



G. S. HEALTH RESORT

(An initiative of G.S.College of Commerce, Wardha for better tomorrow)

Health is a condition (mental and physical) in which the individual is functional internally with respect to body parts and externally with the environment. The extent to which an individual or a group is able to realize aspiration and satisfy needs, and to change or cope with the environment

VISION:

“Transforming continuously the Health and Wellness of stakeholders of the institution for competent address of the Global Environmental and Professional Challenges by safeguarding them with intact fitness to endure their dreams forever.”

MISSION:

The Focal Points:

- **Counselling on Mental Health**
- **Balanced Diet**
- **Meditation and Yoga**
- **Healthy Routine Concentration**
- **Health Checkup**
- **Blood Donation**

OBJECTIVES:

- **To Promote Physical and mental rejuvenation**
- **To Provide Emotional and Mental Healing**
- **To enable Stress Management**
- **To Ignite Spiritual uplift**
- **To Reconnect with self, family and significant others in proper ways and means**

Health Promoting and Wellness activities to support the Mission of G. S. Health Resort

- **Early sunrise Effortless exercises**
- **Basic health screening activities**
- **Imbibing Social, Environmental, and Spiritual ideological thoughts**
- **Awareness of seasonal diseases and prevention measures**
- **Exposure on Balanced and Nutritious Diet**
- **Competitions on Yoga and Health**
- **Organizing of workshops on Health, Yoga and Meditation**
- **Imparting guidelines on Health Routine and Good Habits**

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