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(Approved by AICTE New Delhi, DTE Mumbai & Affiliated to Savitribai Phule Pune University)

Accredited with B++ Grade by NAAC

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JAYAWANT SHIKSHAN PRASARAK MANDAL's
BHIVARABAI SAWANT INSTITUTE OF TECHNOLOGY & RESEARCH (W), Wagholi.

Date: 22nd February 2022

Report of Webinar On Health Education Program

Resource Person:

Dr. Bhushan Yande, Weisheit Wellness Clinic, Pune-411030

Highlights of the session:

1. How to stay Normal and Healthy?
2. Journey of lifestyle diseases
3. Phases and different types of lifestyle diseases
4. Health Map concept
5. Preventive Measures for health.
6. Basic screening required for prevention purposes
7. Importance of screening the right parameters for Health.

Dr. Bhushan Yande has delivered expert and excellent session on Health Education Program dated 22nd February 2022. He has started with the introduction about him and main emphasis of the webinar was on the diet plan to be maintained by everyone for fit and healthy lifestyle.

In his session, Dr. Yande explained the basics of health, the different parameters of body fat scan / Karada scan, journey of lifestyle diseases which originates from the different types of hazardous foods which we consumes in our day to day life that creates an adverse effect on our body leading to become a patient. He has very nicely explained the phases of

lifestyle diseases and phases of reversal of it using TED-M, Health Map concept, Health Education Program, the basic Screening required for the health and also explained the importance of screening the right parameter of health, Treatment, Exercise, Diet and Mindset.

His main focus during the session was on to create an awareness about how our normal imbalanced lifestyle could be a cause for different types of harmful diseases like diabetes, blood pressure, thyroid, cancer, kidney stone, obesity, stroke and so on which on later stage may results into major problem and the how to prevent it by adopting a balanced and healthy diet plan and lifestyle. He has shown the dishes of imbalanced food which we took daily and the actual content of proteins, vitamins; sugar etc should be there I our daily routines plan of meal/breakfast which will keep our body disease free and healthy. The various useful and inforative glimpses of the session are mentioned below:

WWClinics
Wellness Wellness Clinic
Prevention & Reversal of Lifestyle Diseases

Basics of Health

1) **Weight:-**
Expected Weight:-

A) **Males:- (Height in cms-100) with**
Body Fat= 10-20% of Expected Weight

B) **Females:- (Height in cms-110) with**
Body Fat= 20-30% of Expected Weight

Body Fat Scan / Karada Scan

Sr No.	Parameters
1	Weight in Kg
2	Body Fat %
3	Body Fat in Kg
4	Body Mass Index
5	Resting Metabolic rate
6	Body Age in Years
7	Visceral Fat %
8	Visceral Fat in Kg
9	Whole body Subcutaneous Fat % & Muscle %
10	Trunk Subcutaneous Fat % & Muscle %
11	Legs Subcutaneous Fat % & Muscle %
12	Arms Subcutaneous Fat % & Muscle %



