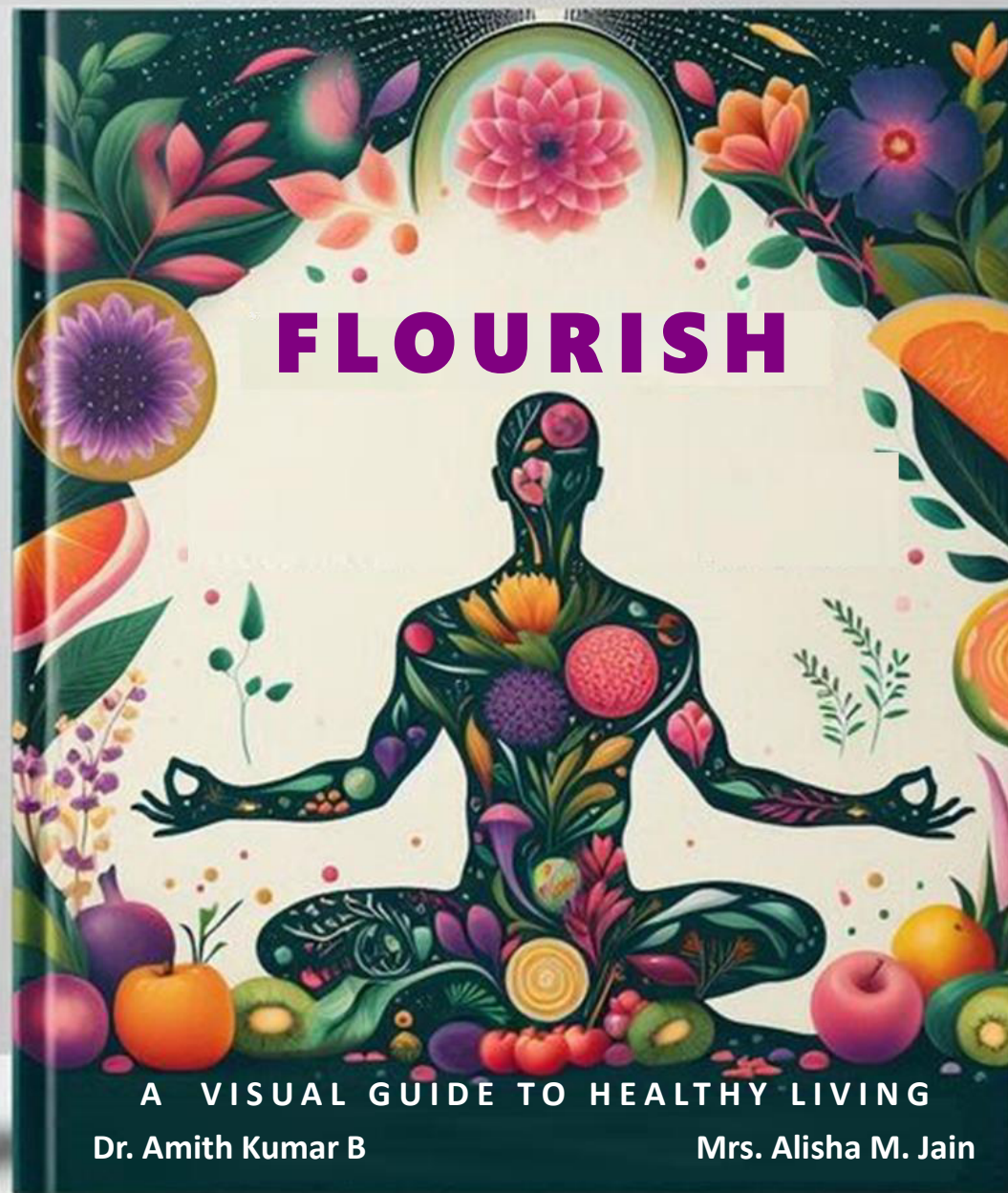






Igniting Innovation, Inspiring Transformation

PREFACE

IN A WORLD WHERE INFORMATION ABOUT HEALTH, DIET, AND FITNESS IS CONSTANTLY EVOLVING, IT CAN BE DIFFICULT TO SEPARATE FACT FROM FICTION AND TO KNOW WHERE TO START ON YOUR JOURNEY TOWARD BETTER LIVING. THIS BOOK WAS CREATED WITH ONE GOAL IN MIND: TO PROVIDE A SIMPLE, ACTIONABLE GUIDE TO HELP YOU MAKE LASTING CHANGES THAT WILL IMPROVE YOUR OVERALL HEALTH AND WELL-BEING.

THIS HANDBOOK COMBINES PRACTICAL ADVICE WITH EVIDENCE-BASED STRATEGIES TO HELP YOU BUILD A FOUNDATION FOR LONG-TERM HEALTH. IN THE FOLLOWING CHAPTERS, YOU'LL FIND GUIDANCE ON MAKING MINDFUL DIETARY CHOICES, EASY-TO-FOLLOW EXERCISES, AND LIFESTYLE MODIFICATIONS THAT SUPPORT YOUR UNIQUE NEEDS. WHETHER YOU'RE LOOKING TO LOSE WEIGHT, BOOST ENERGY, MANAGE STRESS, OR SIMPLY IMPROVE YOUR OVERALL QUALITY OF LIFE, THE TOOLS AND TIPS IN THIS BOOK ARE DESIGNED TO BE ACCESSIBLE, REALISTIC, AND TAILORED TO THE BUSY, EVERYDAY PERSON.

THE GOAL HERE IS NOT TO PRESCRIBE A ONE-SIZE-FITS-ALL SOLUTION BUT TO EMPOWER YOU TO TAKE CHARGE OF YOUR OWN HEALTH JOURNEY STEP BY STEP.

WARM REGARDS,
DR. AMITH KUMAR B.
MRS. ALISHA M.JAIN



Message from the Principal

**Dr. Girish Bolakatti, Principal, GM Institute of Pharmaceutical
Sciences and Research**



This handbook is a reflection of our commitment to fostering a community that values not only academic achievement but also holistic development where physical and mental health are just as important as intellectual growth. Through this book, we aim to offer practical advice on adopting healthier eating habits, understanding the importance of balanced nutrition, and making simple lifestyle changes that can have a lasting effect on our overall health. The importance of a well-rounded diet and healthy lifestyle cannot be overstated. This handbook encourages individuals to make informed choices that support both body and mind, empowering them to lead healthier lives and improve their quality of life. Whether it's choosing nutritious food, incorporating regular physical activity, or embracing stress management practices, the handbook provides actionable tips to help make these goals a reality.

I encourage each of you to explore the pages of this handbook and embrace the advice and guidance it offers. Together, we can build a society that is healthier, happier, and more resilient.

ACKNOWLEDGMENT

The authors are thankful to Mother nature for providing many resources that are divine elements, offering us not only physical nourishment but also mental and emotional restoration, reminding us of the interconnectedness of all life and the importance of preserving the environment for future generations.

We deeply appreciate the visionary leadership and continued support of our **Chancellor and Vice Chancellor** in fostering a holistic approach to education. I am thankful to our **Management** for providing the resources, platform, and organizational patronage necessary to bring this important work into culmination. Your dedication to improving the health and wellness of our society is truly inspiring.

We are grateful to **Dr. Girish Bolakatti, Principal, and staff of GM Institute of Pharmaceutical Sciences and Research** for the time, knowledge, and expertise advice you have dedicated to this book. Your insights, and passion for promoting healthy living have made this handbook a valuable resource for anyone seeking to make informed choices about their diet, nutrition, and lifestyle. Your contributions are deeply appreciated.

Together, we have created something that will make a lasting impact and excited to see the positive change this book will inspire in our community.

Dr. Amith Kumar B. is an esteemed Associate Professor in the Department of Pharmacognosy at GM Institute of Pharmaceutical Sciences and Research. Additionally, he serves as the Deputy Director of Research and Innovation at GM University, where he plays a pivotal role in advancing scientific inquiry and fostering a culture of innovation. With a profound expertise in both academics and research, Dr. Kumar is dedicated to enhancing the learning experience and driving cutting-edge research initiatives. His commitment to academic excellence and his leadership in research make him a valuable contributor to the fields of pharmacognosy and pharmaceutical sciences.

Mrs. Alisha M. Jain is a dedicated Assistant Professor in the Department of Pharmaceutics at GM Institute of Pharmaceutical Sciences and Research. Currently, she is pursuing her Ph.D. at Parul University, furthering her academic and research pursuits. With a strong foundation in pharmaceutics, Mrs. Jain is committed to advancing the field through both teaching and research. Her passion for education, coupled with her ongoing doctoral studies, underscores her dedication to contributing to the growth and development of the pharmaceutical sciences.

