

Report on expert talk on Tittle -The Power of Lifestyle Management: Balancing Body and Mind for Success

Organized By: The Department of Management

Head of the Department: Dr. Meha Joshi

Conveners- Dr. Dhananjay Yadav

Date-20-04-2024

Overview-

The Department of Management conducted a session on **The Power of Lifestyle Management: Balancing Body and Mind for Success** and understand the importance of prioritizing our well-being for peak performance. This expert talk on Lifestyle Management and Dietary Habits given by Mr. Rajen Prithviraj, a soldier, athlete, and holistic healer. The expert talk, tailored for all the student BBA, MBA, and Ph.D. research scholars, aimed to provide participants power of life style management and role of health and wellness in our daily life.

His message resonated deeply: "Our body is the vehicle that carries us through life. We are what we eat. But is what we eat truly planned?"

He emphasized a holistic approach, reminding us that life is multi-dimensional. We shouldn't have a toxic relationship with food. Instead, we should love the food that loves us back. It's not just about nutrition; all our senses play a role in nourishing our body. What we smell, what we look at, what we think, all contribute to a well-rounded dietary experience. The human body has a remarkable capacity for healing, but it needs the right ingredients.

He also shared a powerful Chinese proverb: "You cannot stop the birds of trouble from flying over your head, but you can stop them from building a nest in your hair." This translates to taking charge of our health – we can't control everything, but we can make choices that empower us.

Mr. Prithviraj also highlighted the importance of rest, emphasizing the analogy used in airplane safety briefings: "In case of pressure drop, the oxygen mask will deploy. Help yourself first, then others."

This applies to our well-being too - prioritizing our own health allows us to better serve ourselves and those around us.

The event organizer, Dr. Dhananjay Yadav, warmly thanked Mr. Prithviraj and expressed deep gratitude for their invaluable contributions. Dr. Yadav also extended thanks to Dr. Meha Joshi and Dr. Shivangi Verma for their cooperation, emphasizing the importance of continuous learning and the willingness to unlearn outdated habits for achieving success.

This talk was a valuable reminder that success is a multi-faceted journey. By taking charge of our lifestyle choices, we can cultivate a healthy body and mind, setting ourselves up for peak performance in all areas of life.

