



# CONCEPTS OF HEALTH AND WELLNESS

THE CONTINUUM FROM EXISTING TO LIVING

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## OUT LINE OF THIS PRESENTATION

- Introducing wellness
- Various dimensions in wellness
- Confessions and Testimony
- Birth of SRM wellness Centre
- Activities and Programme Initiatives
- Gramia – Diet Café
- College of Lifestyle Medicine



# WHAT IS WELLNESS?

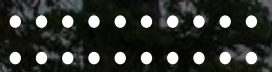
Wellness is an active process through which you become aware of, and make choices towards, a more balanced life

## The Wellness Wheel

The Wellness Wheel is a tool for self-exploration that can help you survey choices or situations that impact your overall wellness. Each of the 8 dimensions are interconnected and equally important. How balanced is your Wellness Wheel?








# DIMENSIONS

- Physical Wellness
- Emotional Wellness
- Environmental Wellness
- Financial Wellness
- Intellectual Wellness
- Occupational Wellness
- Social Wellness
- Spiritual Wellness



A group of people are practicing yoga in a bright, modern studio with large windows. They are all in a similar pose, with one leg raised and arms extended upwards. The studio has a light-colored floor and walls, and the windows provide a view of the outdoors. A semi-transparent white circle is overlaid on the left side of the image, containing the text.

## PHYSICAL WELLNESS

Physical Wellness is listening to and taking care of your body for optimal health and functioning. Taking care of your physical body will help you get through the stress that comes with college.



## EMOTIONAL WELLNESS

Emotional wellness includes your thoughts, emotions, and ability to deal with life's challenges.

- Feeling content most of the time
- Feeling you have a strong support network
- Being able to relax
- Feeling good about who you are

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## ENVIRONMENTAL WELLNESS

Environmental wellness is creating or finding spaces where you live, work and study that help you feel motivated to reach your goals.

- Being aware of the limits of the earth's natural resources
- Conserving energy (i.e. shutting off unused lights)
- Recycling paper, cans, and glass as much as possible
- Enjoying and appreciating time outside in nature
- Not polluting the air, water or earth
- Creating home and work environments that are supportive and nurturing





# FINANCIAL WELLNESS

Financial Wellness is managing your money for today and the future

Learning how to manage your money

Not living beyond your means

Learning about debt and how to manage it

Thinking long term, e.g. set up a savings account

Learning not to let money be the driving force

Donating some of your money, to a cause you





# INTELLECTUAL WELLNESS

Intellectual Wellness is being open to new ideas, thinking critically and finding ways to be creative.

- Development of good study skills and time management
- Ability to challenge yourself to see all sides of an issue
- Becoming a critical thinker
- Development of your own ideas, views, and opinions
- Exposing yourself to new ideas, people, and beliefs that are different from your own
- Become aware of who you are and what you value
- Discover SRM Library Resources





## OCCUPATIONAL WELLNESS

Occupational Wellness is having a career that is meaningful to you and to society.

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- Doing work that you find motivating and interesting
- Understanding how to balance leisure with work
- Working in a way that fits into your personal learning style
- Communicating and collaborating with others
- Working independently and with others
- Feeling inspired and challenged
- Feeling good at the end of the day about the work you accomplished





## SOCIAL WELLNESS

Social Wellness is having positive connections with friends, family, professors, coaches, supervisors, and anyone else. Development of assertiveness skills not aggressive ones

Balancing social and personal time

Becoming engaged with other people in your community

Valuing diversity and treat others with respect

Continually being able to maintain social networks

Having supportive network of family and friends

The ability to create boundaries within relationship boundaries that encourage communication, trust and conflict management

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# SPIRITUAL WELLNESS

Spiritual Wellness is taking time to stop doing and start being.

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Developing a purpose in life

Having the ability to spend reflective time alone

Taking time to reflect on the meaning of events in life

Having a clear sense of right and wrong, and acting accordingly

Having the ability to explain why you believe what you believe

Caring and acting for the welfare of others and the environment

Being able to practice forgiveness and compassion in life

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# WELLNESS COUNSELLING AND COACHING AT SRM

we can help you define your values and make choices about where to spend your energy to achieve your goals at SRM and beyond.