CONTENT

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CHAPTER-II	: REST AND RECOVERY
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CHAPTER-I

NOURISHING YOUR BODY

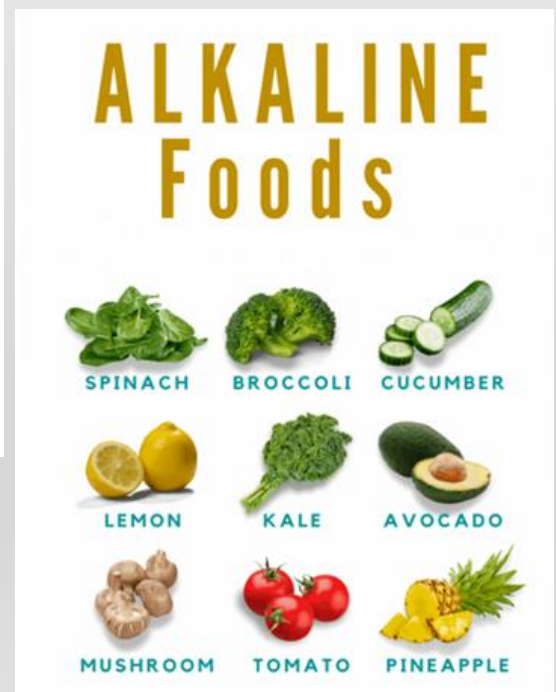
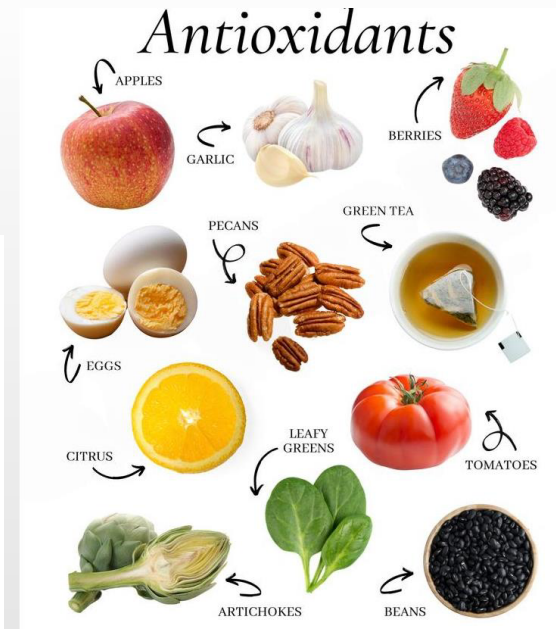
Nourish Your Body with Vital Nutrients

1. Magnesium Powerhouses: Magnesium supports digestion, muscle health, and energy. Enjoy foods like spinach, avocados, almonds, pumpkin seeds, dark chocolate, bananas, black beans, and whole grains for nourishment.

2. Antioxidant Boosters: Antioxidants reduce inflammation and fight free radicals. Boost your diet with broccoli, carrots, berries, mangos, spinach, and nuts for better health and vitality.

3. Alkaline Balancers: Alkaline balancers help maintain the body's pH balance by neutralizing excess acids, promoting better digestion, energy, and overall health through diet and supplements.

A nourished body lays the foundation for a vibrant and energetic life!



Health Benefits of Various Seeds

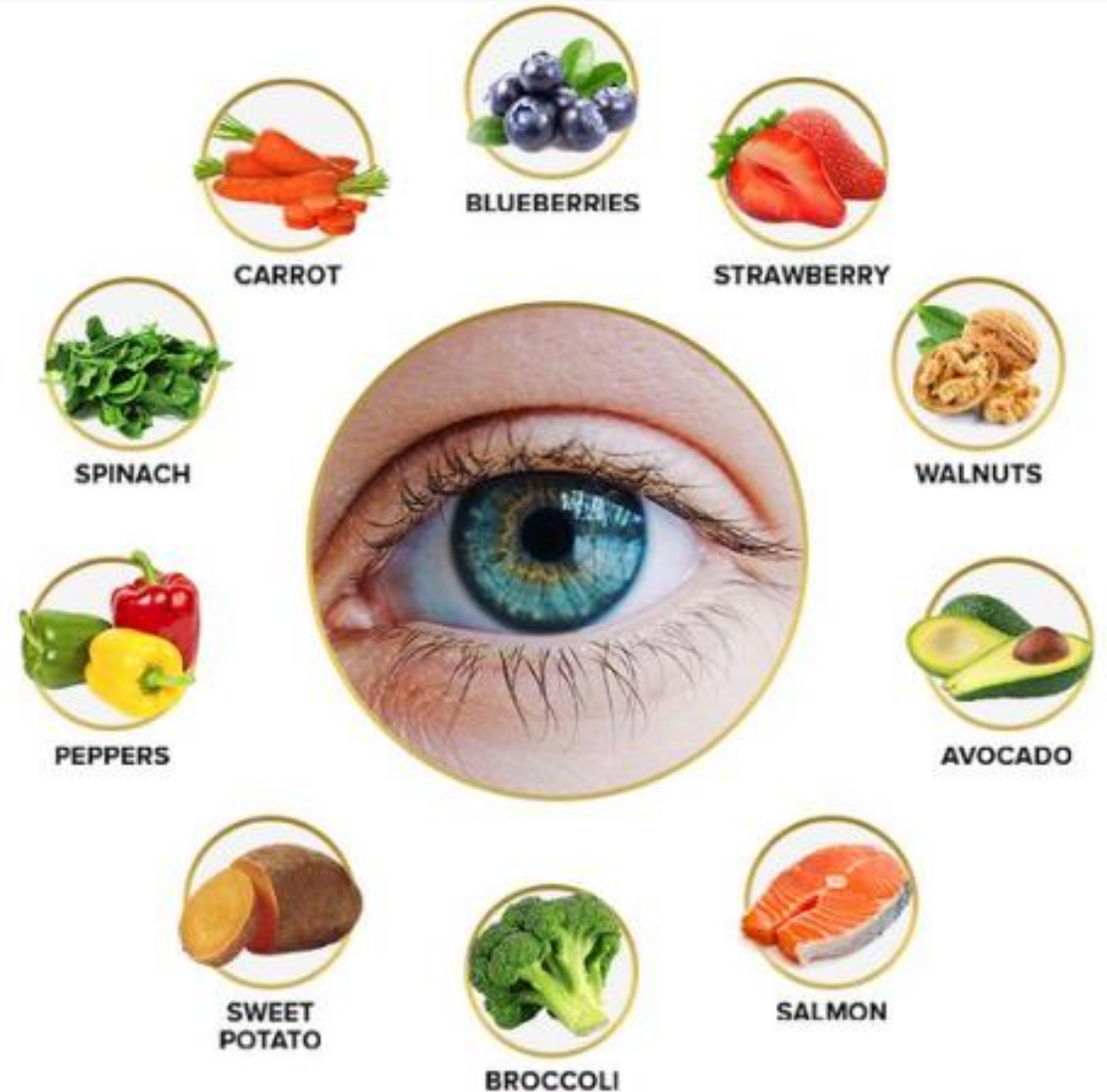
- 1. Chia Seeds:** Rich in omega-3 fatty acids, fiber, and antioxidants, promoting digestion and heart health.
- 2. Flaxseeds:** High in fiber and lignans, supporting digestive health, reducing inflammation, and promoting heart health.
- 3. Pumpkin Seeds:** Packed with magnesium, zinc, and antioxidants, boosting immunity and promoting prostate health.
- 4. Sunflower Seeds:** Loaded with vitamin E and protein, enhancing skin health and supporting heart function.
- 5. Hemp Seeds:** High-quality protein, omega-3s, and minerals, aiding muscle repair and reducing inflammation.
- 6. Sesame Seeds:** Rich in calcium, iron, and magnesium, promoting bone health and improving circulation.
- 7. Cucumber Seeds:** Contain antioxidants and anti-inflammatory properties, promoting skin health and digestion.

SUPER SEEDS

SEEDS		BENEFITS			
		THEINDIANSPOT.COM			
CHIA SEEDS		Rich in anti-oxidants	Lowers bad cholesterol levels	Contains omega 3 fatty acids	Provides dietary fibre
HEMP SEEDS		Great source of calcium	Contains omega 3 fatty acids	Contains Vit A, E and D	Has anti-aging properties
POMEGRANATE SEEDS		Rich in anti-oxidants	Stunts tumor growth	Tightens skin	Reduces fine lines/ wrinkles
SUNFLOWER SEEDS		Contains vit B and E	Rich in foliate	Makes skin and hair healthy	Has anti-cancer properties
CUMIN SEEDS		Supports prenatal development	Improves digestion	Relieves digestive ailments	Good for skin and hair health
SESAME SEEDS		Rich in calcium and iron	Has anti-cancer properties	Rich in fibre content	Helps with rheumatoid arthritis
FLAX SEEDS		Contains soluble fibre	Helps maintain blood sugar	Make bones stronger	Lowers cholesterol levels
APRICOT SEEDS		Rich in vitamin B17	Has anti-aging properties	Speeds up digestion	Balances metabolism
GRAPE SEEDS		Rich in vit E and flavonoids	Rich in linoleic acid & polyphenol	Reduces high blood pressure	Good for skin and hair health
PUMPKIN SEEDS		Decreases oxidative stress	Increases immunity	Rich in zinc	Good for skin and eye health

Superfoods For Your Eyes - Your Vision Deserves To Be Crystal Clear

- 1. Spinach:** Contains lutein and zeaxanthin to protect against UV rays and macular degeneration.
- 2. Broccoli:** Antioxidants and vitamin C support retinal health and prevent cataracts.
- 3. Carrots:** Beta-carotene enhances night vision and keeps eyes hydrated.
- 4. Strawberries:** Vitamin C protects the cornea and reduces dryness.
- 5. Blueberries:** Antioxidants improve night vision and reduce eye strain.
- 6. Peppers:** Vitamin A and C support vision and reduce oxidative stress.
- 7. Avocado:** Lutein and healthy fats nourish and protect eyes.
- 8. Walnuts:** Omega-3s and vitamin E reduce inflammation and dryness.
- 9. Salmon:** Omega-3s promote retina health and prevent dryness.
- 10. Sweet Potato:** Beta-carotene improves vision and protects from free radicals.



Healthy Fats For Your Heart - Keep Your Heart Beating In Harmony

Good Fats for Heart Health

Choose minimally processed, natural fats:

Olive oil, olives, Coconut oil, Avocados, Butter, ghee, tallow (grass-fed), **Nuts, seeds** (raw or dry-roasted), **Eggs, fatty fish, grass-fed meats**

These fats support heart health, provide key nutrients, and enhance nutrient absorption.

Avoid These Bad Fats

Trans fats: Found in margarine, packaged baked goods, chips, and fast food. Look for “partially hydrogenated oils” and discard any products with trans fats.

