

Positivity and Well being - Wellness through Willingness

Link to recording: <https://youtube/fSsgtjZtvHc>

5th May 2020: With expert faculty, Dr. Era Dutta, MD, Psychiatry & MBBS, a winner of Torrent Young Psychiatrists award and Consultant Neuropsychiatrist & Life Wellness Coach from Fortis Healthcare, Kolkata, this session was also addressed by Mr. Ravi K Passi, Chairman, EPCH; practical experts from the industry - Mr. O P Prahladka, COA Member, EPCH and owner of Hitaishi KK Manufacturing Co. Pvt. Ltd., Kolkata; Mr. Prince Malik, COA Member, EPCH and owner of Osyrus Overseas, New Delhi; and Mr. Avdesh Agarwal, owner of Shree Sai De Art, Moradabad; and Executive Director, EPCH, Mr. R K Verma. This was attended by 300 member exporters from PAN India.

Dr. Era Dutta, in her presentation spoke on the need to remain focused and positive during these difficult times and prioritise the things in one's life so as to overcome the challenges. She also asked the participants to stay away from negativity as any negative thought can affect positive thinking. She stressed on the need to manage stress as stress is bound to happen and this emotion is not always negative but it is one who manages it well succeeds in life. She urged the participants to spend more time with family, develop some hobby, pick up some skill and stay focused through this pandemic phase. Dr. Era Dutta said that positivity has 4 pillars i.e. cognitive positivity, sensory positivity, physical and emotional positivity. There is novelty in every situation and people can remain positive by searching what they have learnt during difficult time. She said this Covid 2019 has taught us many good things such as: to be hygienic, doing yoga and exercises, several skills, all family members are sharing the household chores and spending time with family members, new innovations are being learnt, etc.

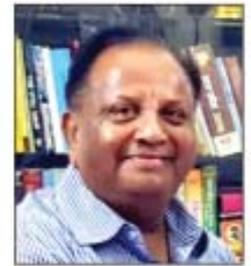
PANELISTS



Mr. O.P. Prahladka
Hitaishi KK-Manufacturing
Company Pvt. Ltd., Kolkata



Mr. Prince Malik
Coordinator, EPCH-Fitness
and Sports Committee (FASCO)



Mr. Avdesh Agarwal
Shree Sai De Art
Moradabad

The poster features a central graphic of a human head profile in orange, with a cross inside, set against a yellow background with concentric circles. Below the graphic, the text reads: **Positivity and Wellbeing Wellness in Balance**. A box titled 'PRESENTATION HIGHLIGHTS' contains four items: 'Lockdown Gains: New experience, new learnings', 'Getting Stressed?: How to manage it', 'Work @ Home: The balancing act', and 'Overall Wellbeing: For mind and body'. At the bottom, it says 'Positive Practices: Applicable in our daily lives' and '12 Noon - 5th May 2020 (Tuesday)'.



Dr. Era Dutta
(MD Psychiatry, DNB Psych, MBBS)
Consultant Neuropsychiatrist
& Life Wellness Coach,
Fortis Healthcare, Kolkata

Dr. Era has been the winner of The Torrent Young Psychiatrists Award in 2013. She also topped her class during her post-graduation in medical school. An expert in holistic management of Depression, Anxiety, OCD, Stress management & Life coaching, she is also active on social media, creating awareness through relatable videos and posts on emotional wellbeing and mental health. Her mantra for life is 'Wellness in Balance'.

Mr. Ravi K Passi, Chairman, EPCH, said despite all the challenges faced by the exporters, there are positivities to be drawn from the situation and the current crisis has brought us closer to the sanctity of Mother Nature and we have started appreciating the beauty of it more than ever before. Gardening skills have resurfaced.

Mr. O P Prahaladka, COA Member, EPCH and owner of Hitaishi KK Manufacturing Co. Pvt. Ltd, Kolkata, was of the opinion that this lockdown has taught how to manage life with limited resources, discipline and physical exercise.

Mr. Avdesh Agarwal, Shree Sai De Art, Moradabad, appreciated Dr. Era Dutta for boosting the morale of all by her very positive presentation and also shared his thoughts on how the lockdown has shown us to value smaller things in life because all the facilities and resources we have seem futile during this phase. "This COVID 2019 has brought us closer to our family and given us time for introspection and self - assessment," he said. He advised the fellow exporters on gratitude and not to think about balance sheets, instead do charity for workers working under them.

Mr. Prince Malik, COA member, EPCH, while appreciating Dr. Era Dutta and his industry colleagues for elaborating how to remain stress free during the lockdown, shared his thoughts on fitness, yoga and meditation. He said, being an exporter he can say that everyone has different kind of stress based depending on their size of business but stress levels can be reduced by doing creative things which he has tried to do with his fellow exporter friends such as, writing of poems, learning music, doing exercise, learning graphics, etc. Mr. Prince Malik also said that this lockdown has taught us truthfulness, honesty, moderation, cleanliness, humility and to be kind & considerate towards the needy and animals.

Mr. R K Verma, Executive Director, EPCH, said that the subject of the seminar on positivity and wellbeing was the need of the hour. Because of the situation we are unable to do certain things which add to our stress levels but the silver lining in the cloud is that this has made us more innovative and pushed us to think beyond our limitations. As EPCH was not able to organise the 49th edition of its IHGF Delhi Fair due to this lockdown, but looking forward, the Council is doing it in a virtual mode. ■