Meet with a Wellness Coach!

Wellness helps you reach your full potential by becoming aware of the interconnectedness of all aspects of your life through a positive and proactive process of self-exploration.

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# WHY MEET WITH A WELLNESS COACH?

- Adjust to SRM and find connections
- Cope with stress
- Time management
- Sleep
- Eat well
- Feel better about yourself
- Achieve fitness goals
- Enhance overall lifestyle
- Academic performance (test anxiety)
- Decrease use of tobacco, alcohol, or other drugs
- Create a positive outlook on life

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## OUR APPROACH IS GUIDED BY OUR BELIEFS

- All individuals have the capacity to change and transform
- Transformation is possible, and all transformation, small or large matters
- Through wellness coaching you can be inspired to harness your strengths, boost your confidence and feel motivated to take action
- It's important to share our expertise to provide you tools, support and guidance but you are the real expert in your life
- You can reach your full potential through lifestyle changes that align with your personal values




## Key Public Health Issues

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- Overweight and Obesity
- Tobacco
- Substance Abuse
- HIV/AIDS
- Mental Health
- Injury and Violence
- Environmental Quality
- Immunization
- Access to Health Care





A photograph of a large, modern, multi-story building with a light-colored facade and numerous windows. The building is surrounded by greenery, including trees and a lawn. A white car is visible in the foreground. The image is partially obscured by a semi-transparent white box on the right side, which contains the title and date.

# SRM Wellness Centre

SRM MCHRC

June 2019

At SRM Wellness centre we work along with the doctors and the dieticians to give wellness and fitness routines to patients based on their levels of fitness, ailments and age.

This will encompass, light body weight exercises and movements which will help people, move out their sedentary habits and lifestyle.

We collaborate with Nutrition and dietetics department to provide consultation







## EMOTIONAL WELLNESS

# STRESS

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Stress levels seem to be high in India compared to other countries, both developed and emerging, says a survey conducted by Cigna TTK Health Insurance.

First let's talk about what stress is and what stress isn't. Stress is the negative physiological process that happens when something gets between you and something that you want—it can be good or bad. Humans are designed to use stress to keep you alert and motivated.



## EMOTIONAL WELLNESS


# SLEEP DEPRIVATION

Sleep deprivation is prevalent among college students, which can have significant negative impacts on their health, including weight gain, diabetes, mental health problems, poor concentration, and elevated blood pressure.

Students who haven't slept well may also find that they are too tired to keep up with healthy food choices and may turn to easy junk food and caffeine instead.







PHYSICAL WELLNESS

# OBESITY CARE

Obesity is a complex disorder involving an excessive amount of body fat. Obesity isn't just a cosmetic concern. It increases your risk of diseases and health problems such as heart disease, diabetes and high blood pressure.

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## *SRM Wellness Centre –ESTD June 2019*

*SRM Wellness Centre believes that there is a triad to a healthy lifestyle. That is – “perfect medication, a healthy diet that does not spike one’s blood sugar and a moderate, consistent exercise program”.*

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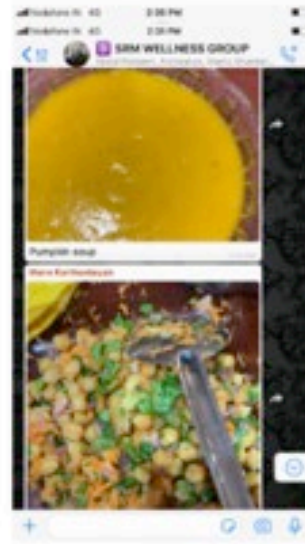
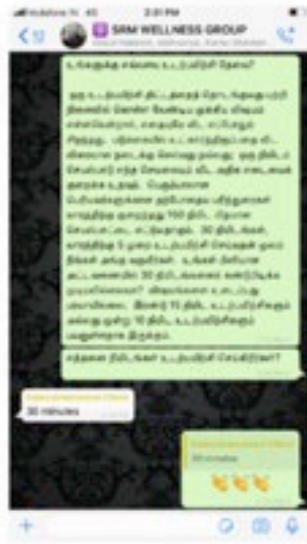