Refined oils: Corn, canola, soybean, and cottonseed oils are inflammatory and heavily processed. Avoid these oils for better heart health.

Heart-Healthy Fats

FREE-RANGE,
ORGANIC EGGS



GRASS-FED, FREE-RANGE,
ORGANIC ANIMAL PROTEIN



WILD-CAUGHT
FATTY FISH



GRASS-FED, ORGANIC
BUTTER AND CREAM



EXTRA-VIRGIN OLIVE
OIL AND OLIVES



COLD-PRESSED,
ORGANIC COCONUT OIL



DRY-ROASTED OR
RAW NUTS



AVOCADOS



Fats to Avoid for Heart Health

MARGARINE



CAKE MIXES



NON-DAIRY CREAMERS



PACKAGED FOODS



BAKED GOODS



CHIPS



FAST FOOD



REFINED OILS

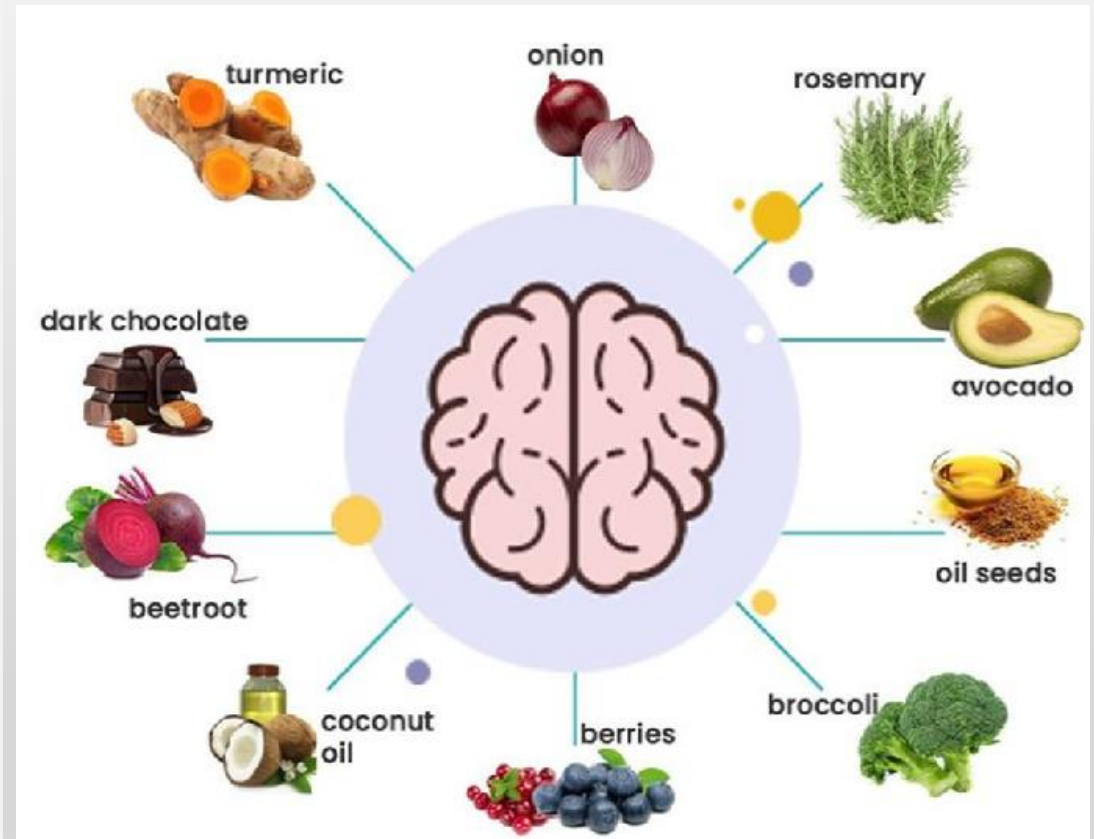


Healthy Food For Your Brain

Brain-Boosting Foods

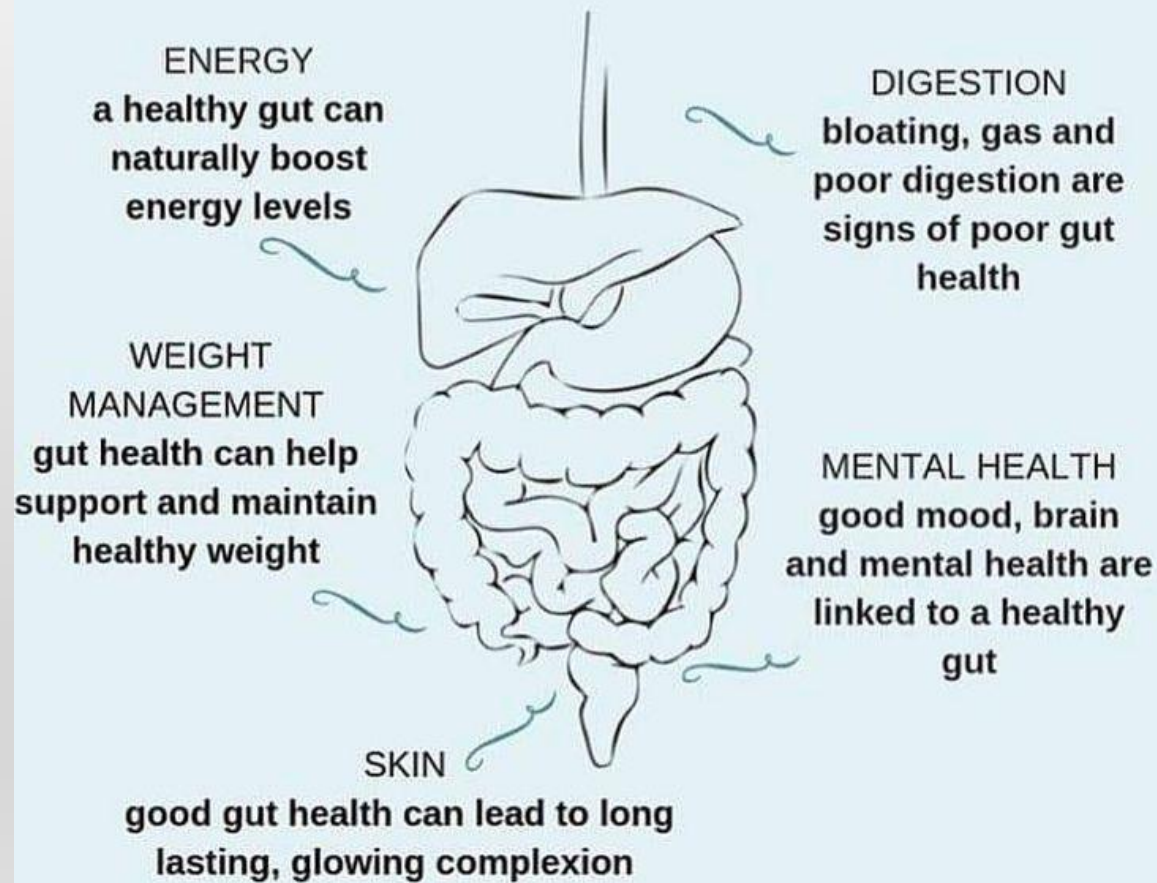
Fuel your brain with these power-packed foods:

- **Turmeric:** Boosts brain function and reduces inflammation.
- **Onion:** Protects brain and enhances cognitive function.
- **Rosemary:** Improves memory and concentration.
- **Dark Chocolate:** Increases blood flow to the brain and boosts brain power.
- **Avocado:** Supports memory with healthy fats.
- **Beetroot:** Enhances focus by improving blood flow to the brain.
- **Oil Seeds:** Omega-3s for better brain health and mood.
- **Broccoli:** Promotes brain health and memory with antioxidants.
- **Coconut Oil:** Provides energy for brain function and clarity.
- **Berries:** Protects the brain from stress and supports long-term function.



Nourish Your Gut - Keep Your Gut Healthy And Strong

WHY GUT HEALTH MATTERS



GUT HEALING FOODS

for sensitive stomachs & easy digestion



Feed Your Hair: Unlock Shine and Strength Naturally

Nourish it with:

- 1.Eggs:** Protein and biotin for strength.
- 2.Avocado:** Healthy fats for hydration.
- 3.Nuts:** Omega-3s for growth.
- 4.Leafy Greens:** Iron for thick hair.
- 5.Carrots:** Beta-carotene for shine.
- 6.Chicken:** Protein for strong strands.
- 7.Salmon:** Omega-3s for scalp health.
- 8.Sweet Potatoes:** Vitamin A for vibrant hair.
- 9.Berries:** Antioxidants for protection.
- 10.Citrus Fruits:** Vitamin C for collagen.
- 11.Mushrooms:** Selenium for scalp care.
- 12.Dairy:** Calcium for healthy roots.



