

SPECIAL  
POINTS OF IN-  
TEREST:

- From the Editor's Desk

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Dear Viewer,

### Greetings from the IISSM!

The Certified Security Practitioners (CSP) Course has started from 2<sup>nd</sup> Jul and would conclude on 5<sup>th</sup> Jul at our New Delhi location. Besides large number of participants, there are two foreign participants in this program. The course report would be published in our next issue.

Finally the much awaited monsoon seems to have set in and therefore, there are a few precautions to be taken by all of us.

- Drink lots of water because during this season, sweat does not evaporate quickly, preventing the body from releasing heat. Also, drink warm beverages like ginger tea.
- Eat lots of fruits and wash your fruits/ vegetables well before consuming.
- Try and avoid street food as much as possible during this season, as they are likely to contain bacteria. After all, homemade food is the best!
- Use mosquito nets, creams and repellents to protect yourself from mosquito bites.
- The showers outside may hamper your exercise routine. Make up for it by exercising at home.

These are some of the suggested precautions however, you may consider some more to avoid any inconvenience.

**Wishing you safe & secured days ahead.**

**Good Luck & God Speed!**