## DIABETICS CARE

300 + Happy clients

SRM Wellness project has taken two years of hard work, sweat, deep research with industry experts and medical practitioners. And now we have completed 6 months of service to patients with diabetes and other lifestyle diseases. We have now curated fat loss, maintenance and meditation programs. Clients with amalgamation of yoga / functional training and bespoke nutrition plan to help and achieve individual wellness goals.

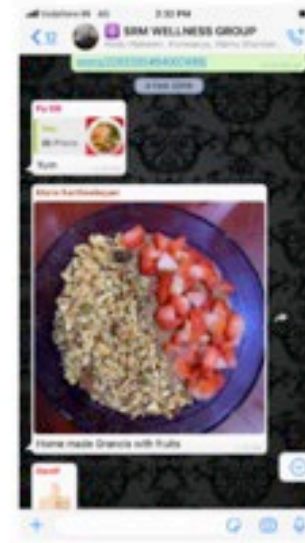
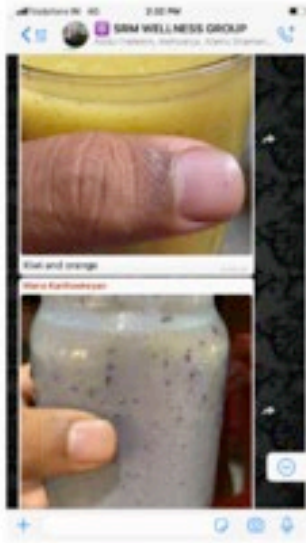
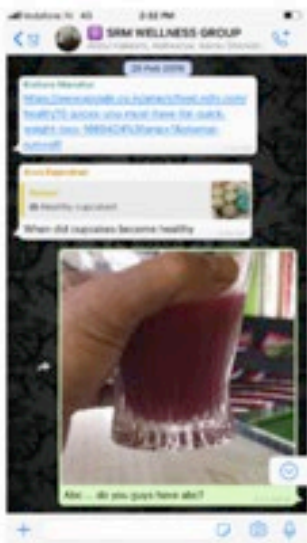
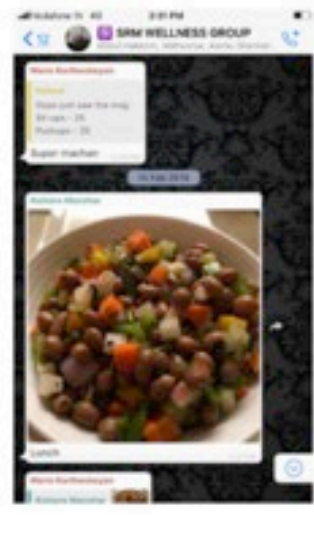
# Follow Up Mechanism WatsApp/Facebook



LONG TERM GUIDANCE  
AND MOTIVATION



TEACH YOU HOW TO  
EXERCISE ON YOUR OWN



DIET FOOD / RECIPIES







## Concepts Wellness and Health

### SRM WELLNESS CENTRE - VISION 2020

A world wherein Lifestyle is the foundation of a transformed, sustainable system of health care

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PHYSICAL WELLNESS

# Bodyweight Training

What if we told you that everywhere you go, you'll find a gym right nearby? Well, it's true. Wherever you go, you never have a reason to skip a workout—because you're there.

No, we're not trying to be cryptic. We just know that your body is the handiest gym there is, and that the benefits of bodyweight training are well-proven. Your bodyweight workouts can take you much farther in your fitness than you might imagine—and the research backs that up.

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## PHYSICAL WELLNESS

CrossFit is advertised as “the sport of fitness.”

