvt Ltd). The editorial matter published herein has been prepared by the professional editorial staff and validated by honorary specialist consultants from all fields of medicine without any vested influence whatsoever. Opinions expressed do not necessarily reflect the views of the publisher, editor, or editorial board. The copyright for such editorial matter in form, style of presentation, and content, whichever is applicable, is vested in CIMS Medica India Pvt. Ltd., and consequently with its principals/owners as applicable. The publisher bears no responsibility or liability for patent ownership or patent legality of any medical product mentioned or featured in the publication. Although great effort has been taken in compiling and evaluating the information given in this publication, the authors, publishers, and editors shall not be responsible or in any way liable for any errors, omissions or inaccuracies in this publication whether arising from negligence or otherwise howsoever or for any consequences arising therefrom. The inclusion or exclusion of any product name either in text or visual does not mean that the publisher advocates or rejects its use either generally or in any particular field/s. The information contained within should not be relied upon solely for final treatment decisions and shall only be used for reference purpose only. The publisher, authors and editors also expressly disclaim any and all liability to any person whatsoever in respect of any loss, damage, death, personal injury or other consequences whatsoever, however caused or arising, suffered by any such person by their use of or reliance upon, in any way, the information contained in this publication.

Corporate Office: Boomerang (Kanakia Spaces), Wing-B1, #403, 4th Floor, Chandiwali Farm Road, Chandiwali, Powai, Mumbai - 400 072, Maharashtra, India. Tel: 022-6612 2600, Fax: 022-6612 2626 | **Registered Office:** Margosa Building, #02, 13th Cross, Margosa Road, Malleshwaram, Karnataka, India. Tel: 080-4346 4500, Fax: 080-4346 4529 | **Regional Office:** 709, 7th Floor, Devika Tower, Nehru Place, New Delhi-110019, Board Line: 011 - 4285 4300 Fax: 011 - 4285 4310 | E-mail: enquiry.in@cims.co.in | URL: <http://corporate.mims.com>