



WELCOME TO MEDICO MEDIA

“A Company Committed to promote healthy lifestyle to millions”

WHAT IS HEALTH

Health is dynamic integration
Body–Mind & Spirit

Lifestyle choices have impact on
Health

Programs are to empower for
making right choices



Holistic approach to health

To Create, Maintain, Sustain & Improve Health & Productivity Through

- Empowerment
 - Training
 - Optimum Fitness & Wellness
 - Proactive Health Management
 - Integrated Approach
- To Occupational Health

Attitude To Health

- Taken for granted
- Procrastination
- Concern only when sick
- No attention to prevention
- Unhealthy lifestyle

THIS LEADS TO

- Physical problems
- Increased Stress
- Low productivity
- Emotional sufferings
- Financial burden
- Disturbed family

'Positive Health Options' Trainings

- **Specially designed**
- **Life Enriching**
- **Need-based**
- **Simple & Easy**
- **Enjoyable**

'Positive Health Options' Trainings

Motivation & Empowerment

- **Better Personal & Professional Productivity**
- **Mind Body Balance**
- **Better relationships**

Benefits Of 'Positive Health Options' Trainings

- Better time management
- Improved Health & Fitness
- Positive Attitude
- Effective Stress Management
- Freedom From Diseases
- Decreased Medical Expenses

HELPS TO CREATE BALANCE

- Work & Home
- Activity & Relaxation
- Medical Care & Self Care
- Heart & Head
- Modern Medicine & Traditional Wisdom
 - Right Brain Activities & Left Brain Activities
 - Seriousness & Enjoyment
 - Men's Perceptive & Women's Perceptive

NEED BASED TRAININGS

All types of employees :

- Executives
- Workers
- Info-tech persons
- Sales & marketing people etc.
- Different Age Groups
- Special Health Concerns
- Women employees
- Employees Working In Shifts

CONTENT OUTLINE

- **Prayer With Mind & Body harmony**
- **What is health & Health as total concept**
(Physical, mental, Emotional, Occupational, Social & Spiritual Wellness)
- **Discussion on personal health concerns**

CONTENT OUTLINE

- **Healthy work practices**
- **Posture Care**
- **Chair Exercises**
- **Eye Care**
- **Evaluation of health :
Self & Medical**

Life energy

- What Fuels Us ?
- What Drains Us ?
- High Energy Lifestyle

FITNESS PROGRAM FOR HEALTH & CREATIVITY

- Stretching ex.
- Aerobics with music
- Posture related ex.
- Dancing to body's rhythm

Optimum mind body balance

- High energy working
- Emotional Wellness
- Good relationships

Yoga for daily life

Disease related special Ex & Yoga

- Neck & shoulder pain
- Knee pain
- Digestive Problems
- High BP, Diabetes & CAD
- Backache
- Etc.

PRANAYAMS

- **Energizing Pranayams**
 - **Cooling Pranayams**
 - **Relaxing Pranayams**
- **STRESS RELEASE & BREATH CONTROL**

Stress management

- What is stress ?
- Communication & stress mgt.
- Stress mgt tips.
- Identifying stressors.
- Connection between health & stress

RELAXATION & FUN IN DAILY LIFE

- **Relaxation in daily life**
- **Simple Breathing Technique**
- **Laughter & dance for healthier life**

Health care practices for

- **High B.P.**
 - **Diabetes**
 - **Heart problems**
 - **Fatigue**
 - **Gastric problems**
 - **Backache**
- **Cervical Spondylosis**

Nutrition Awareness & Healthy Eating

- **Eating for Pleasure & Health**
- **Low Stress Eating**
- **High energy eating**
- **Balanced Food Habits**
- **Food Pyramid**
- **Good Digestion Tips**
- **Healthy Food Habits - Anytime & Anywhere**

Healthy & Happy Working

- Desk Jobs
- Shift Work
- Marketing Executives
- Customer Care Personnel
- Production & Maintenance Staff