With constantly varied, high-intensity functional movements, CrossFit is a training philosophy that coach people of all shapes and sizes to improve their physical well-being and cardiovascular fitness in a hardcore yet accepting and encouraging environment.





## OCCUPATIONAL WELLNESS

Physician Wellness Program:  
informed workplace wellness  
recommendations for physician  
well-being

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PHYSICIANS WELLNESS 30MINUTE  
TIMECARD THrice A WEEK TO USE AT  
THE WELLNESS CENTRE







KAYAKING CLUB AT SRM LAKE



SOCIAL WELLNESS / PHYSICAL WELLNESS  
SRM BICYCLE CLUB





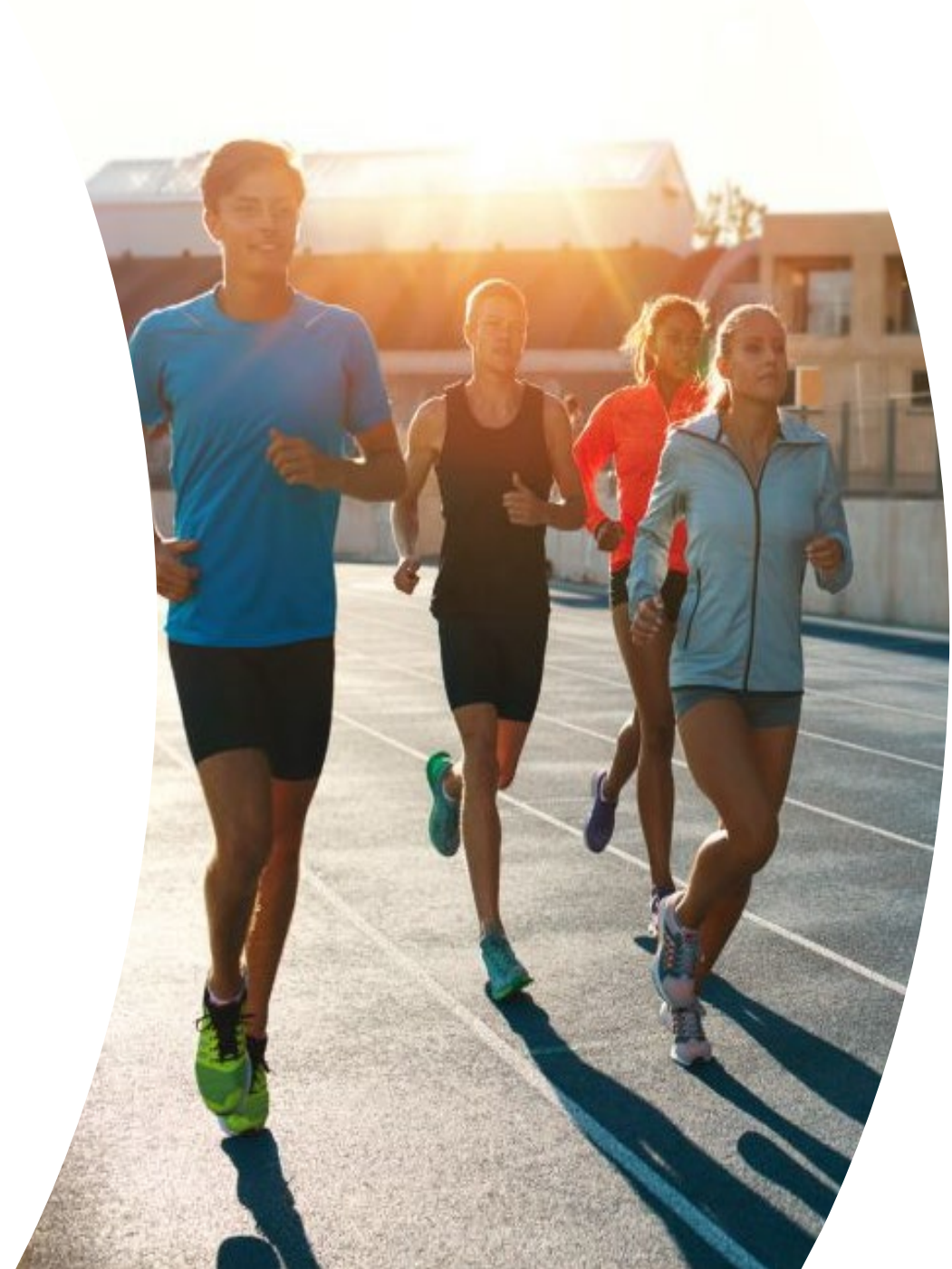
SOCIAL WELLNESS / PHYSICAL WELLNESS

## SRM Running Club

Weekly training programmes created by the runners, for the runners are designed with the intention of helping you achieve your personal fitness goals.

With various training groups tailored to a runner's specific needs, SRM wellness will promise exciting running sessions, optimized to help clients reach their personal best.

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## EMOTIONAL WELLNESS - YOGA LAB

SRM wellness Centre philosophies towards emotional wellness would include: Getting least eight hours of sleep a day / Eat a healthy diet / Keeping active / Picking up a new skill or hobby / Get a mental workout / Learn to manage stress / Avoid alcohol, cigarettes and drugs / Laughter is the best medicine / YOGA / Meditation

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Evidence- grounded design  
Wellness garden theory

SRM WELLNESS GARDEN  
[MEDICAL COLLEGE CAMPUS]

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## ENVIRONMENTAL WELLNESS

SRM wellness centre believes that wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.

SRM Wellness Centre to propose  
“SRM Wellness Garden”

SWG is a 100% vegetable and fruit Garden. It will also be a peaceful, aesthetically pleasing outdoor environment to sit, meditate, stroll and reflect. Most importantly these gardens will be maintained by the Medical College students with the help of garden maintenance personal.

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A photograph of a community garden with several people working in raised beds. The garden is filled with green plants, and there are trees in the background. A semi-transparent circular overlay is on the left side of the image, containing text.