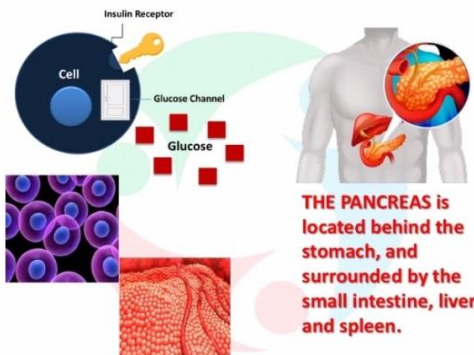
Food 

Blood 

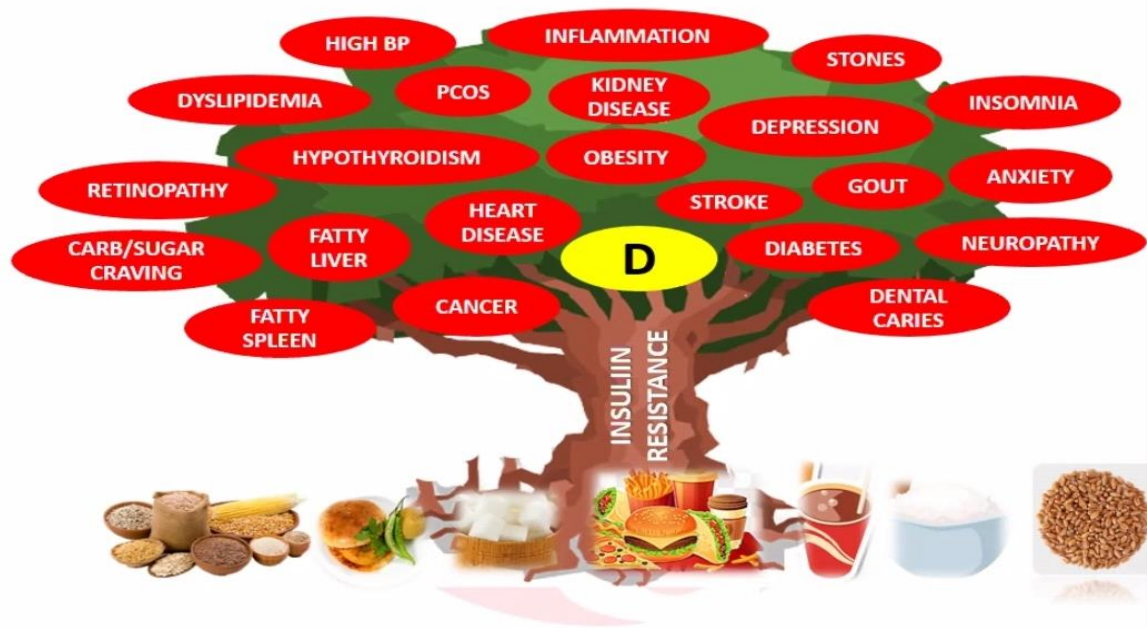
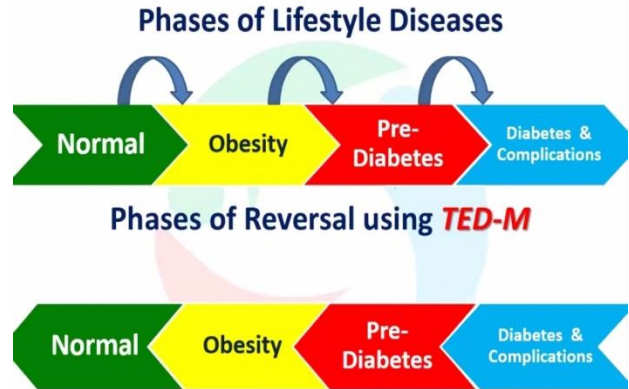
Body 

WWClinics
Wellness Wellness Clinic
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Function of Insulin



THE PANCREAS is located behind the stomach, and surrounded by the small intestine, liver, and spleen.

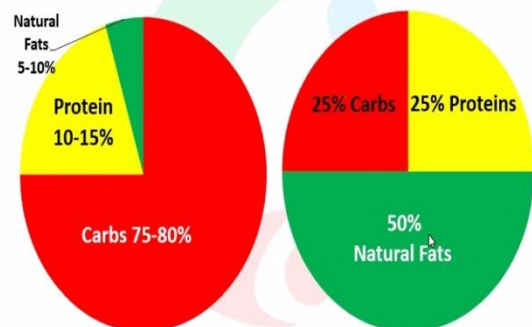


Health Education Program

Screening	<ul style="list-style-type: none"> • Scanbo + Karada Diagnosis • (12 TESTS)
Treatment	<ul style="list-style-type: none"> • Monthly Allopathic Treatment • (12 APPOINTMENTS)
Exercise	<ul style="list-style-type: none"> • Weekly Simple & Effective Exercise Sessions • (50 SESSIONS)
Diet	<ul style="list-style-type: none"> • Daily Diet Monitoring • (365 DAYS)
Mindset	<ul style="list-style-type: none"> • Weekly Diabetes Education Seminars • (50 SESSIONS)

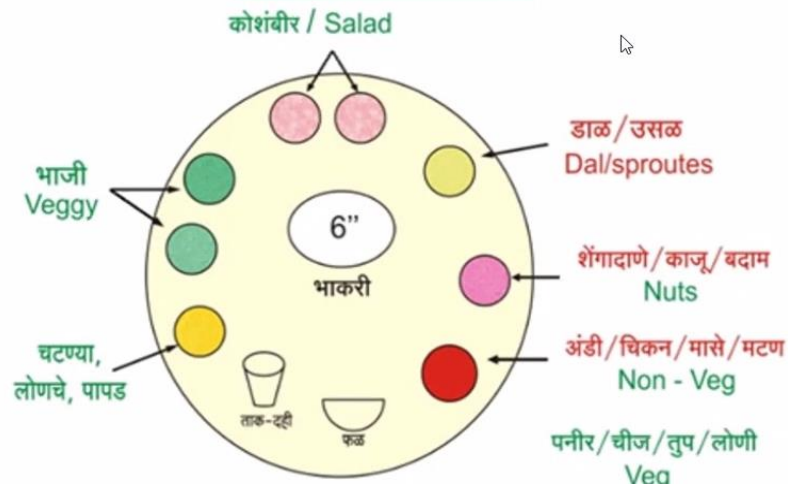
The Diet

Current Plate Composition Today's Requirement





WEISHEIT RAINBOW THALI



Veg Diet



Non-Veg Diet



Exercise

- ✓ Simple & Effective
- ✓ Sustainable
- ✓ For Fitness
- ✓ Not for weight loss
- ✓ 4 Days/120 mins in a week



