



i-health

Creating Vibrant Health™

A powerful 12-hour health program for corporate executives!

A Report

On how even this short duration program with a
Wholesome Approach to Health and Stress Management
can create profound impact on the four key aspects of human well-being

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Program Conducted for



Pune

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Executive Summary

This document reports an end-to-end account of a health intervention done at Vodafone, Pune. **Creating Vibrant Health™** is a **one-day play-shop** (vs a workshop) **of 12 hours duration** aimed at deep body-mind cleansing!

49 employees across different levels voluntarily participated (over three batches) and 21 responded through a **follow-up questionnaire administered 15-45 days after the program.**

Of the **462 responses** received on various questions as many as **10% responses were in the category of 'transformational improvement'** and **43% responses were in the category of 'great improvement'!**

The **powerful verbatim comments** are a testimony to the significant manner in which this program has enhanced their physical, emotional, mental and spiritual well-being.

This program was based on a **wholesome approach of health and stress management**. The power-packed design equipped the participants with techniques of creating vibrant health, stress releasing and stress prevention. The techniques shared with the participants are applicable in day to day functioning in the corporate environment. Inputs were ranging from methods given in Eastern wisdom traditions to cutting edge research in medical science and human well-being streams.

This report covers our approach of health and stress management, program objectives and design, the **impact of the program; both in quantitative and qualitative ways.**

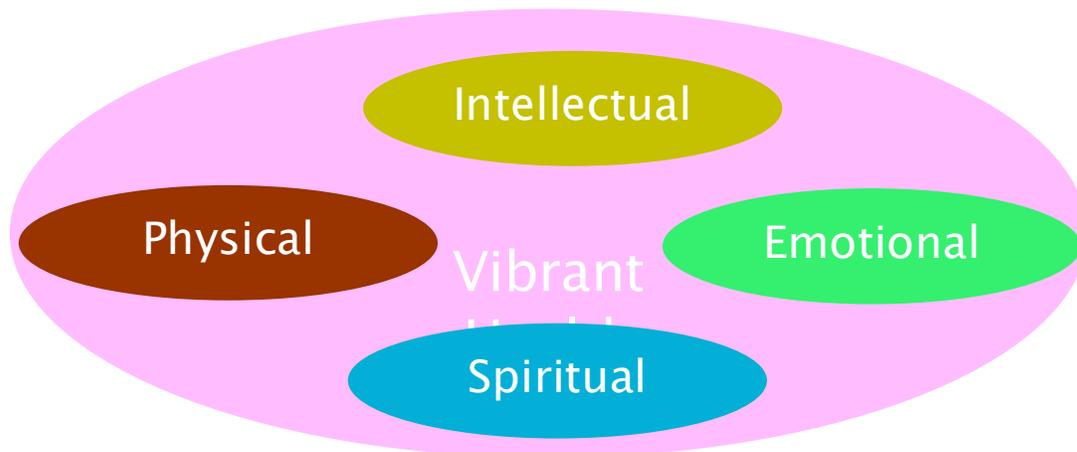
Despite it being just a one-day program the degree of impact it has had on participants and the health improvements reported by them are significant!

Wholesome Approach to Health and Stress Management

A vibrant health is an optimal resonance of physical, intellectual, emotional and spiritual aspects of our existence!

But in the corporate setting executives are exposed to many stimulants of stress which adversely affect their health. This program on ‘Creating Vibrant Health’ does a deeply body-mind cleansing and energizes the participants. It helps them to develop the right perception of stressors, right life dispositions and inculcate daily practices which create a powerful foundation to vibrant health and thus release/ prevent stress.

Wholesome Approach to Health and Stress Management



In the wholesome approach of creating vibrant health and managing stress the focus is on:

1. **Physical aspects** – energy level, body’s ability to tolerate stress, sleep, eating and drinking habits, etc
2. **Intellectual aspects** – concentration, memory, grasping, learning, clarity of thinking, problem-solving, etc
3. **Emotional aspects** – feelings of optimism, awareness and expression of feelings, goal orientation vs obstacle orientation, etc
4. **Spiritual aspects** – feeling connectedness with others, gratitude to everything in ones’ life, sense of purpose in life, peace of mind, etc

Program Details

Number of batches conducted: Three (2008 - April 4, April 25, May 8)