## ENVIRONMENTAL WELLNESS

# SRM university students root themselves in the larger world

- SRM Wellness Centre will be hosting 45 mins sessions in batch wise where students, faculty and staff can participate in Gardening.
- Additionally, the wellness garden is to be used as a platform in our monthly resident wellness lectures regarding nutrition, healthy lifestyle, and mental health. From the data we collect, we hope to create interest in wellness gardens for more programs across the university.





## ENVIRONMENTAL WELLNESS

Wellness Garden also signifies the campus' reinvigorated dedication to creating community of care.

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We will incorporate as many ideas from students and staffs as possible, and in subsequent years, allow them to choose different plants or flowers, and add to the wellness garden in ways in which they think will be beneficial.

We hope to be able to use the wellness garden as a platform to have discussions and talk about nutrition, healthy lifestyle, and mental health and wellness issues not only within our students and staffs but within our SRM Community.



## DISCIPLINES INVOLVED

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PHYSIOTHERAPY

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PHYSIOLOGY

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NUTRITION AND DIETETICS

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HOTEL MANAGEMENT

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AGRICULTURE

---

PUBLIC HEALTH

---

CARDIOLOGY

---

DIABETOLOGY

---

GYNECOLOGY



PHYSICAL WELLNESS

## PHYSIOTHERAPY

RESPONSIBILITIES AT WELLNESS CENTRE MAY INCLUDE

Physical Assessment

Operation and maintenance of Hostel gyms

Organizing exercise session as a part of therapy

Helping the participants recover accident or injury

Making detailed reports for future exercise planning

Assisting Doctors/Wellness Coach

Educate patient on the benefits of mental motivation

In the best case scenario, students will have time to explore various ideas within a particular course. This could be one of best kind of research projects for our physio-Therapy students.