OUR EXPERIENCE WITH CORPORATE WORLD

Completed more than 2700 programs for

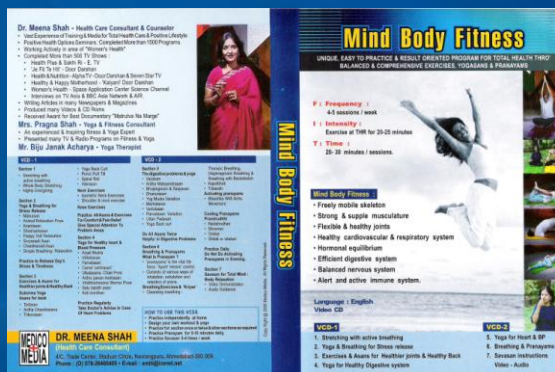
- **Executives & senior staff**
- **Workers & lower mgt staff**
- **Employees with spouses**
- **Exclusively for women (spouses & working women)**
- **'High BP , Diabetes & Heart Care**
- **Occupational Health**
- **Shift Worker**

OUR SPECIAL PROGRAMS

- **Two workshops for ministers & MLAs of Gujarat.**
- **Series of programs for earthquake victims**
- **10 seminars for Ahmedabad Management Association & CII.**
- **Seminar for institutes like NID,NIFT, School of Architect & other colleges.**

SUPPORT STRUCTURE TO FOLLOWUP AFTER PROGRAM

- Excellent study material
- VCD 'POSITIVE HEALTH OPTIONS'
- DVD 'MIND BODY FITNESS'
- CD ROMS on women & family's health (STREE)
- Involvement of family members
- T.V. Programs
- Health Blogs & Health Videos On Internet
- Online Counseling
- Webinars
- Training of Canteen Staff



DETAILS & MODALITIES

- DURATION : Two days
- LANGUAGE : English/Hindi/Gujarati.
- PARTICIPANTS :- 25 – 30.

Highly participatory :

- Individual exercises
- Group discussions
- Practice of necessary skills

DETAILS & MODALITIES

EXPERTS

- Dr. Meena Shah - Health Care Consultant
- Ms. Pragna Shah – Fitness - Yoga & Nutrition Expert
- Ms Naini Shah – Lifestyle Consultant & Yoga Expert
- Mrs Smruti Desai - Nutrition Expert & Trainer
- Dr Minjal Patel – Physiotherapist & Lifestyle Coach
- Ms Priti Solanki – Yoga & Fitness Coach
- Dr Ketan Shah – Homeopath Consultant & Health Care Trainer
- Dr Vinubhai Patel – Medical Advisor & Communication Expert
- Dr Anand Solanki- Physician & Health Care Coach

METHODOLOGY

- Subject experts
- Group Discussion
- Audio Visual Presentations
- Practical Demonstration of simple exercise
- Yogasans, Pranayam & Relaxation method

The food served in program is according to our guidance specifications to match concept of

"Tasty & Healthy Eating for Disease Free, Healthy & Happy Life"

FINANCIAL IMPLICATIONS

- Professional Fees
- Travel Reimbursement for 3 Persons
(2nd A. C. If it is overnight journey from Ahmedabad)
- Air fare for longer distances
(Lodging & Boarding for 3 Persons)

INFRASTRUCTURE FACILITIES

- Venue- Carpeted hall with 'U' shaped sitting
- LCD/ Multi Media Projection
- Mike System
- White board
- Writing pads & pens
- Healthy- Tasty Lunch / Refreshment

ABOUT Dr. MEENA SHAH

- Health Care Consultant & Counselor
- Working for Health Care Training & Health Communication since last 25 years.
- Launched “Medico Media” – Health care & Health Communication Company
- “Positive Health Options” leads more than 2000 Programs
- Working actively in area of “Women’s Health”

ABOUT Dr. MEENA SHAH

T.V. Shows on Health & Fitness:-

- **Daily Health Tips – ‘Yoga 4 U’ ZEE International**
- **Health Messages in ‘Arogya sampada’ ZEE Gujarati**
- **“Food Factor” – Care TV**
- **“Health Plus” – E T. V.**
- **“Sarvangi Swasthya” on Sakhiri – E T.V.**
- **Healthy Home – Seven Star T.V.**
- **Je Fit Te Hit – DD 11**
- **Health & Nutrition Tips – Alpha T.V.**
- **Health Nutrition & Health Care – Suprabhat DD11**

ABOUT Dr. MEENA SHAH

- Interviews & Articles in "Business Manager", Times of India,
Gruh-Shobha, Chitralekha, Divya Bhashkar, The Financial Express, Indian Express, Femina Door – Darshan, Star News, AIR etc.
- Written over 800 articles on Health & Nutrition.
- Produced more than 37 VCDs
- Award for Best Documentary "Matrutva Na Marge"
- Working with pharma industries in creating A-V material on Health care

Client list

CONTACT

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THANK YOU