

REPORT

TALK ON:

“OPTIMUM HEALTH & STABLE MIND” by Dr. Shrimant Kumar **Thursday, 11 May 2017 At Bangsar Centre, Kuala Lumpur**

Dr. Shrimant Kumar, a Consultant Diabetologist, Holistic Care Physician and Head of Holistic Approach to Diabetes Management Project at the Global Hospital, Mt. Abu, gave a talk on the above topic to the Women’s Empowerment Group on Thursday, 11 May 2017 from 10.30 a.m. to 12.00 noon at Harmony House, 10 Lorong Maarof, Bangsar Park, Kuala Lumpur.

Dr. Shrimant said that physical, mental, social and emotional health are all important for a healthy lifestyle but today man is suffering from various diseases like diabetes, hypertension, heart disease, stroke etc.

The doctor said that man’s sedentary lifestyle, fast foods, poor dietary habits and lack of exercise are major causes of diseases. Proper sleep is also important for good health. He further mentioned that parents are also not role models for their children. Hence, today’s children are obese, television and computer addicts with poor eating habits and with little or no exercise.

For a healthy lifestyle, proper sleep, a balanced diet, physical exercise, healthy relationships and a healthy positive attitude are essential. 90 percent of diseases are psychosomatic and a healthy and positive mind is very important.

Dr. Shrimant concluded the session by leading the group of about 60 participants to a half hour dance and exercise session. Blessings and sweets were distributed to all. Everyone took full benefit from the talk and the dance-exercise session.

