



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,
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ISO 9001:2015 Certified Institute & Accredited by NAAC

LIFE SKILLS - HEALTH & HYGIENE

ENHANCING WEALTH OF HEALTH: AN INTERACTION – 12/11/2021

The modern times are synonymous with progress, globalization and technology; however, they have also led to unprecedented health issues. Especially in face of a pandemic like COVID, the need and importance of improving one's holistic health (mental, physical and emotional) has become paramount. This dialogue aims at assessing critical mental, emotional, spiritual and physical health issues and arriving at sustainable solutions to the same.

Objectives:

1. To understand various mental, emotional, spiritual and physical health issues faced by people today.
2. To identify the connection of each state (mental, emotional, spiritual and physical) with each other.
3. To find sustainable coping mechanisms to such issues and find solutions to lead a healthier holistic life.

Methodology:

A Session conducted by our Board Member Dr. Snehalata Deshmukh, Ex-Dean Sion hospital, Founder of the neo-natal department of KEM hospital, Former Vice Chancellor University of Mumbai

Number of Participants:

22

Outcome:

1. Audience will gain awareness about various holistic health problems that exist and it might help them identify some of the problem they are themselves facing or have faced.



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2. The audience will understand how each phase is connected to the other and how can one bring small improvements to each phase to bring about a large improvement in quality of life.
3. The audience will get sustainable solutions from this dialogue that they can apply for holistic upgradation of their mental, emotional, spiritual and physical health.



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