Eggs



Avocado



Nuts



Leafy Greens



Carrots



Chicken



Salmon



Sweet Potatoes



Berries



Citrus Fruits



Mushrooms



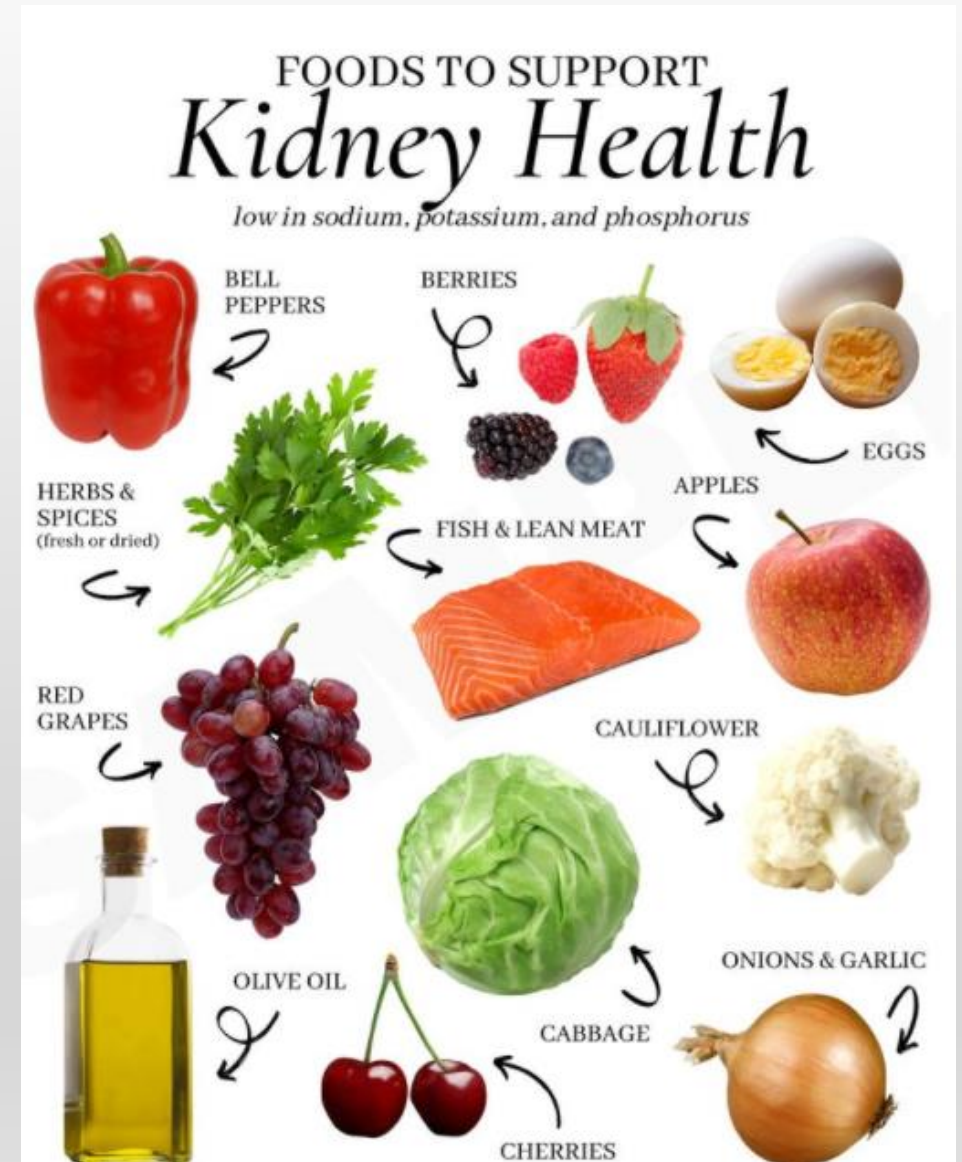
Dairy

Nourish Your Kidney

Your kidneys are vital for detoxifying and balancing your body. Show them some care with:

- **Hydration:** Drink plenty of water to flush out toxins.
- **Superfoods:** Add berries, citrus fruits, and leafy greens for antioxidants and kidney health.
- **Healthy Proteins:** Choose fish, eggs, and beans for gentle nourishment.
- **Low Sodium:** Avoid salty snacks to reduce strain on your kidneys.
- **Herbal Teas:** Try dandelion or nettle tea for natural cleansing.

A healthy diet keeps your kidneys strong and your body in harmony!



Best Time to Drink Water - Master the Art of Hydration for Better Health

- Start your morning with water to rehydrate your body and boost metabolism.
- Drink 30 minutes before meals to aid digestion and prevent overeating.
- Stay hydrated during and after exercise to replenish fluids and enhance performance.
- Sip water throughout the day to stay energized and focused, and drink a small amount before bedtime to avoid dehydration overnight.

Timing your hydration is the key to a healthier, more balanced body!

01 After you first get up
Activate internal organs

02 After workout
Bring heart rate back to normal

03 30 Minutes before meal
Help in digestion

04 Before taking bath
Help to lower blood pressure

05 Before going to bed
Replenish any fluid loss
@plantbalancedworld

06 When you are feeling tired
Recharge your system

07 When you are ill
Hydrate body for proper function



CHAPTER-II

REST AND RECOVERY

Sleep Improves Health - Recharge Your Body And Mind

Adequate Sleep Plays A Significant Role In Various Bodily Functions, Including

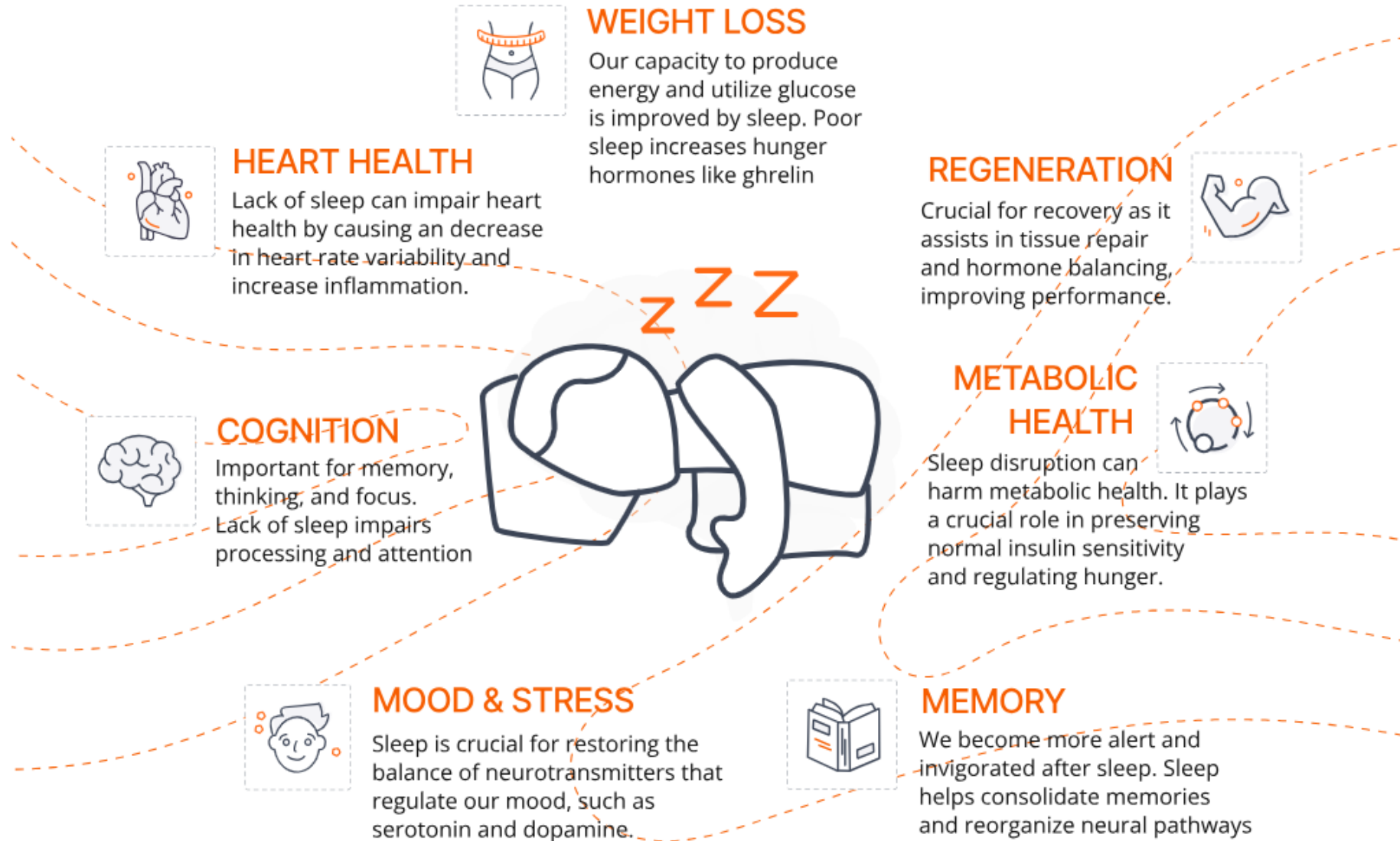
Physical Health: Sleep helps with tissue repair, immune function, and muscle growth. It also regulates the body's energy balance and metabolism, supporting a healthy weight and reducing the risk of conditions like diabetes and heart disease.



Mental Health: Sleep is essential for cognitive functions such as memory consolidation, learning, and problem-solving. It helps regulate emotions and can improve mood, reducing the risk of mental health conditions like anxiety and depression.

Immune System: Adequate sleep strengthens the immune system, making the body more resistant to infections and illnesses.