Total number of participants: 49

Duration of program: 12 hours (7:30 am to 7:30 pm)

Follow-up session: 22 May, 2008

Program Objectives

At the end of the program, the participants would be able to:

1. Significantly raise their energy levels
2. Develop a deep insight into the emotional-intellectual-spiritual and scientific understanding of stress management
3. Practice powerful exercises that help develop positive health patterns and release personal stress patterns
4. Develop better mental control, balance and peace

Program Contents

- ⇒ Body-Mind exercises done with awareness, equanimity and playfulness (Do-en, Asanas, Correct Breathing, Pranayama, Meditation, etc)
- ⇒ Experiencing ourselves as energy beings
- ⇒ Levels of consciousness and its linkage to energy and health
- ⇒ Understanding personal stressors with wisdom and how this can shift ones' consciousness and energy
- ⇒ Developing the attitude of gratitude for all the positives and the challenges in ones' life
- ⇒ Discharging different emotions
- ⇒ Developing Goal orientation (instead of obstacle orientation)
- ⇒ Manifesting positive health by applying the Law of Attraction
- ⇒ Tips related to Diet and Life-style (including Ergonomics, Work postures and Office exercises)
- ⇒ Integrating health and energy practices into our daily routine

Post Program Tool-kit: A simple but powerful tool kit was provided at the end of this program to ensure that learning from the sessions gets applied practically at a day to day level after the program. There were two tools for this purpose:

1. Every day health check-list - for physical, mental, emotional and spiritual well-being (of 16 points)
2. Quick six step process for right mental setting

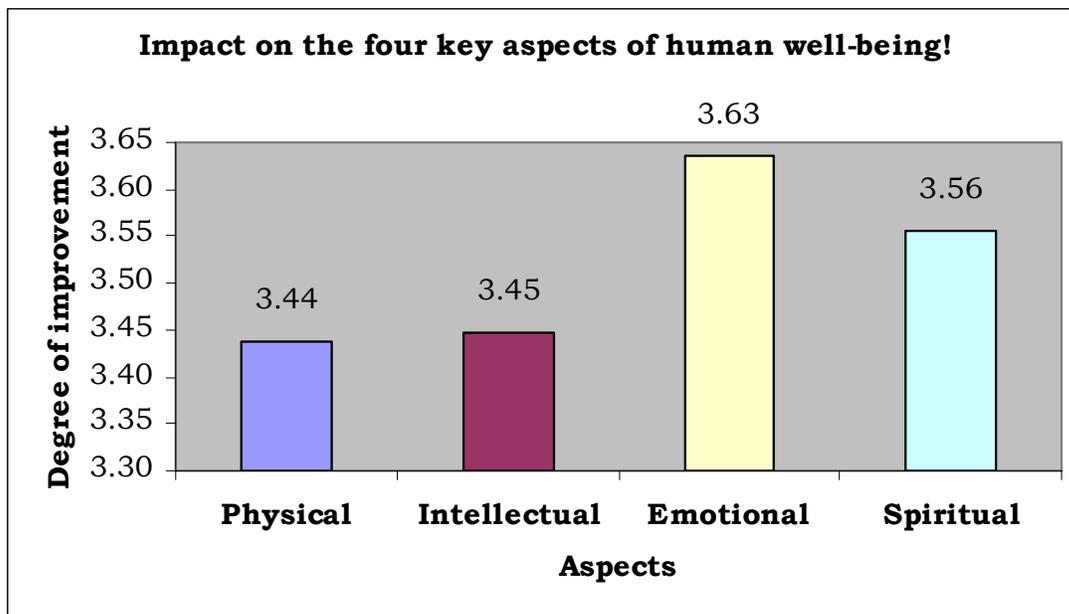
Quantitative Impact

The quantitative impact of the program was measured on the **four aspects of well-being** through a structured questionnaire. **21 (out of 49) participants responded**. Since respondents were from all the three batches conducted over 1.5 month hence the range of response is 15-45 days after the program.

Using the scale given below the participants were asked to rate that how much the program helped them to improve on these aspects of their life.

