

## **HEAL Foundation, OMNI Hospitals organise 'Beat the Fear' eSummit**

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**Experts talked about ways to be stress free, eat healthy diet amidst the third wave of covid**



HEAL Health recently organised 'Beat the Fear' eSummit – HEAL-Thy Samvaad, episode-20 in knowledge partnership with HEAL Foundation & OMNI Hospitals.

Dr Rashmi Saluja, Executive Chairperson, Religare Enterprises said, "Yoga and group counselling also works wonders in keeping everyone healthy. The management of the corporation needs to be compassionate with the employees. The fear of unknown or uncertainty has gone because people are now receptive to unforeseen situations."

Pointing to the importance of destressing in ensuring overall health, Dr Aloke, Mullick, CEO, OMNI Hospital, said, "The third wave would be less intense compared with the first and the second. We are already into the third wave of COVID with low intensity. To ease out the stressful employees in the corporate, the managers must be kind to them, supporting, motivating and smiling. If somebody is stressed out, it is better to take off, chill out, recharge yourself and then come back to work, meditation also helps in this regard."

Shagun Singhal, Entrepreneur, Columnist, Branding Expert & Motivational Speaker, while moderating the session said, "I am hopeful in this COVID times, and I will take a breath now. Service brings joy and I believe in serving mankind. I feel joy when others smile and I feel pain when others are sad. So, no fear, no worry, live life with positivity."

Sourish Bhattacharyya, Curator, IHE2021 Conclave and Awards; Co-Founder, Tasting India Symposium; Contributing Writer, Sommelier India said, "To stay healthy, mindful eating is very important, and for that, we need to change our mindset towards eating. Therefore, changing the mindset towards healthy eating, and being mindful while eating is very much required."

"Smiling is one of the best things to deal with fear and unpredictability. Try to rationalise your thoughts and believe in your strengths. The employees working with corporate are stressed, especially during COVID times, so the employers should make them happy, which will help maintain the productivity," said Dr Bhavna Barmi, Founder – Happiness Studio & Senior Clinical Psychologist – Fortis Escort Heart Institute, New Delhi.