



PTVA'S Institute of Management

(Approved by AICTE, DTE and affiliated to University of Mumbai)

Chitrakar Ketkar Marg, Behind M. L. Dahanukar College of Commerce, Vile Parle (East), Mumbai –400 057.

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ISO 9001:2015 Certified Institute & Accredited by NAAC

A session on “Enhancing Wealth of Health”

Introduction:

The session titled "Enhancing Wealth of Health" was organized by PTVA's Institute of Management on 12th November 2021 with the aim of promoting awareness and understanding of holistic health practices among participants. The event focused on exploring various facets of physical, mental, and emotional well-being to emphasize the importance of health as a foundation for wealth and success.

The keynote address emphasized the interconnectedness of physical, mental, and emotional health, highlighting the need for a balanced approach to achieve overall well-being. The talk underscored the role of lifestyle choices, nutrition, and mindfulness in enhancing health.

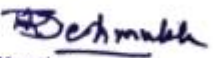
This interactive session featured experts from diverse fields such as nutrition, fitness, and psychology. They discussed integrative approaches to health, including the benefits of combining traditional and alternative medicine practices. Participants engaged in a lively discussion on topics ranging from stress management techniques to the impact of diet on health outcomes.

Interactive Activities:

Workshops and Demonstrations:

- **Yoga and Meditation Workshop:** Led by certified yoga instructors, this workshop introduced participants to basic yoga poses and guided meditation techniques aimed at reducing stress and improving flexibility.
- **Healthy Cooking Demonstration:** A chef demonstrated easy-to-prepare, nutritious meals, emphasizing the importance of balanced nutrition for optimal health.




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- Health Assessments: Participants had the opportunity to undergo basic health screenings such as blood pressure checks and BMI measurements, encouraging them to take proactive steps towards monitoring their health.
- Q&A Sessions: Throughout the day, attendees had the chance to ask questions and seek advice from experts on various health-related topics.

Conclusion:

The "Enhancing Wealth of Health" session was a resounding success, with participants leaving inspired and equipped with practical knowledge to enhance their health and well-being. The event underscored the importance of investing in health as a cornerstone of personal and professional success. By promoting a holistic approach to health, the session aimed to empower individuals to make informed decisions that contribute to their overall quality of life.



A handwritten signature in black ink, appearing to read 'Deshmukh'.

Director
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