Benefits Of Healthy Sleep



Healthy Sleep Habits

DO

Maintain a regular sleep schedule



Allow time for 7+ hours of sleep per night

Establish a relaxing bedtime routine



Create an ideal sleep environment: cool, comfortable, dark,

Exercise regularly



DON'T



Use electronic devices before bed

Go to bed too hungry or too full



Consume caffeine in the late afternoon or evening

Drink alcohol before bed



Take long or late naps during the day

The Impact of Sleepless Nights on Your Health

Sleeplessness can lead to:

Fatigue and lack of energy

Reduced focus and memory problems

Weakened immune system, increasing illness risk

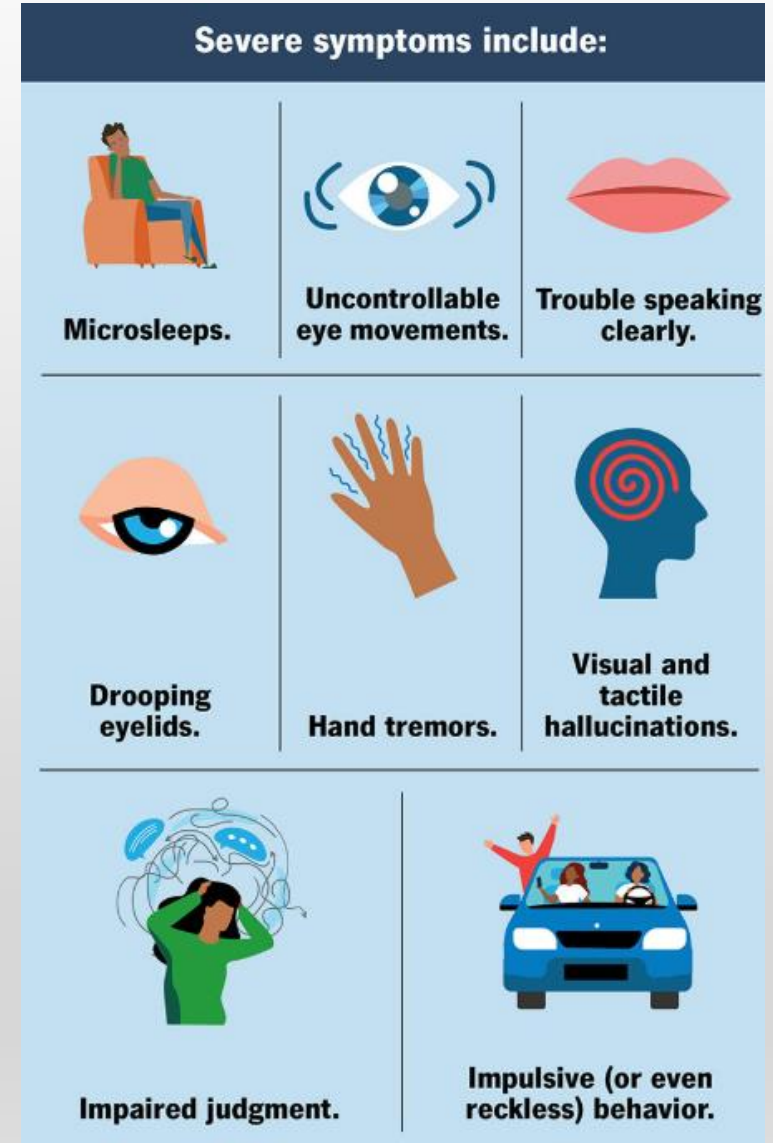
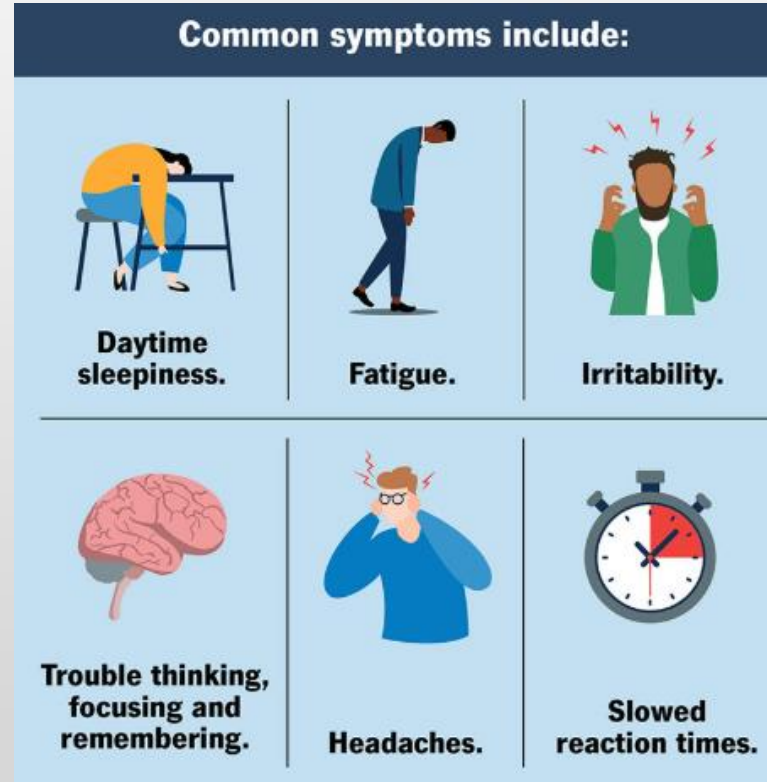
Mood swings, irritability, or even depression

Increased stress and anxiety

Higher risk of chronic diseases, such as heart disease and diabetes

Weight gain due to hormonal imbalances

Impaired decision-making and slower reaction times



The Stages Of The Sleep Cycle

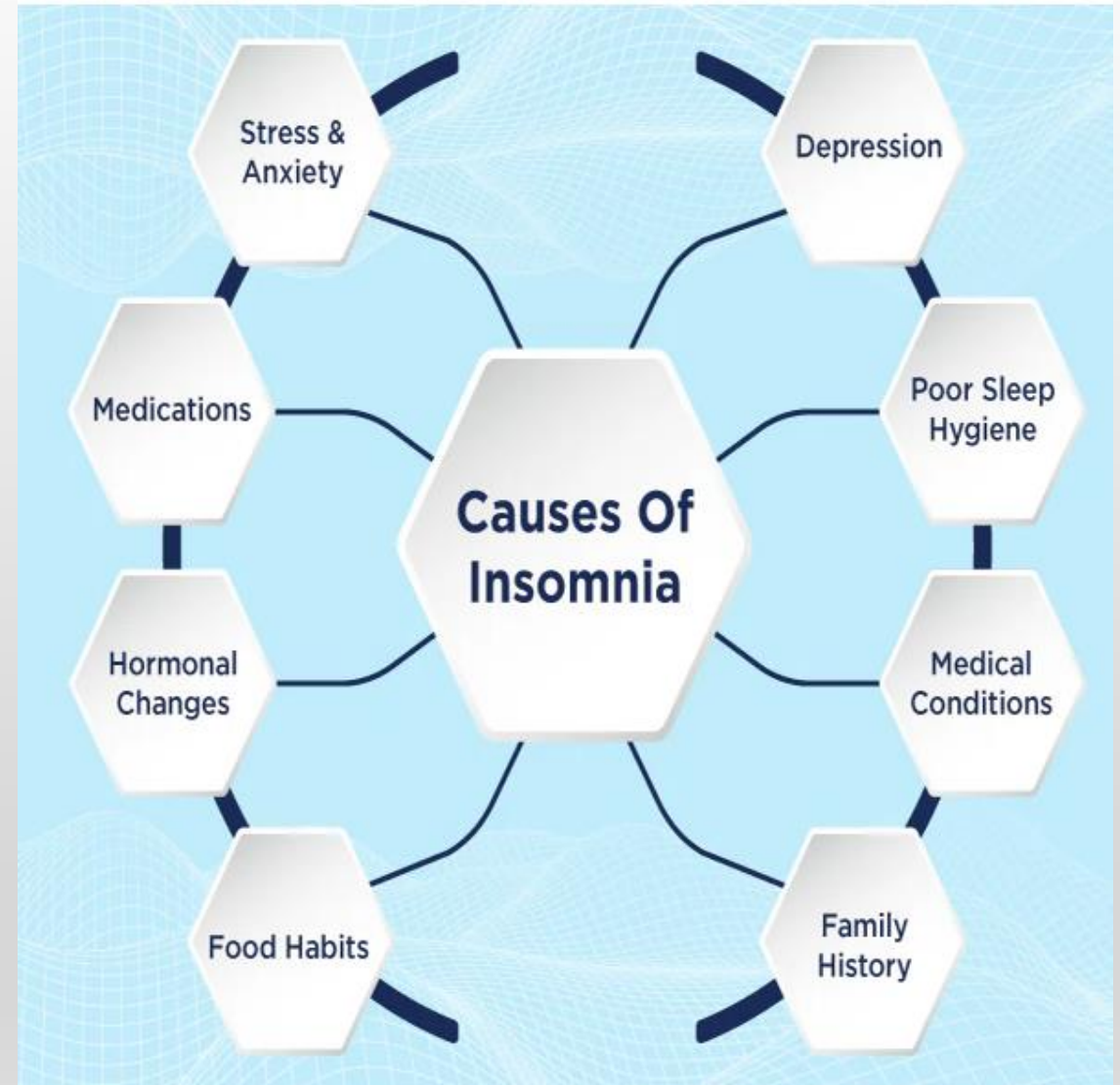


Insomnia: The Silent Disruptor



Insomnia is a sleep disorder that makes it difficult to fall asleep, stay asleep, or get quality rest. It can lead to fatigue, reduced focus, mood swings, and long-term health issues like heart disease and anxiety. Managing insomnia involves stress reduction, healthy sleep habits, and, in some cases, medical guidance. Prioritize sleep to protect your health and well-being!

Why Am I Not Sleeping



Foods to Skip Before Bed



fatty food
take a long
time to digest



caffeinated drinks
can makes
us awake



spicy food
can leads to
indigestion



sugary food
can leads to
rise in blood sugar level



alcohol
can leads to
wake up during the night

Foods Before Bed for Better Sleep



Soy Beans



Nuts



**Cottage
Cheese**



Egg Whites



Lentils



**Protein
Shakes**



Avocado



**Green Leafy
Vegetables**



Banana



Sweet Corn



Cherry



Apricots

CHAPTER- III

YOGA AND MEDITATION FOR MINDFUL HEALTH

What is Yoga?

Yoga is an ancient practice that combines physical postures (asanas), breath control (pranayama), meditation, and ethical principles to foster mental, physical, and spiritual well-being. It enhances flexibility, strength, and balance while promoting a deep connection between the mind and body.