Stress Management



20 minutes of Meditation
(focusing on the breathe)



Positive Self Talk
(Time & Again)



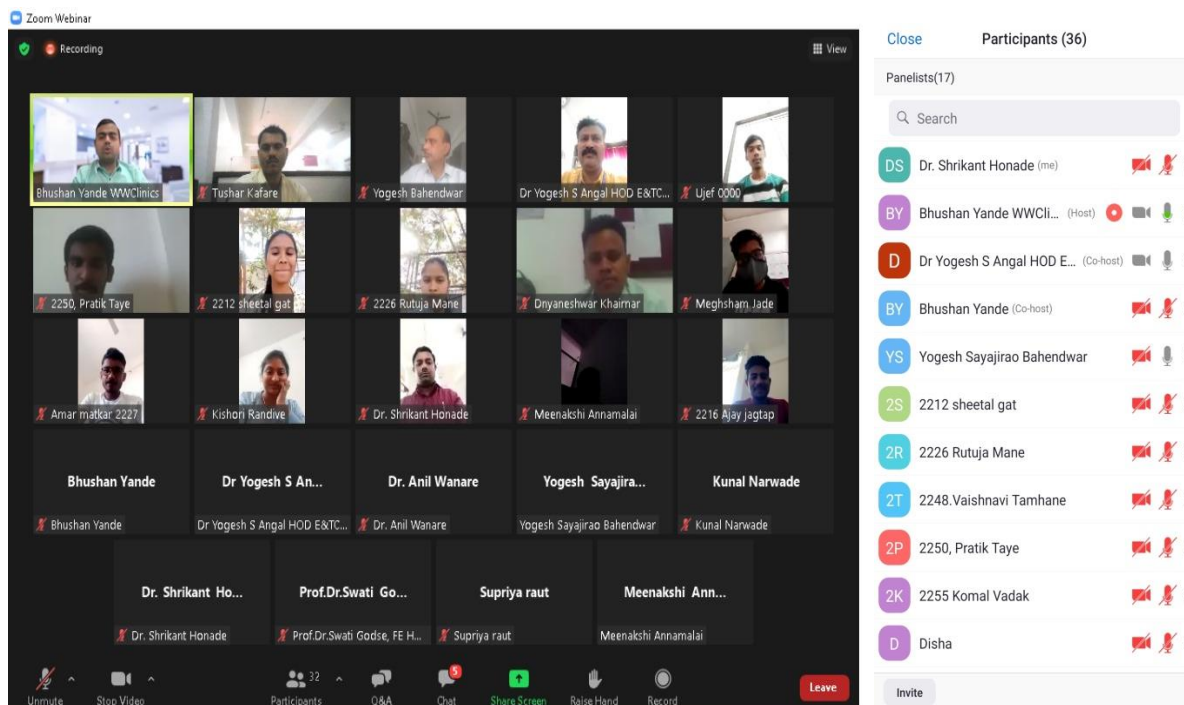
Book Reading
(@bedtime & after wake up)



Good night sleep from
10 pm to 6 am

WWC Health Scan Parameters

Sr No	Parameters	Sr No	Parameters
1	Blood Oxygen	9	Weight in KG
2	Body Temperature	10	Body Fat %
3	Blood Pressure	11	Body Mass Index
4	Random Blood Sugar	12	Body Age in Years
5	Mood	13	Visceral Fat %
6	Average Heart Rate	14	Resting Metabolic Rate
7	Heart Rate Variability	15	Whole Body Subcutaneous Fat %
8	Breathing Rate	8-10 Mins/Per Test	



Session has been concluded with the thanks remark by Dr. Y. S. Angal, Head of E& TC department, BSIOTR and appealed to all the participants to seriously follow the diet plan tips and change our daily lifestyle routine as discussed by Dr. Yande, for the disease free life. More than 40 participants including students and faculty members have attended the Session.

OUTCOMES:

1. All participants were aware about the causes & lifecycle of various diseases and the preventive measures for it.
2. All participants got the importance of proper diet to be maintain in our day to day life.
3. All participants got the minimum information about how to keep our lifestyle to stay normal.

Prof. Dr. Y. S. Angal
HOD, E & TC

Prof. Dr. T.K. Nagaraj
PRINCIPAL