

# **live***Easy* global

**Lifestyle Management | Preventive/Primary/Emergency  
Assisted Living | Geriatric Nursing | 'YOKE-MEDITATION'**

# M Lifestyle Management T

**Physical, Psychological, Social and Spiritual** dimensions are the pivotal areas of interest; facilitating individuals focus on their ontogenetic ennoblement - incredibly simple and practically relevant.

## **Prevalence of non-communicable diseases (NCD).**

“Everyone should start giving importance to leading a healthy lifestyle and think of spending on health as an investment, not as an expenditure”

**-Prathap C. Reddy**

Chairman, Apollo Hospitals Group

**AN INVESTMENT IN LIFE FOR A LIFETIME!**

**for**

**ALL who (want to) WILL something beyond themselves**

**With**

**MORAL PROFESSIONALISM and UNIVERSAL SPIRITUALISM**

# H O L I S T I C Preventive / Primary / Emergency H E A L T H C A R E

Provide a 'Cost-effective', well concerted and a networked elaborate management system solution

## **Background**

The present health seeking behavior of individuals and society as a whole is observed to be reactive in nature.

Medical intervention is sought after the onset of an ill-health condition. At which point intervention becomes costly to the healthcare provider and the consumer. However, there could be factors that promulgate this behavior such as accessibility, affordability and availability of healthcare providers.

## Opportunities for improvement in Health Care Delivery

1. Expand coverage.

2. Change the fundamental way that healthcare is structured and perceived.

If we need to bring about the differentiation in the health care delivery and consumption behaviors, so as to enhance the Quality of Life of each and every individual in our communities, we may need to revisit the delivery model.

Conduct primary and secondary research to understand health seeking behaviors and implement delivery models that align within the health seeking context.

Deliver services that encourage consumers to adopt preventive health seeking behaviors.

# Assisted Living

Assisted Living, especially which, some of us have experienced in Chennai is pathetically exploiting helpless elderly, and innocently ignorant NRI/children, in a worst criminally commercial and cruel manner...

...AND WE ARE ASPIRING TO BE POSITIVELY DIFFERENT, WITH 'CLIENT-CENTERED' SERVICES EXCELLENCE!

We are designing our services package, to provide all the needed assistance, at their bedside, in their home/apartment...where ever they are...

# GERIATRIC NURSING

Geriatric nursing concerned with the care of seniors,, including promotion of healthy aging as well as prevention, assessment, and management of physiological, pathological, psychological, economic, and sociological problems.

Geriatric nurses are specially trained and equipped to understand and treat the often complex physical and mental health needs of older people. They try to help their patients protect their health and cope with changes in their mental and physical abilities, so older people can stay independent and active as long as possible.

Taking special Geriatric Care:

- Biopsychosocial approach: the integration of consideration of physical, psychological, and social factors in providing health care.
- Use of multidisciplinary teams.
- Importance of chronic illnesses and geriatric syndromes.
- Importance of showing respect to older patients.

# The ULTIMATE, 'In/Exclusive' YOKE-MEDITATION

Covering ALL physical, mental / emotional and  
spiritual domain.

A first of its kind,  
**COMPREHENSIVE!**

A 55 minutes intensely internalized 'work-in',  
conserving energy/calorie; in contrast to the  
conventional 'work-out', expending energy/calorie.

## THE ULTIMATE! *'In/Exclusive'* YOKE • MEDITATION

(Asana▪Auratic▪Ayur▪Bhakti▪Calisthenics▪Cardio▪Dermato▪Dhyana(TM)▪Endocrino  
▪Gastroentero▪Hattha▪Immuno▪Image▪Karma▪Mantra▪Nephro▪Neuro▪Ophthalmo  
▪Otolaryngo▪Ortho▪Pranayama▪Pranic▪Pulmano▪Rajyog▪Resistance  
▪Rheumato▪Stretch▪Tibetanrites▪Uro... )

(<http://www.growthfactors.in/growth>)



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