- 1 = No improvement..... 1% responses**
- 2 = Mild improvement..... 7% responses**
- 3 = Moderate improvement.....40% responses**
- 4 = Great improvement.....43% responses**
- 5 = Transformational improvement..... 10% responses**

%responses is w.r.t. to the 462 responses obtained (22 questions X 21 employees)



	Aspects	Improvement
1.	Physical	3.44
2.	Intellectual	3.45
3.	Emotional	3.63
4.	Spiritual	3.56

As the scores suggest, program has resulted in **moderate to great improvement in all the four aspects** of human well-being.

Quantitative Impact

Detailed scores of each parameter

Question No.		Avg
Physical Aspects		
1.	Energy level	3.57
5.	Physical well-being	3.33
9.	Body's ability to tolerate stress	3.57
13.	Quality of sleep and rest	3.62
18.	Eating and drinking habits	3.10
	Average	3.44
Intellectual aspects		
2.	Ability to concentrate	3.24
6.	Ability to remember things	3.19
10.	Clarity of thinking	3.67
14.	Way to understand new concepts	3.57
19.	Problem-solving skills	3.57
	Average	3.45
Emotional aspects		
3.	Daily feelings of optimism	3.81
7.	Ability to express feelings in a constructive way	3.57
11.	Way you keep daily hassles in perspective	3.38
15.	Awareness of your feelings	3.52
16.	Attitude of Goal orientation instead of Obstacle orientation	3.76
20.	Ability to experience life	3.76
	Average	3.63
Spiritual aspects		
4.	Ability of feeling connect with others	3.48
8.	Peace of mind	3.62
12.	Sense of purpose in your life	3.43
17.	Connection to something larger than yourself	3.10
21.	Ability to remember what's really important in life	3.76
22.	Attitude of gratitude towards life as a whole	3.95
	Average	3.56

Qualitative Impact

Verbatim Feedback from Participants

15-45 days after the program!

The average scores on impact analysis show that most of the improvement was between 'moderate' to 'great'. But some of the participants even experienced transformative improvement in their well-being, energy level and their ability to manage stress. Verbatim comments of some of the participants given below clearly demonstrate the profound impact of this program.

A great experience as it combined yoga, meditation, stress busters, all together to relieve stress. Very easy to remember tips, very do-able. Personally I benefited as there is a **substantial reduction in a deep rooted fear** of many years ... by approximately 40%!

- Manager – Call Centre

I used to have an excellent concentration level when I was student which I was losing. Now I can feel it back. **I used to be very short tempered. I can feel it going now!**

- Sr System Analyst IT

Amazing, mind blowing, fantabulous ... never attended such kind of workshop before. **I am more positive** towards life and I try to keep myself and other more and more happy!

- Sr Executive - Credit Monitoring

I have been able to **reduce 2 kgs of weight**. Given that I have really been able to improve on my overall well being and on my energy levels. **I have also learnt to appreciate all things in life and show gratitude towards them**. This has helped me to be a better person overall! I have been able to implement quite a few things that were told. At the same time the way all this was told was really very practical and easy to understand.

- Assistant Manager

I would like to thanks a million regarding our workshop as I got lots of benefits. I am **able to concentrate more**, having more time with professional and personal life, Goal orientation instead of obstacle orientation, attitude and gratitude towards life and so many.....

- National Account Manager

Using some of the tips ... has **reduced my feeling of laziness!**

- Executive, IT department

After the workshop there is a **change in my attitude, approach towards others, and to take things easily.**

- Manager, Finance & Accounts

I feel more energetic and I have **changed my eating habits!**

- Head – Credit and Collections

I have become **more patient, more grateful** to whatever little happens, and I am experiencing **improved concentration.**

- Secretary

This workshop has helped in **heightening my awareness** and taking **learnings from negative experiences as well.** I am able to delink and look at stress/ negative emotions with neutrality...

- Manager, Training & Quality

It was really most beautiful day in my life. The exercises used were very good & realistic. It was a live transformation of energy levels & our life concepts into reality.

- Sr. Executive

I am able to see things positively. Have increased energy levels. I was always thinking of obstacles now I can focus on goal and march towards it. This program has motivated me toward my goal. I am happier than before.

- Sr. Executive

My **dedication to complete a work has increased many folds**, be it any kind of work to be done by me.

-Assistant Manager

Have become very positive!

-Deputy Manager, Quality