

Sunday, February 24, 2019 - 9.30 a.m. to 1.00 p.m.

Globalization, Modernization and Fast Growth have maximum adverse impact on executive health and wellness. Long working hours, mental stress due to high stretch targets, commuting through chaotic traffic, neglect of family, lack of physical exercise, little exposure to sunlight, fresh air, and open space, bad eating habits are taking their heavy toll. One needs to actively counter these factors by systematic and sustained program of exercises, practices, practical alternatives and new habits. This program is designed for everyone to develop easy to follow but effective health and wellness regimen.

Flow

- Activity 1: Taking stock of current situation – Health & Wealth front
- Activity 2: Energizing the body
- Activity 3: Alerting the senses
- Activity 4: Sharpening the intellect
- Activity 5: Linking to universe
- Activity 6: Developing creative alternatives to everyday problems
- Activity 7: Preparing a new health and wellness regime
- Activity 8: Preparing Post Retirement Plan

Faculty

Mr. Suresh Pandit – Management and Productivity coach-consultant-learning facilitator. Helps people and organizations to be healthier, happier and more effective.

Fee: Rs.700/- per person including GST. (Towards programme fee, course material, lunch and refreshment). The cheque may please be drawn in the name of 'Ahmedabad Management Association.'