What is Meditation?

Meditation is a practice of focused awareness, designed to quiet the mind and reduce stress. Through techniques such as breath focus, mantra repetition, or visualization, meditation cultivates mindfulness, concentration, and inner peace.



Yoga And Meditation Create A Holistic Approach To Wellness, Improving Overall Health And Fostering A Calm, Centered Mind.

Science – Based Benefits of Yoga



YOGA ASANAS NAMES WITH PICTURES



Supta Buddha
konasana



Dandasana



Swastikasan



Adho Mukha
Swastikasana



Adho Mukha
Virasana



Adho Mukha
Svanasana



Uttanasana



Utkatasana



Trikonasana



Virabhadrasana
2



Parsvakonasana
1



Ardha
Chandrasana



Virabhadrasana



Parsvattanasana



Parivrtta
Trikonasana



Parivrtta
Parsvakonasana



Prasarita



Gomukasana



Garudasana



Pincha



Adho Mukka



Salambha



Adho Mukka



Uttanasna



Salambha
Sarvangasana



Eka Pada Sar
Vangasana



Halaasana



Karnapidasana



Setubandha
Sarvangasana

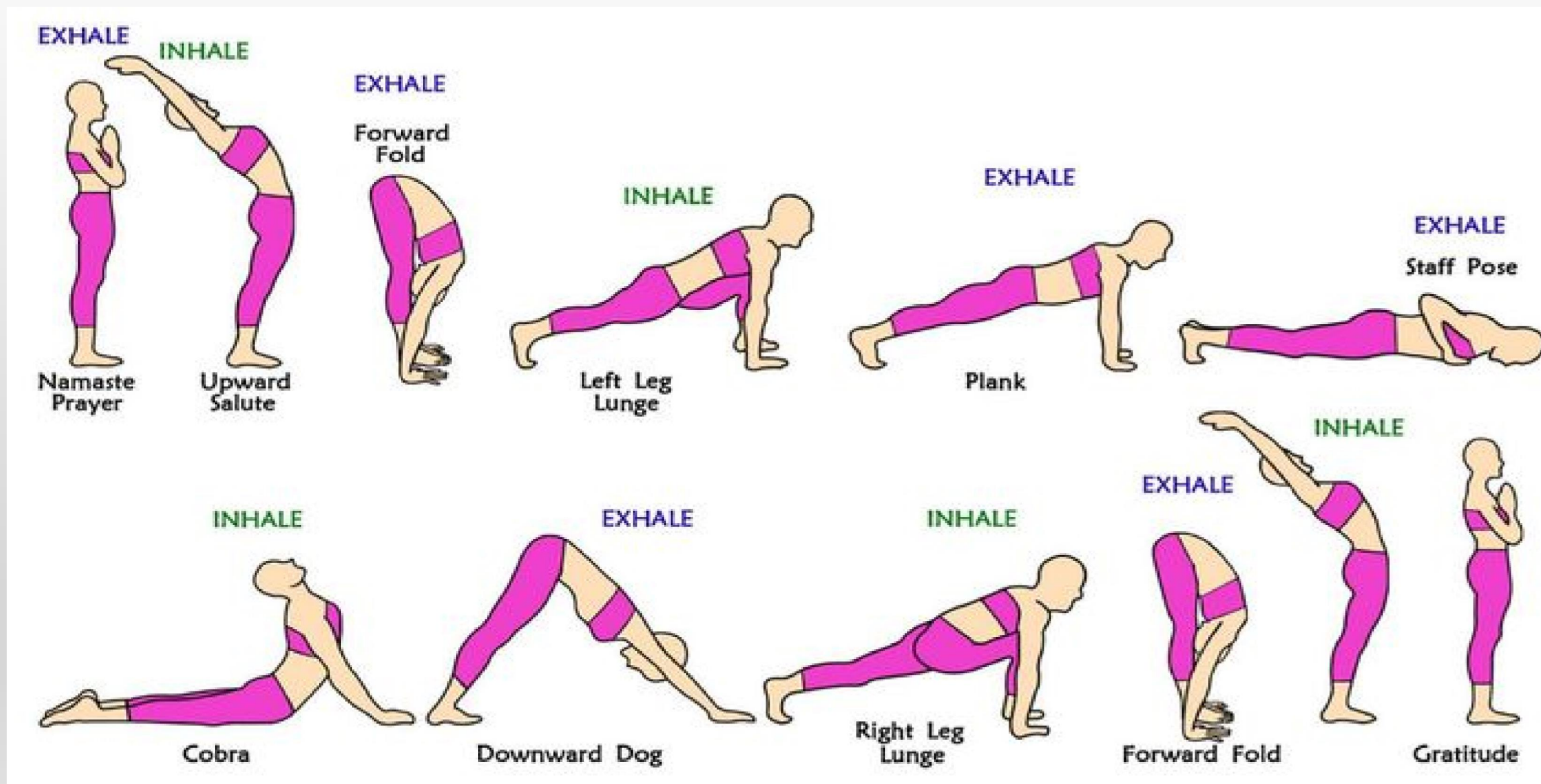


Viparita Karani



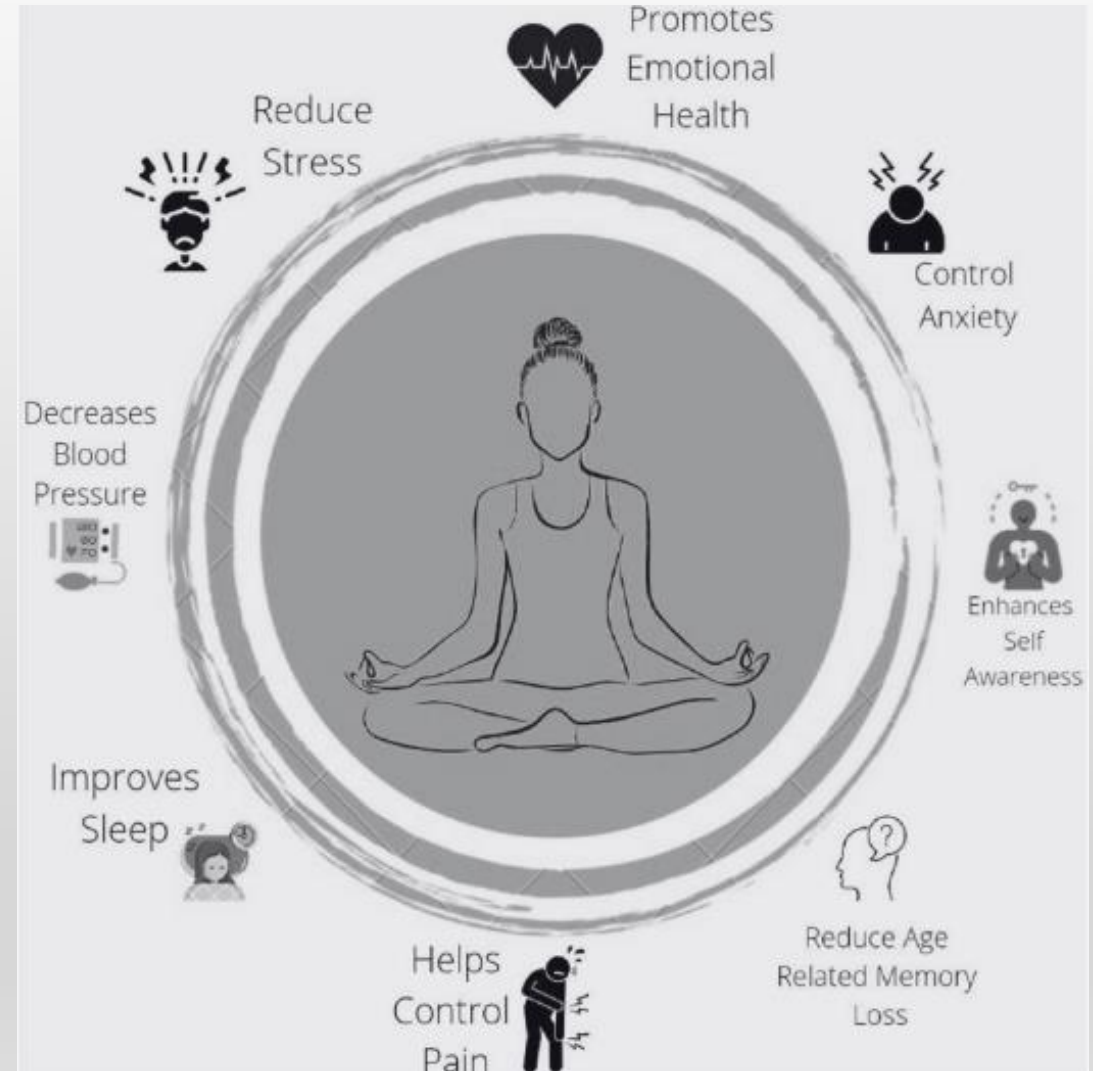
Savasana

Suryanamaskar- A Complete Stretch To Your Body



Mindfulness Meditation

- Mindfulness Meditation involves focusing on the present moment with non-judgmental awareness.
- It encourages observing thoughts, feelings, and sensations without attachment or reaction.
- Helps reduce stress and increase emotional regulation.
- Promotes a deeper connection with the present, enhancing focus and inner peace.
- Regular practice leads to improved mental clarity and better decision-making.
- Builds greater resilience in daily life, improving overall well-being.

