

Health is Wealth

DOCTOR'S DAY
SPECIAL

A CONSUMER CONNECT INITIATIVE

A healthy investment

The Times of India, in association with Indus Health Plus, organised a health seminar for the employees of Bank of India

Spending an average of 40 hours per week at work can be physically and mentally draining, and the workplace can also be unhealthy in other ways as well. Sitting or standing for long periods of time can cause pain and other adverse effects, which, coupled with nutritional traps like vending machines and subsidised canteen facilities are contributing to weight gain and other health problems. In order help people understand the pitfalls of sedentary lifestyle and to put a check on this, Bank of India (BoI) called upon Dr Shishir Joshi and Indus Health Plus to create awareness about various diseases to which the urbanised people are prone today. The seminar was organised by **The Times of India** in association with Indus Health Plus at the bank's regional office at Shivaji Nagar on Saturday.

It commenced with introduction to now commonly seen health issues such as diabetes, hypertension, heart attack, paralysis and cancer and went on to discuss its risk factors, health indicators, diagnosis and prognosis. Dr Shishir Joshi briefly discussed medical angle of these diseases and addressed the bankers on the importance of diet, exercise and preventive health check-ups. The seminar then transcended from being an informative session for all the employees to a health talk discussing the pros and cons of the modern lifestyle.

Employees also had an interactive talk with Dr Shishir Joshi regarding their health problems. It was a doctor-to-patient counseling session with Dr Joshi enthusiastically answering the queries.



Dr Shishir Joshi addressing the seminar as Prasad Joshi, BoI zonal manager, NPS Chauhan, deputy zonal manager, and bank staff look on

Prasad Joshi, BoI zonal manager, NPS Chauhan, deputy zonal manager, and Sanjay Kulkarni, manager (marketing), were present. Anshul Shrivastav from Indus Health Plus also attended the seminar. In his address, Prasad Joshi said, "This seminar is specially arranged for the staff. Most of our staff is in the age group of forty-plus. We need to conduct more such seminars."

The seminar was an eye-opener, which redirected the thoughts to the fact that 'Investing in health is as important in life as investing in property, if not more'. It



(L to R) N P S Chauhan, Sanjay Kulkarni, Amit, Abhijeet Singh, Dr Shishir Joshi, Prasad Joshi, Anshul Shrivastava, Mohit Singh, Rishi Soni and Trisha

was more of a life refresher that reminded that by observing and correcting lifestyles, one can remain healthy and cheerful in an otherwise tension-filled life. The seminar further highlighted the ill-effects of the fast-paced lifestyle and methods to stay away from lifestyle diseases.

"We hope to implement the preventive measures told by Dr Joshi in our lives. It's time we focussed on health, thanks to **The Times of India** and Indus Health Plus," opined one of the staff personnel.



Prevention: Way to a healthy you!!

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