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# PHYSICAL WELLNESS PHYSIOLOGY

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From wellness prospective responsibilities of a physiology student at wellness centre may include:

Monitor and record participants' health and medical performance while exercising and under medication, make thorough observation over time to deliver results to the physician. Performing tests to evaluate physical and mental stress levels.

Student can also have hands on training at the centre on the following:

To administer fitness tests • Grade overall fitness of a patient. Consult patients on a best plan of action. Assess a patient's needs. Maintain accurate records of exercises performed. Monitor heart rate during training sessions Creating exercise plans for participants



PHYSICAL WELLNESS

## NUTRITION AND DIETETICS

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RESPONSIBILITIES AT WELLNESS CENTRE MAY INCLUDE:

Evaluate the dietary needs of a client by assessing their health and exercise levels, sleep and food habits etc.

Clarify information to clients and explain the effects of nutrients on overall health condition

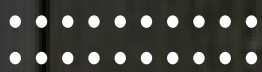
Offer counselling and suggest positive alterations in nutrition to address clients' dietary restrictions

Create full and personalized nutrition plans that promote healthy lifestyles

Set clear objectives and provide support to clients to help them in their progress

In a best case scenario, students will have time to explore various ideas within a particular course. This could be one of best kind of research projects for our students.





## ENVIRONMENTAL WELLNESS AGRICULTURE

Training Programme on Nutrition  
Gardening for physicians / Nutritionist  
by Agriculture department

Vegetables provide nutrients vital for health and maintenance of the human body metabolism. Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke, certain types of cancers, obesity, and Type 2 diabetes

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BREAKFAST / LUNCH / DINNER

MENU (Proposed)

HEART IDDLI

DIET DOSAS

DIET ROTI

VEGITABLE JUICE

NATIVE KOOZH

HEALTHY COOKIES

PHYSICAL WELLNESS

# HOTEL MANAGEMENT

EAT RIGHT CAMPUS

SRM WELLNESS CENTRE

## Future of guest experience is NOT all about technology

We don't think wellness is just food or a luxury bathroom or a fancy restaurant. Wellness is simply creating an environment in which one can relax, bond with others, create a feeling of community of sense of being and sense of oneself, That doesn't cost money. It is incredibly important that we don't only sell wellness through a fancy meal that costs a thousand rupees, but a simple meal grown on an organic farm—and the organic farm movement is huge.

SRM wellness centre will collaborate with SRM Hotel management and Nutrition Dept. to give our students, nutritious quick meal alternatives and healthy snacks at affordable prices.



## PHYSICAL WELLNESS DIABETOLOGY

### Reducing the Diabetes Pandemic: Changing Students and staffs' Perspectives of Type 2 Diabetes

Balancing physical activity with a healthful diet is good for managing weight and promoting overall health and can also help prevent type 2 diabetes.

SRM WELLNESS CENTRE will educate about type 2 diabetes prevention, and to train them on good eating and physical activity habits and help build a healthier lifestyle.



A group of people, including a man in a grey t-shirt and a woman in a pink sports bra, are performing a side-body stretch in a gym. They are standing with one leg forward and reaching their arms overhead to the side. The background shows large windows and other people in the background.

## PHYSICAL WELLNESS CARDIOLOGY

Being physically active is a major step toward good heart health. It's one of your most effective tools for strengthening the heart muscle, keeping your weight under control and warding off the artery damage from high cholesterol, high blood sugar and high blood pressure that can lead to heart attack or stroke.





PHYSICAL WELLNESS  
**PREGNANCY CARE**

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Staying healthy during Pregnancy

Regular **exercise** during **pregnancy** can improve your posture and decrease some common discomforts such as backaches and fatigue. There is evidence that physical activity may prevent gestational diabetes (diabetes that develops during **pregnancy**), relieve stress, and build more stamina needed for labor and delivery.



## PUBLIC HEALTH - MESH [MENTAL EMOTIONAL SOCIAL HEALTH]

Many factors influence people to acquire diseases and certain medical conditions. They need to be educated about health and diseases through awareness programs. They should know what to eat, what not to eat, how to be fit through regular exercise, proper diet and be healthy.