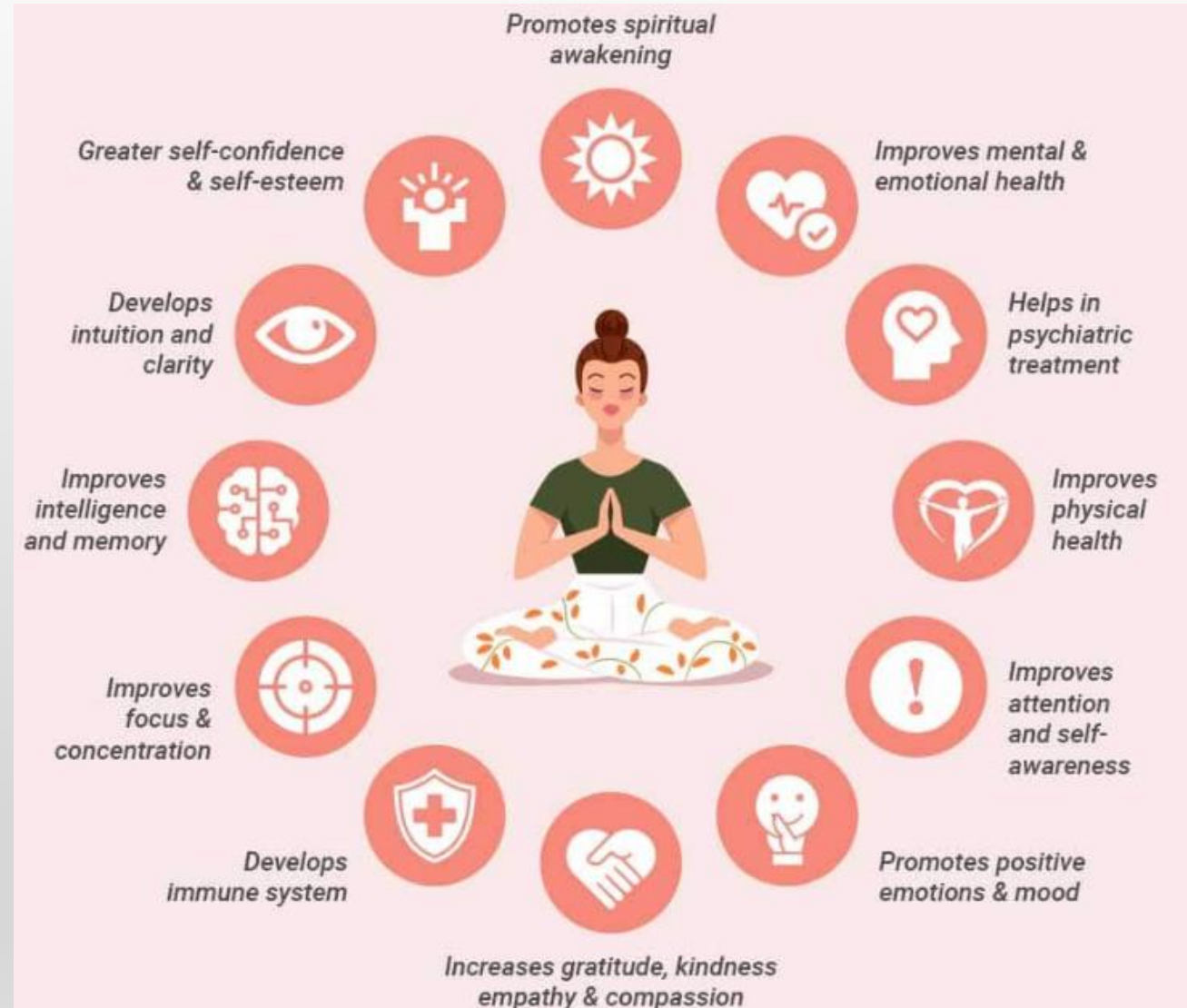


How To Meditate



- Find a Comfortable Space: Choose a quiet place where you won't be disturbed.
- Focus on Your Breath: Breathe deeply and slowly, paying attention to the sensation of air entering and leaving your body.
- Clear Your Mind: Gently let go of any distractions, focusing on the present moment.
- Observe Your Thoughts: Let thoughts come and go without judgment or attachment.
- Set a Timer: Start with a few minutes, gradually increasing the duration as you get more comfortable.
- End with Gratitude: Finish your session with a moment of gratitude for the experience.

Benefits Of Meditation



Energy Chakra In Human Body For Physical, Mental & Spiritual Wellbeing



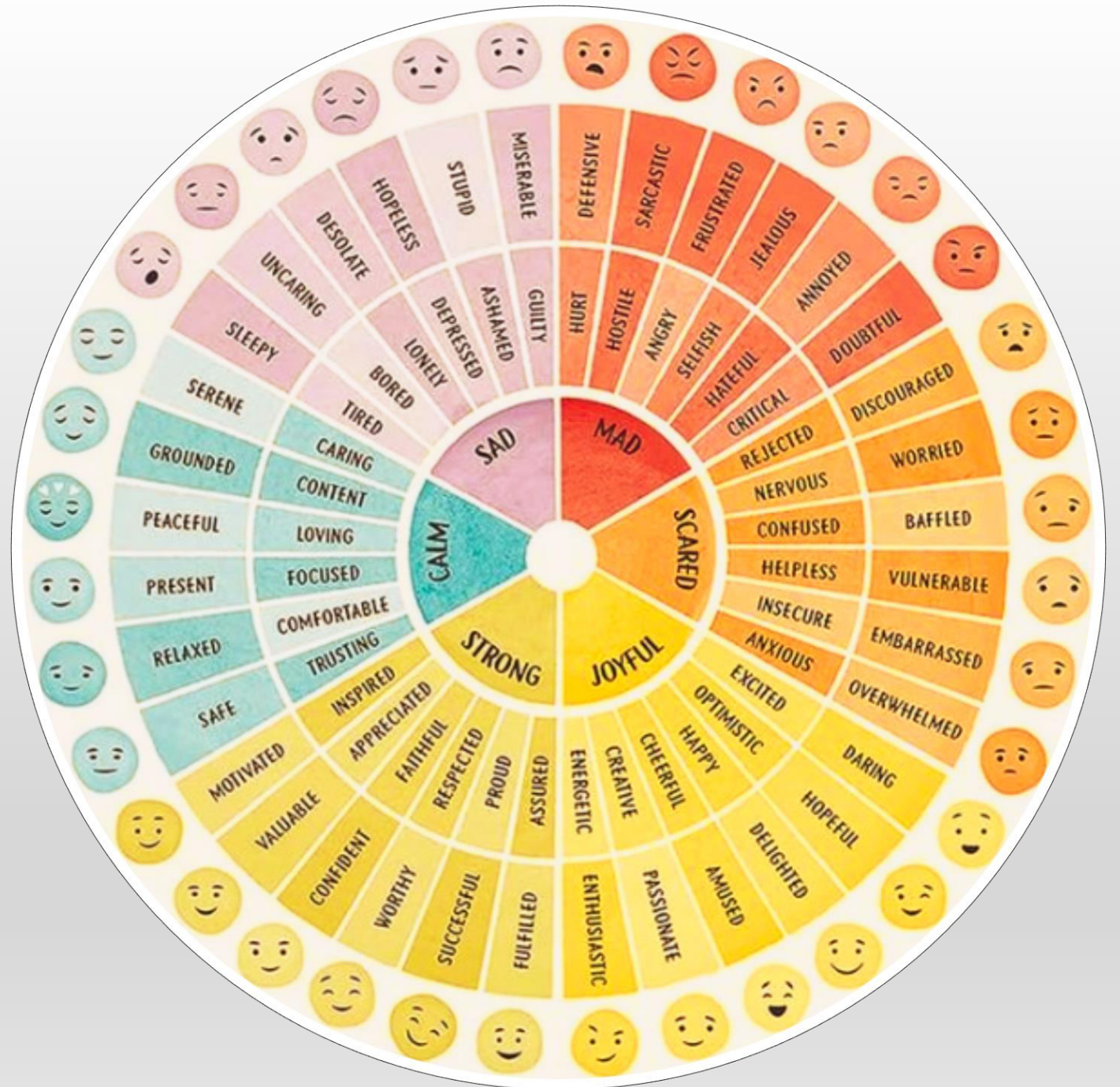
CHAPTER – IV

MENTAL WELLBEING

Mental Health

Mental Health refers to a person's emotional, psychological, and social well-being. It affects how individuals think, feel, and behave in daily life. Good mental health helps in managing stress, building relationships, and making decisions.

**Silence about the mind is a cage;
speak freely, and set your
thoughts free.**



Aspects to Embrace and Normalize in Society



Talking about
mental health



Going to
therapy



Taking
medications for
mental illness



Asking for help



Not having to
explain your
decisions to
others



Not wanting
to drink at
gatherings



Saying no
without
feeling sorry
for it



Eating or
going out
alone

"You don't have to control your thoughts. You just have to stop letting them control you."

- *Dan Millman*



Navigating Information Overload: Challenges Faced by Adolescents in the Digital Age

Adolescents today face significant challenges in processing the overwhelming influx of information from online media. The constant exposure to stimuli, ranging from social media updates to news and entertainment, often leads to stress, anxiety, and difficulty focusing. Developing critical thinking skills, setting boundaries for screen time, and promoting digital literacy are essential steps to help them cope with this information overload effectively.



- **Understanding Hormone Imbalances:** Recognize the emotional symptoms like mood swings, anxiety, and depression linked to hormonal fluctuations.
- **Thyroid Hormone Imbalances:** Address hypothyroidism and hyperthyroidism with medication, lifestyle changes, and stress management.
- **Estrogen and Progesterone Imbalances:** Explore hormone replacement therapy, lifestyle modifications, and emotional support.
- **Testosterone Imbalances:** Consider testosterone replacement therapy and lifestyle adjustments.
- **Adrenal Hormone Imbalances:** Manage stress and lifestyle for adrenal health, and consider hormone therapy if necessary.
- **Professional Guidance:** Consult healthcare professionals for accurate diagnosis and personalized treatment.
- **Lifestyle Changes:** Emphasize a balanced diet, regular exercise, and stress management techniques.
- **Hormone Replacement Therapy (HRT):** Evaluate the benefits and risks of HRT for managing symptoms.
- **Emotional Coping Strategies:** Build a strong support system, practice journaling and self-reflection, and engage in mind-body practices like yoga and tai chi.

