



**Dilip A Shah – AMA Initiative  
on Health and Wellness**



## Open Programme on **Health & Body Management**

**Saturday, December 3, 2016 - 6.00 p.m. to 8.00 p.m.**

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**Venue:** Torrent-AMA Management Centre, Core-AMA Management House,  
AMA Complex, Dr. Vikram Sarabhai Marg, Ahmedabad 380 015

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Since 1947, in independent India, our average life span has gone up from 35 years to 70. Many of us will live to be 100 or more. Long life can be a boon or a curse; it depends upon the state of our health – physical health, emotional/mental health, intellectual health and spiritual health.

We need to pay more attention to our body and health; and invest more time in keeping all our organs and faculties in working order till our expiry date. The root causes of disease are under utilization of body organs, negative thoughts and emotions and exposure to harmful environment.

Numerous activities are available to prevent disease and improve health. We need to select activities that are simple to learn and adopt, effective and less time consuming. This program features demos and practice of some such activities for your benefit.

### **CONTENTS**

1. Three step introduction to boost self esteem
2. 'One Minute' method of assessing effect of What we think; What we do; What we eat
3. Six step method of keeping body flexible
4. Eye and Ear Exercises
5. Breathing Exercises
6. Seven minute exercise of positive thinking
7. Dealing with negative thoughts and emotions – fear, anger, envy, frustration, hatred
8. Dealing with aches and pain without medicine

**PROGRAM FACILITATOR:** **Mr. Suresh Pandit** had the good fortune to come across many Gurus and Acharyas with expertise on body and health management. He has learnt and adopted above listed practices with good results. Many people have benefited from his demos and guided practice.

**REGISTRATION: No participation fee.** However, interested persons, please register giving name and address including e-mail address to Ahmedabad Management Association, ATIRA Campus, Dr. Vikram Sarabhai Marg, Ahmedabad-380 015 Phone : 079-26308602-6 Mobile: 9537407187 • E-mail: ama@amaindia.org