

Workshop on
“Health and Stress Management”

Organized by the
Bengali Cultural Association, Panaji
and
The International Centre, Goa

Venue: *Mandovi* Hall,
International Centre Goa – Dona Paula

On Sunday, 24 August, 2008
At 4:30 pm

PROGRAMME

“Nutrition for Better Health”

by Mrs. Giribani Srivastava, Training Officer (F) Dept. of Agriculture, Govt. of Goa, Ela, Old Goa

“Health – An Overview”

by Dr. M. N. Pal, MD, DGO, MNAMS, FICS, LLM, Ex- Dean, Goa Medical College, Goa

“Stress Management and Coping Skills with Practical Demonstration”

by Mr. Pijush Chakraborty, Clinical Psychologist, Institute of Psychiatry and Human Behaviour, Bambolim, Goa

BACKGROUND

This workshop aims to offer some insights and answers to the nagging problems relating to human health and stress management and most importantly to expand your view and understanding of what stress is and how to cope with it.

The aim of current education reforms is to equip the students with multifaceted skills and critical thinking abilities in order to maximize their ability to compete with ongoing pressure of workload in the growing global environment. Thus the professionals, teachers, scientists, doctors, businessmen, housewives have been heavily relied upon to achieve many of these reforms. Stress is unavoidable during this process and teachers face multiple stressors in their daily work. Interpersonal relationships are interactional and reciprocal. Without mentally healthy person, how can they expect to have positive mental health? Extremely high demands on every human being, physical and psychological capacities have been made during the reform process. How can they maintain mental health? How can they overcome the many stresses in our daily work? How can we manage a smile despite such heavy workloads? One of the most effective means is by understanding how stress affects their health and how they can manage stress in a positive manner. We believe that both theoretical knowledge and practical skills about stress management should be provided to everybody. This is the central inspiration for our workshop on “health and Stress Management” for everybody – professionals, scientists, doctors, businessman, school teachers, principals and all other active person.

In view of this the Bengali Cultural Association and the International Centre, Goa are jointly organizing a workshop on health and stress management where eminent speakers will cover different aspects of the subject.

SYNOPSIS

Nutrition for Better Health

Mrs. Giribani Srivastava

Training Officer (F), Department of Agriculture, Govt. of Goa, Ela, Old Goa

Life cannot exist without food. Food is the basic requirement of all living organisms. Animals satisfy their requirements through natural selections, whereas humans have a number of foodstuffs to choose from to make up his diet and because all foods do not have the same nutritive value, the health of a person depends on the type and quantity of foodstuffs he chooses.

Satisfaction of hunger through simple wholesome healthy food should be the basic principle of diet, which is totally lost in today's Hi-tech Era. Changing, lifestyles have brought drastic changes in food habits. Restaurants are offering us "Home Cooked foods" rather than homes offering it.

Packaged and convenient foods offering Zero Calories to High Nutrient density foods suitable for all pockets and age groups have flooded the market, offering the housewives to fold up their kitchens.

Overeating, faulty eating and under eating are the basic problems leading to a large number of diseases and disorders. Better income, lack of time, improved standard of living, social bindings have shifted the emphasis on choice of foods to be consumed with detrimental effect on health.

Knowledge of human nutrition, no longer entails merely prevention of deficiency diseases, but management and prevention of many lifestyles diseases like heart disease, diabetes, obesity, anemia, cholesterol etc.

The productive life of an individual could be drastically curtailed with faulty eating habits, excessive substance abuse like smoking, drinking and use of self medication. The longevity of individuals have increased many folds. We have a large population of senior citizens today, whose diet and lifestyle requires monitoring.

Nutrition is the most important factor in promotion and maintenance of health. The human body builds up & maintains healthy cells, tissues, bones, glands & organs with the help of nutrients provided in our diets. The body cannot perform many of its normal functions without specific nutrients.

Among the nutrients supplied by the food are proteins, CHO, fats, vitamins, micronutrients and minerals. Most food contains all these nutrients in varying proportions, but without the proper understanding of the principles of nutrition, food composition and dietary requirements it is difficult to know that what we are eating is correct, required or balanced.

Health – An Overview

DR. M. N. PAL, MD, DGO, MNAMS, FICS, LLM

Professor and Head of Gynecology, Department of Goa Medical College

Alongwith the improvement in the per capita income, socio-economic advancement & globalization of employment opportunities, there has been a paradigm shift in the lifestyle pattern of the individuals. The more opportunities for indoor work activities compounded with competitive stress of the daily life in work area has made them easy prey for the development of chronic debilitating diseases like Diabetes, Hypertension, and various other stress disorders. There are more incidences now for development of Coronary Heart Diseases, Heart attack and Stroke. Likewise, there has been a gradual shift for late marriages, planning of small families and sedentary occupational habits, which have made young women an easy target for infertility, repeated abortions and high incidence of premature, dysmature and operative deliveries and also higher proportion of failed lactation.

There has also been a steep increase in the incidence of detection of breast cancer, uterine and cervical cancers, benign tumour of Uterus and other benign gynecological diseases in young women, which have direct bearing on the quality of life in these women.

Males also have contributed greatly to the occurrence of infertility, because of their deterioration of seminal parameters on account of high atmospheric pollution, prevalent presence of insecticides in food items and various other occupational hazards and addictions.

Accordingly, there is an urgent need of the medical fraternities to come together in order to fight these health menaces primarily by increasing the awareness in the community on the various probable risks by identifying them early so that necessary preventive and corrective measures could be taken to minimize the health disabilities. The communities can also be taught to avail early antenatal care in case of pregnancies and also how to take care during pregnancies.

With this background in mind, an attempt has been made for an interactive session of the Community with renown practicing Gynecologist Dr. M. N. Pal, who has longed served as Professor and Head of Gynecology Department of Goa Medical College for more than a decade. He will be assisted by other senior doctors of Goa Medical College during the Health Workshop scheduled for 24th of August, 2008.

Stress Management and Coping Skills with Practical Demonstration

Pijush Chakraborty

Clinical psychologist, Institute of Psychiatry and Human Behaviour, Bambolim, Goa

The workshop on 'Health & stress Management' aims to offer people some awareness about the nature of the stress, its sources, how it effects us both physically and mentally in our day to day life and reduce our functional efficiency in the areas of self, family, work, social & interpersonal relationships. We may not be aware how to deal with stress effectively so that we tend to maintain our physical and mental health and develop an ability to be comfortable in any situation and to carry on the routine activities successfully. At the same time we should make others comfortable in our presence. We may develop effective interpersonal relationships or useful social roles. Some sort of coping techniques will also be discussed through which stress can be reduced.