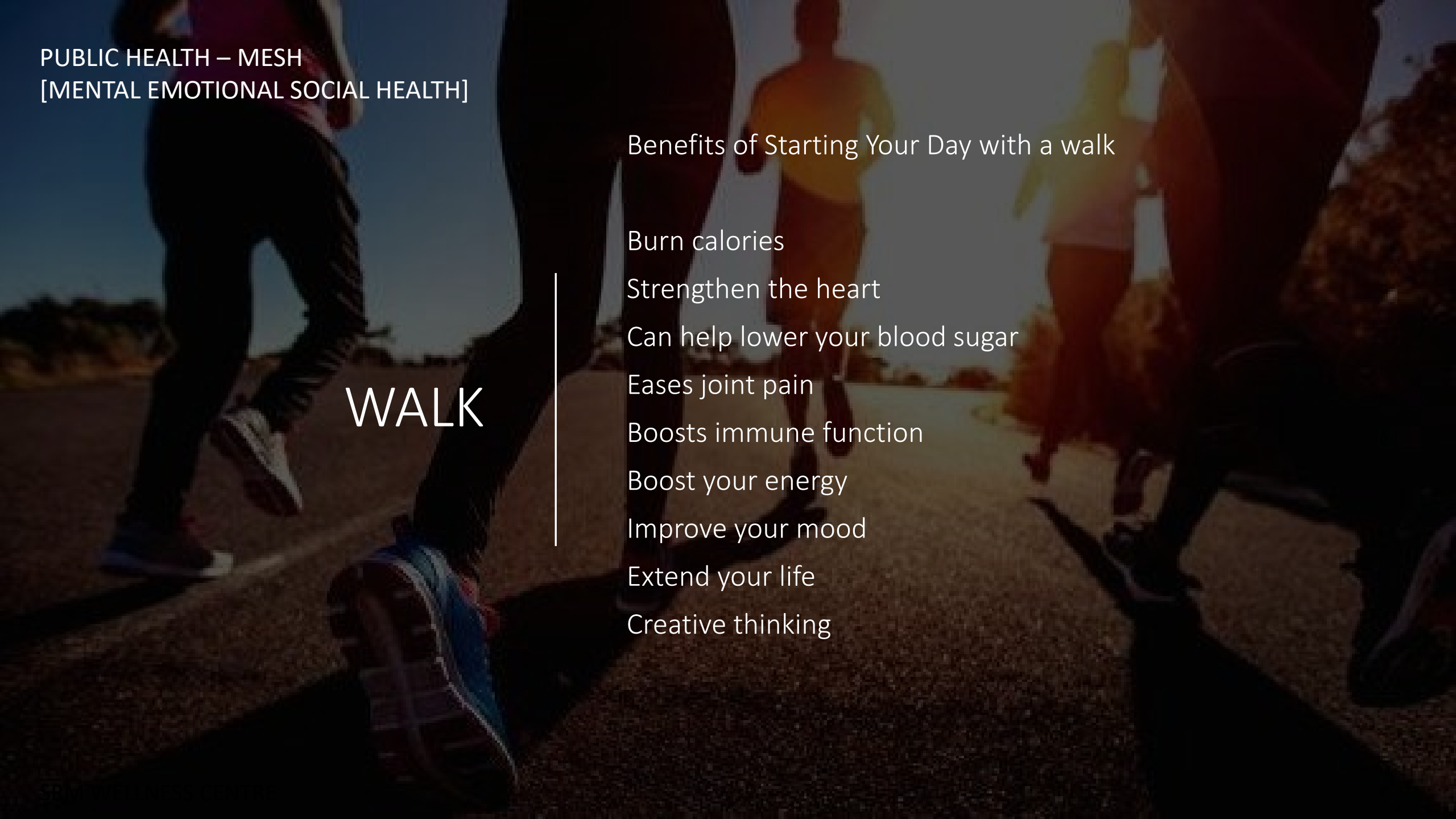
We will work hard to support the following initiatives:

