

Workshop on Executive Health & Wellness

Saturday, October 14, 2017 - 9.30 a.m. to 1.00 p.m.



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

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: Energising 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

Learning Facilitator : **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 participant (Inclusive of GST). Fee includes course fee, cost of material, lunch and refreshments. The Cheque may please be drawn in the name of 'Ahmedabad Management Association'.

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October 14, 2017

Registration Form:

Please fill-in and return this form along with participation fee to :

Ahmedabad Management Association, AMA Complex, Ahmedabad 380015.

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E-mail: ama@amaindia.org • **Website:** www.amaindia.org

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Name(s)	Position
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2.	
Organisation:	
GST No.:	AMA GST No.: 24AAATA 5881D1Z0
Address:	
	Pin Code:
Phone:	Mobile:
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