

Lifestyle Management in Health & Stress

Programme
(Audio-visual presentation)



**A must for all
Organizations, companies and training
institutions**

*“Health of an Organization depends also
on the HEALTH of the people working in it
and that of their families*

WHY THESE PROGRAMS ARE ESSENTIAL

The fact that the professional output of an Executive directly and significantly depends on his health and that of his family can hardly be denied. During the past two decades, the incidence of High Blood pressure, Diabetes.M, and Hypercholesterolaemia Coronary artery disease has considerably gone up, adversely affecting the quality of life, specially that of the top and middle level executives occupying pivotal positions in the industry and in the administration.

“Physical Health has a lot of bearing on Mental Stress” is the other side of coin; We are dealing with, in these programmes. Even minor problems like headache due to sinusitis, nasal and respiratory allergies, migraine, back and neck pains due to Spondylosis (particularly in software Professionals)-drastically affects the work efficiency of executives. Added to these -sleeplessness, chronic digestive problems like- Hyperacidity, Dyspepsia, Amoebiasis, Irritable bowel syndrome., Obesity, Osteoarthritis etc., are the other common problems invariably seen in the people. It is our experience that by the time a man or a woman crosses the age of 35 years, accumulates 4 to 6 problems of the list of the diseases mentioned above.

Coronary angioplasty, PTCA and insertion of Stent, Coronary Bypass surgeries are temporary measures, which educated people do not know. PTCA fails in majority of cases within 1 to 6 months resulting in total block of the blood vessel where Stent has been inserted and the patient will not have any other choice than going in for By-pass surgery. Venous grafts in bypass surgeries get blocked in a few months to 6 years period. This is a well-known fact in the medical field. What is not known to educated people is that the above procedures are useful only in a very limited number of cases to tide over the crisis as a palliative measure.

This is where the Dietary discretion in Health and Disease, suitable Yogic exercises, abstinence from certain Habits / Addictions and right mental attitude towards personal, professional, and social life will ultimately go in a long way in improving Health and reducing Stress of today's Executives, improving their professional out-put.

“ Preventive maintenance is easier, less expensive and wiser than breakdown maintenance” is also applicable to Human bodies where the spare parts are scarce and there is a problem of rejection too!

In the words of well known famous philosopher and well known writer

Alexis Carrel:

“To live is not sufficient. We need also the joy of living; and the joy of life requires Health. Above all, we need the health which embraces the Body, the mind and the soul” is applicable to all of us.

Health & Stress Management 2 or 3 hours /

audio-visual presentation

as **pre Lunch, post Lunch** or **pre Dinner** session with a tea break for 15 minutes in between }

Salient features:

(i) INTRODUCTION:

What is Mind, Stress, Health, Life style Disorders, Physical health and its impact on Mental Stress; Longevity Vs. Quality of Health; Complexity of Human body and significance of Preventive maintenance as against Crisis management; Commercialization & high cost of modern medicine and its impact on Stress; Ignorance of educated patients.

(ii) MENTAL HEALTH MANAGEMENT:

Importance of Moral & Ethical values in personal, professional & social life, professional and domestic commitment, contentment, positive attitude to any problem and shedding of ego.

STRESS- What is Stress, Is it good or Bad, How to identify, Effects, How to Manage,

(iii) PHYSICAL HEALTH MANAGEMENT:

Step I *Basic knowledge* of common day to day ailments & their Management

Step II. *Annual check-up* for everybody after the age of 30, what Tests and how to go about, where to get them done, how to Interpret the results, whom to consult?

Step III *How to assess your own Health?*

Step IV *Factors that preserve and restore HEALTH*

A regulated daily routine: Importance of a regulated Daily routine On Health. What to do when shift duties are present?!

Importance of Postures, How to Sit, How to stand, Should we use a pillow for sleeping or not ,Why.,

Good dietary habits:What is Healthy Diet, How many times one should eat,Why,Way, What,Where,When to eat, Timings, How many times one should ***eat***, Non-veg, Fasting, Water intake , Caution of SMS(Sugar,Maida?Milk,Salt) - Hazardous foods, What to preserve in

Fridge, Cooking techniques, etc. benefits of certain Food items on day today basis, STRESS Vitamins, Antioxidant Diet, Fat-good and bad,., Dietary tips for Slimming, Diabetes, hypertension, arthritis,Hyperacidity etc ,

EXERCISE- Why?, When to do, Which is Best Exercise? Duration, Relaxation Techniques.

Regular Yogic exercises –“ **35 Minutes Yoga for You** “plus separate 10mts special exercises for lower back and neck problems.

What is Meditation, Why Meditation,

Avoiding Indiscriminate-Excessive Medication -- Present scenario.

Habits and Addictions –Examples :- Excess tea / Coffee, pan , Narcotic drugs, Smoking, Snuff, Tobacco chewing – How to give up an addiction.

Safe Limit of – Alcohol and problems with adhering to it!

REQUIREMENTS:

* A good A/C hall with LCD Projector, & a Collar Mike for Audio-Visual presentation, with sufficient number of comfortable chairs for the participants.

* 25 to 50 participants

For Details

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