Warning Signs Of Mental Illness In Children And Teens



MOOD CHANGES

Look out for feelings of sadness or withdrawal that last at least two weeks. Keep an eye out for severe mood swings that cause problems in relationships at home or school.

BEHAVIOR CHANGES

These include drastic changes in behavior or personality. Acting out of control and causing arguments/fights. Desires to badly hurt someone are huge warning signs.

PHYSICAL HARM

Self-injury, also known as self-harm. This is the act of someone deliberately harming their own body such as cutting or burning themselves.

PHYSICAL SYMPTOMS

This can include episodes of frequent vomiting headaches/migraines, stomach aches and hair loss rather than sadness and anxiety.

INTENSE FEELINGS

Be aware of feelings of overwhelming fear for no reason - sometimes with a racing heart or fast breathing. Other signs may include worries or fears which interfere with daily activities.

SLEEP PROBLEMS

Having difficulty keeping worry levels under control, resulting in poor sleeping patterns. This can be difficulty falling asleep or staying asleep, or not feeling well-rested

Stress Management

Stress management involves techniques to reduce tension and maintain balance.

Simple strategies include:

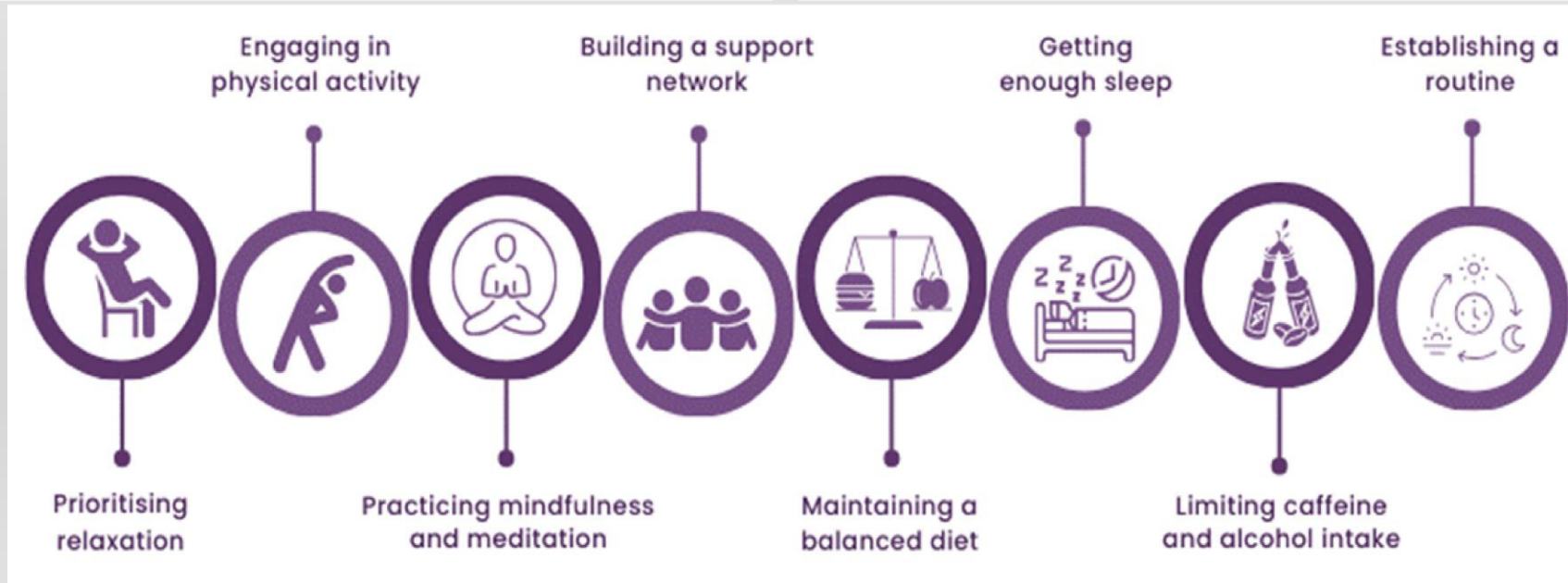
- Practicing mindfulness or meditation.
- Engaging in physical activity to release stress.
- Maintaining a healthy lifestyle with proper sleep and nutrition.
- Breaking tasks into manageable steps to avoid overwhelm.
- Seeking support from loved ones or professionals.

Anxiety Management

Managing anxiety focuses on calming the mind and reducing worry.

Effective methods include:

- Deep breathing exercises to relax the nervous system.
- Challenging negative thoughts with positive affirmations.
- Sticking to a routine for structure and stability.
- Limiting caffeine and other stimulants that exacerbate anxiety.
- Reaching out to a counselor for guidance when needed.



Benefits Of Positive Child Relationship

1 Young children who grow with a secure and healthy attachment to their parents stand a better chance of developing happy and content relationships with others in their life.



2 Healthy parent involvement and intervention in the child's day-to-day life lays the foundation for better social and academic skills.



3 A secure attachment leads to a healthy social, emotional, cognitive, and motivational development. Children also gain strong problem solving skills when they have a positive relationship with their parents.



4 A child who has a secure relationship with their parents learns how to regulate emotions under stress and in difficult situations.



5 Positive parental relationships help children exhibit optimistic and confident social behaviours.



6 A positive parent-child relationship promotes the child's mental, linguistic and emotional development.



CHAPTER-V

PHYSICAL EXERCISE FOR WELLBEING

Effects Of Exercise On Physical And Mental Health

Physical Health:

- Improves cardiovascular health and strengthens muscles.
- Enhances flexibility, coordination, and bone density.
- Boosts immune function and reduces the risk of chronic diseases like diabetes and obesity.

Mental Health:

- Reduces stress and anxiety by triggering the release of endorphins.
- Improves mood and alleviates symptoms of depression.
- Enhances cognitive function, focus, and memory.



Benefits Of Regular Exercise



Easy Cardio Exercise At Home



SQUATS



PUSHUPS



LUNGES



PLANK



JUMPING JACK



JOGG IN PLACE



MOUNTAIN CLIMBER

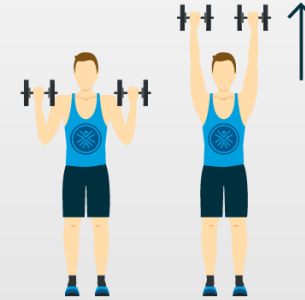


ROPE JUMP

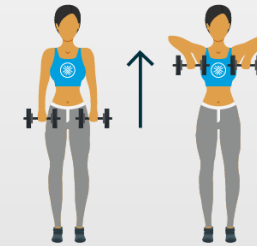


RUSSIAN TWIST

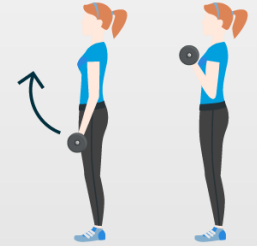
Bone Strengthening Exercises



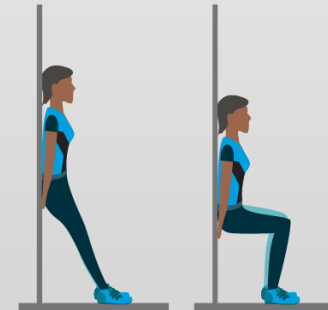
SHOULDER PRESS



UPRIGHT ROWS



BICEP CURLS

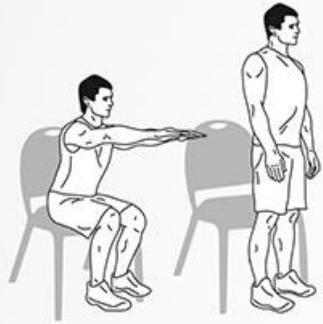


WALL SQUATS

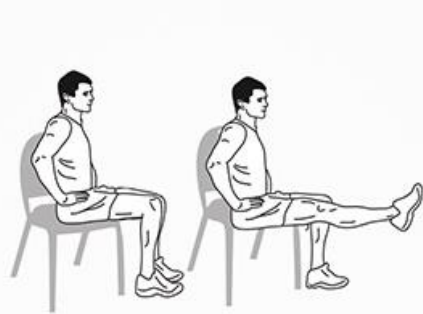


HAMSTRING CURLS

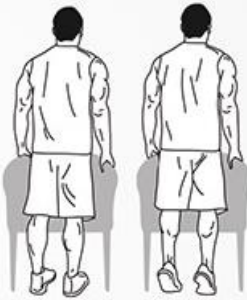
Exercise To Improve Core Strength



5 sit to stand
4 sets in total
30 sec rest in between



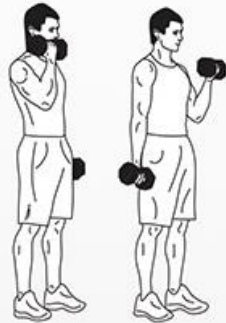
10 leg raises
4 sets in total
30 sec rest in between



5 calf raises
4 sets in total
30 sec rest in between



10 side leg raises
4 sets in total
30 sec rest in between



10 alt bicep curls
2 sets in total
30 sec rest in between



5 shoulder press
2 sets in total
30 sec rest in between

Daily Stretching Exercise Guide





GMU Knowledge Series

FLOURISH: A VISUAL GUIDE TO HEALTHY LIVING

Authored By: Dr. Amith Kumar B., Mrs. Alisha M. Jain

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GM UNIVERSITY

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