

QUALITY OF LIFE

(Holistic approach towards Life on Being, Belonging and Becoming)

The degree to which a person enjoys the important possibilities of his/her life. Possibilities result from the opportunities and limitations each person has in his/her life. Three major life domains are (a) Being, (b) Belonging, and (c) Becoming. This workshop is designed based on this concept.

If the balance is maintained through a holistic approach, the calamities and catastrophes will never and ever affect any individual. We will become master in shifting our stress into stoic and our subjective well-being is enhanced into greater heights.

Being : (Duration – 2 hours)

Physical Being includes aspects of physical health, personal hygiene, nutrition, exercise, grooming, clothing, and physical appearance.

Psychological Being includes the person's psychological health and adjustment, cognitions, feelings, and evaluations concerning the self, and self-control.

Spiritual Being reflects personal values, personal standards of conduct and beliefs.

Belonging: (Duration – 2 hours)

Physical Belonging is defined as the connections the person has with his/her physical environments such as home, workplace, neighborhood, school and community.

Social Belonging includes links with social environments and includes the sense of acceptance by intimate others, family, friends, co-workers, and neighborhood and community.

Community Belonging represents access to resources normally available to community members, such as adequate income, health and social services, employment, educational and recreational programs, and community activities.

Becoming: (Duration – 2 hours)

Practical Becoming describes day-to-day actions such as domestic activities, school or volunteer activities, and social needs.

Leisure Becoming includes activities that promote relaxation and stress reduction. These include hobbies, family visits, or longer duration activities such as vacations or holidays.

Growth Becoming activities promote the improvement or maintenance of knowledge and skills.

Training Methodology - Presentation, Structured Exercises, Team Exercises, Interactive Session, Role – Play and Case Study.

Time – 9.00 AM to 5.00 (includes ice-breaking, fore-noon tea break, lunch, after-noon lunch break and Question and Answer session)