

Preventive Health Initiative

Dis-ease is not the natural state of existence for human beings. Most humans have the wherewithal to fight diseases and to overcome most health issues. The Herpes virus for example is present in 80% of humans and yet it manifests in only a few. The cold virus, one of the most virulent retrovirus affects just 30% of the people who are exposed to it. Clearly more than the virus, it is the human state of readiness that wards off diseases. It is the state of readiness, which is also responsible for preventing diseases and creating health and harmony. Can this state of readiness be developed? Can the state of harmony be engendered consistently in a human being? Aashwasan's "Preventive Health project" through its initiatives and programs seeks to create such a state of harmony, health and happiness in human beings.

Lifestyle Stress awareness programs and workshop is a key Preventive Health initiative of Aashwasan.

Highlights: BHRC event which was hosted by Aashwasan and conducted by R. Ravi – Chief Advisor of Aashwasan talked about Lifestyle Stress. Around 18 people attended the Program.

"Life Style Stress Initiative"

Introduction:

The latest World Health Organization (WHO) estimate shows that over 60% of all deaths in the world are caused by Non-Communicable Diseases (NCD) such as cardio vascular diseases, diabetes, cancer etc. The cause for increase in risk of NCD is faulty Lifestyles. Faulty lifestyle creates Lifestyle stress.

About 85% of common complaints such as back problems, digestive problems, sleep issues, depression, breathing problems can be attributed to lifestyle stress. As the technology evolves, jobs become more complex and demand more out of an individual. Many individuals find it difficult to cope with the heightened levels of stress. The impact of stress is felt not only by individuals but also by organizations who report drop in the productivity of an individual. On the macro economic level, economists and socialists have started to include Gross Well Being Index as the key to measure the development of a country.

The impact of lifestyle stress on organizations is a serious cause for concern. Consider the following startling facts

- Medical costs directly attributable to stress have increased by 96%
- 90% of employees in an organization have trouble focusing at work,
- Organizations are plagued with higher levels of absenteeism(86%) thereby affecting performance
- Lifestyle stress severely affects the bottom line of the organization by about 84%

The objectives of Preventive Health

- Educate people about Preventive Health
- Encourages People to take an active role in maintaining the quality of their health
- Build a healthy Environment
- Bring about awareness on Lifestyle stress and the impact that it has on health.
- Treat and help people cope with their stress more effectively
- To bring an awareness of how lifestyle stress affects people on a collective level
- Empower individual to tackle effectively future stress situations
- To resolve stress situations created in the past

Some participants verbalized their experiences and they had this to say:

Got aware of my patterns - (HR Manager – SAIPL)

Feeling very easy and relaxed - (Dean – Aakson Group of Institution)