- Fitness assessments / Fitness Tips
- Organise and promote rural sports
- Conduct awareness programs about diabetes, heart health, cholesterol, fitness, yoga and meditation



PUBLIC HEALTH – MESH  
[MENTAL EMOTIONAL SOCIAL HEALTH]

TOTAL WELLNESS  
Eat – Walk – Sleep  
Lifestyle Program



PUBLIC HEALTH – MESH  
[MENTAL EMOTIONAL SOCIAL HEALTH]

# WALK

Benefits of Starting Your Day with a walk

Burn calories

Strengthen the heart

Can help lower your blood sugar

Eases joint pain

Boosts immune function

Boost your energy

Improve your mood

Extend your life

Creative thinking



# EAT

Healthy Eating for an Active Lifestyle

Tips for combining good nutrition

Maximize with nutrient-packed foods

Energize with grains

Power up with protein

Mix it up with plant protein foods

Vary your fruits and vegetables

Don't forget dairy

Drink water

Know how much to eat



# 10 Tips for Better Sleep

What can  
HURT



Light



Noise



Heat

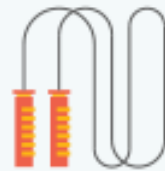


Alcohol



Caffeine

What can  
HELP



Exercise



A consistent  
sleeping schedule



Melatonin



Magnesium



Lavender



# Tell Us What You're Interested In

To better provide you with relevant information and offers that meet your needs, we would appreciate if you could take just a few seconds to fill out the following form telling us what topics of interest you might have.

## My Topic Preferences

Indicate your topics of interest below

- |   |  |   |   |
|---|--|---|---|
| <input type="checkbox"/> Addiction            | <input type="checkbox"/> Alzheimers Disease      | <input type="checkbox"/> Anxiety and Depression | <input type="checkbox"/> Arthritis          |
| <input type="checkbox"/> Asthma and Allergies | <input type="checkbox"/> Back Pain               | <input type="checkbox"/> Balance and Mobility   | <input type="checkbox"/> Breast Cancer      |
| <input type="checkbox"/> Diet and Weight Loss | <input type="checkbox"/> Digestive Disorders     | <input type="checkbox"/> Healthy Aging          | <input type="checkbox"/> Healthy Eating     |
| <input type="checkbox"/> Heart Health         | <input type="checkbox"/> Hypertension and Stroke | <input type="checkbox"/> Incontinence           | <input type="checkbox"/> Inflammation       |
| <input type="checkbox"/> Memory               | <input type="checkbox"/> Mens Health             | <input type="checkbox"/> Mental Health          | <input type="checkbox"/> Osteoporosis       |
| <input type="checkbox"/> Pain Management      | <input type="checkbox"/> Senior Health           | <input type="checkbox"/> Sexual Conditions      | <input type="checkbox"/> Skin and Hair Care |
| <input type="checkbox"/> Sleep                | <input type="checkbox"/> Stress Management       | <input type="checkbox"/> Womens Health          |   |



## APPOINTMENTS

Initial wellness coaching session (50 minutes) we will learn more about each other and the coaching process and complete a personalized wellness assessment.

This assessment will be used throughout your relationship with your coach to help co-design your personal wellness plan that will include the creation of targeted action steps geared towards your identified goals. Follow-up sessions will be scheduled based on your individual needs.

Call and book your appointment now

**Joseph Julian - 9176833100**

Wellness consultant - SRM MCHRC

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These facilities are a powerful demonstration of an institution's commitment to their health and wellness mission, and a priceless educational tool to help students to prepare themselves for a long and healthy lifestyle.

A close-up photograph of a person's hands planting a small green seedling into dark, rich soil. The hands are positioned on the right side of the frame, with fingers gently holding the plant and soil. The background is a blurred field of similar soil and other small plants, suggesting a garden or agricultural setting. The overall tone is warm and focused on the act of planting.

# Thank you