

Mental health

Smile Child Development Center

Ramdaspath, Akola 444001, MS, India

Health ?

- Physical
- Mental
- Social
- Spiritual

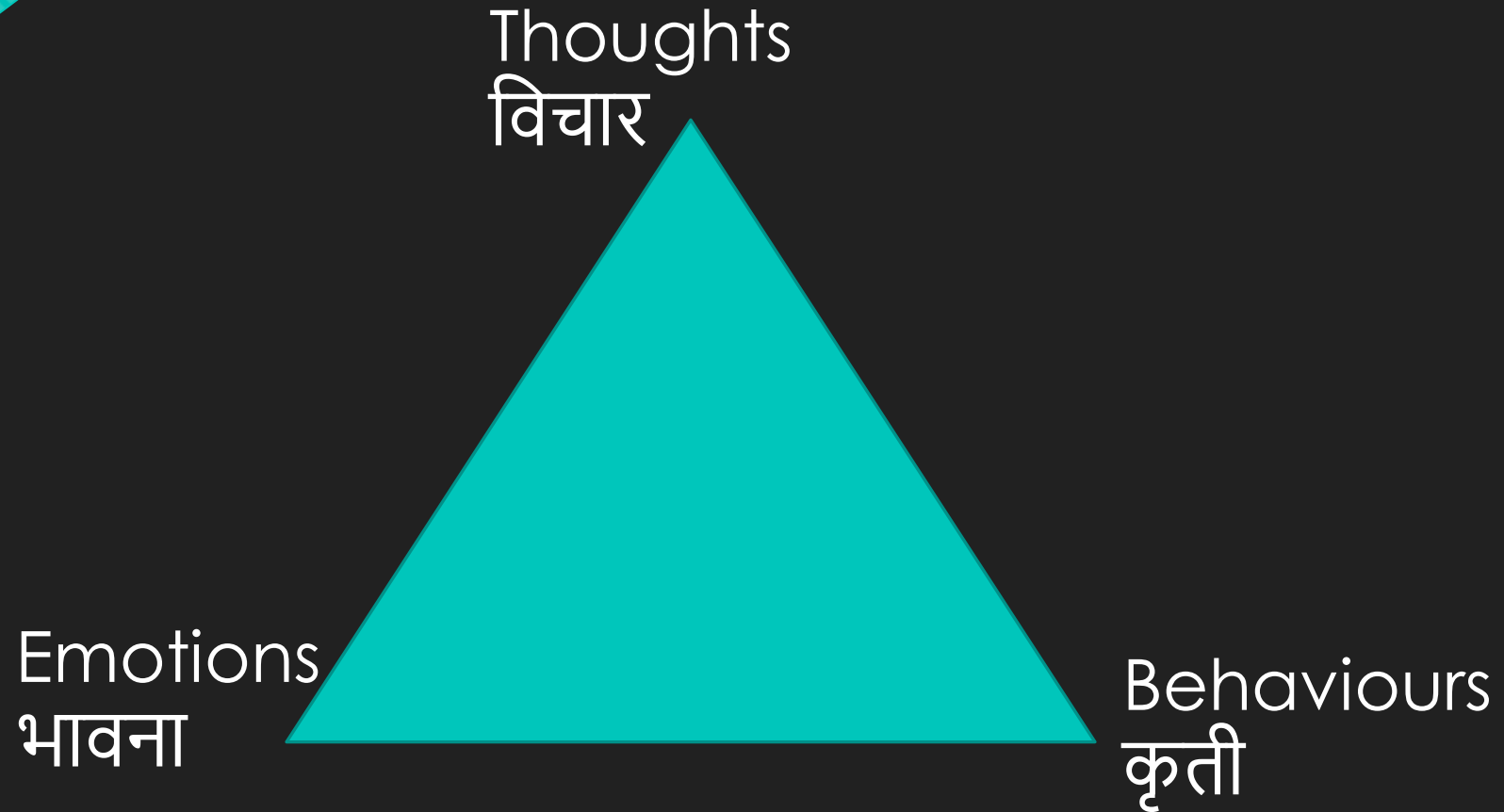
Importance of Mental Health

- As imp as physical
- Stress & diabetes
- Stress & eating & obesity
- Stress & paralysis
- Stress & heart attack

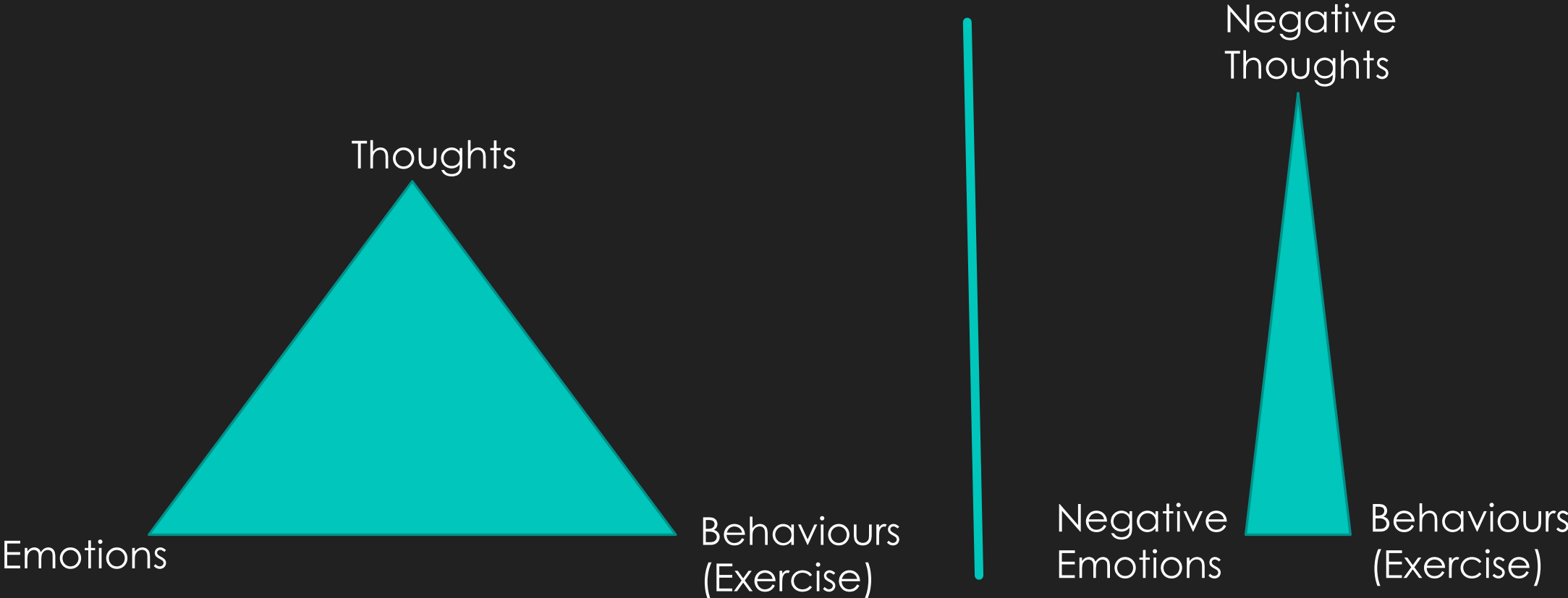
Importance for our project ?

10X

What is mental health ?



Exercise (10 X impact !!!)



Meditation/Mindfulness



Meditation/Mindfulness

- To be in the present moment
- Whatever you are doing
- So much absorbed in the task on hand
- Mindful eating/meditative eating
- Mindful exercise

Wish you a good health

Thanks a lot

