

Online Management Development Program



Revitalizing the Health & Well-being

18th to 20th November 2020
5.30 PM to 7.30 PM



**Programme
Fee:**
Rs.1,500/-
(Including 18% GST)

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For Any Query :

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Training report

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Training report

IIHMR Bangalore has successfully conducted 3 days training program on Revitalizing the Health and Well-being – Cofit-19 from 18th to 20th November 2020. The objectives of the training were to encourage adoption of healthy food habits and dietary choices, to help them in preparing day plan, to increase awareness about immune boosting foods and recipes, to demonstrate ergonomic exercise and encourage them to devote time for the same and to build resilience to cope with personal and professional stress. A total of The participants were from diverse areas such as nutrition, medical, physiotherapy, pharmacy, yoga, fitness and health and management students.

On Day 1, Dr. Jyoti Vijay, Assistant Professor, IIHMR Bangalore has taken a session on Eat Right theme covering topic on “A challenge to maintain nutritional status during COVID-19, well-balanced diet, how to develop day plan, FSSAI and ICMR guidelines to adopt healthy dietary habits and lifestyle”. After the session, the day plan template was given to all the participants and they have actively participated in the activity.

On Day 2, Dr. Rich Singh, Physiotherapist at Perfect bounce, has taken session on Ergonomic exercises. She has demonstrated the exercises. All the participants were actively doing the same and involved in question & answer session.

On Day 3, Dr. Usha Manjunath, Director, IIHMR Bangalore has delivered a session on Eu stress, distress and Johari Window to cope with professional stress. Further, Dr. Madaiah M, Specialist (Behaviour change Communication), has taken a session on boundary management and concept of here and now to cope with personal stress.

This training program was a comprehensive approach to adopt healthy lifestyle during this pandemic.