



AIM

**WELLNESS THROUGH MIND-MOOD –BODY-  
WORK—PEOPLE– ORGANIZATION MANAGEMENT**

To empower, educate and enhance the lives of the people  
through individualized fitness programming



***TO BECOME A UNIQUE SERVICE PROVIDER OF  
ALL KINDS OF TRAINING & CONSULTANCY NEEDS***

*Life Excellence through wellbeing*

## FEW FACTS

- A high 46% of the workforce in originations in India suffers from some or the other form of stress, according to latest data from Optum
- The study found 43% with skewed BMI (body mass index), of which 30% with diabetic risk, 30% with risk of hypertension and 46% high on stress. This number is about 30% higher than a survey that it conducted last
- Suicidal tendency in the last 10 years, with over 70% of those numbers in the last five years alone
- There is a rising case of metabolic syndrome diabetes, high uric acid, high blood pressure, obesity, and high cholesterol, Heart attacks or mental issues +such as depression or suicides, said doctors and experts

### Causing Factors:

It may be related to personal issues, office politics, target issues, lifestyle problem. Family pressure, pressure from work performance, peer pressure, difficult /bad boss, all of this are taking a toll on physical and mental health .

### Impact:

Stress often goes hand in hand with substance abuse, violence and the legal problems they bring. Also costs in terms of poor performance, absenteeism, and healthcare costs to organization.

**AIM** is a training and management consultancy provider focused at nurturing & Caring HR and improving systems through training intervention to synchronize the organization with global business dynamics. We are specialized in training & consultancy.

### A Challenge

In fast pace of materialistic era, man is becoming a mechanical work unit of producing material gains until it breaks down. Maximization of gain has become a sole criterion of successful life. Wellness or healthy life is an outdated or past paradigm. A wrong paradigm or misconception is to earn the money at the cost of health than invest money to restore the health. People have forgotten that damages in health are irreversible. Consequently, people are becoming day by day richer by wealth and poorer of health. Material gain & emotional pain both are on uptrend. Traditionally people had believe — if money is lost something is lost, if health is lost everything is lost

### What AIM Can Do?

AIM has taken over the responsibility to imbibe the old age paradigm among all professionals those who can not take care themselves due to their busy schedules

Our Professional Wellness Training offers an integrated program for mind- body - work—people—organization management skills. It focuses on how to use these skills in their own self-care and how to begin to integrate the techniques into their ongoing work life.

It creates a wonderful learning environment, helping each individual become more self-aware and more engaged in their own self-care.-

### Programme Objectives:

- To increase wellness level in terms of satisfaction, happiness, serenity and personal productivity.
- To conquer stress enemy, by developing the right mindset and learning the coping & counteracting skills.
- To maximize productivity and staff engagement through wellness
- To work life balance of the all four quadrants.
- To reduce compensation, healthcare & litigation cost of company
- To reduce absenteeism and increase engagement.

## APPROACH

Achieving wellness in all four life quadrants through integrated training intervention programme.

## A FACT

As per a recent study by Stanford those people want to live longer & healthier lives the wellness, is a natural extension of the preventive approach.

The Indian also driving to transition from remedial care to a holistic view on preventive care.



## WELLNESS

With time, Wellness as a concept has taken a multi definition that encompass the individual's desire for social acceptance, career growth, work performance, mental peace and collective welfare. This is chiefly influenced by changes in society and in individual's lifestyle. This change has also been accelerated by globalization and a greater awareness of the need for wellness among individuals.

Well being of person is helps to sustain high energy levels and cool mind that go to success.

***"A state of a healthy balance of the mind, body, work and relationship that results in overall well-being."***

## FRAMEWORK OF PROGRAMME MODULES-

- DIL SE DIL KI BAAT
- TO FORGET PAIN, REPROGRAMME YOUR BRAIN
- TO MULTIPLY LOVE SLOT, TIE THE KNOT
- SAY GOODBYE TO YOUR STRESS
- HOW TO SAY "NO"?
- KEEP WELL WITHOUT DANGER BELL
- INSTALL ANTIVIRUS IN BRAIN COMPUTER
- REPROGRAMME FOR HIGHER SUCCESS
- NUTURING CHILDREN IN GLOBAL VILLAGE
- FAMILY MANAGEMENT
- ATTAIN ETERNAL BLISS

**Please Note : WE CUSTOMISE THE MODULES AS PER THE NEED OF TARGET GROUP**



## PAYOFF OF PROGRAMMES

The Programme will give you opportunity to spend quality time with yourself and help to get to know the real “you” again by:

- Evaluating your life, dreams and relationships
- Learning about your positive and negative attributes and the affect this has on you and around
- Letting go of accumulated unnecessary baggage and making peace within
- Learning to consider different points of view of life situations

## METHODOLOGY

- Stress profiling by Questionnaires
- Evaluation by psychological test
- Assessing gaps between existing and expected mental Peace
- Participatory and relevant activities
- Short plenary sessions
- Experiential learning
- Storytelling
- Role playing
- Video clippings
- Post programme support



## UPON COMPLETION PROFESSIONALS WILL BE ABLE TO:

- Recognize stressors and its root causes.
- Apply coping and counteracting skills in dealing stressful life situations.
- Understand the linkage of work, environment, stress and health.
- Learn about specific muscle-relaxation and breathing techniques.
- Develop a action plan for reducing and managing stress
- Stress management & psychological wellness
- Work-life balance
- Get professional support with an individualized focus
- Enabled to Set and reach realistic goals together
- Learn technique to perform psychological exercises
- Stay motivated with new routines and good habits

## Organization:

- Increased business performance, reduced staff turnover and absenteeism.
- Enhance each person’s sense of self-efficacy and self-responsibility
- Reduced healthcare cost , litigations and absenteeism.

Ultimately enhanced wellness level in terms in of employee satisfaction, happiness serenity, performance, team spirit and personal productivity.