Mega Lifesciences Conducts Programme On Stress Management



Mega Lifesciences, conducted a programme on stress management, which they say could be aided by using Ginsomin.
Praveen Viswakumaran, Country Manager Sri Lanka said at the workshop, “A thinking organisation, that changes before it is forced to change, Mega Lifesciences endeavours to grow beyond each of us,”.

The programme was conducted by â€¨Dr Chandima Namaratne, a senior medical practitioner with expertise in lecturing on â€¨stress, its effects as well as management. â€¨Dr Namaratne stressed the importance of living a life that made us happy so that we could not only spread happiness around us but also lead a very healthy life. According to him stress is the number one cause for all ailments starting from acute conditions such as colds and coughs, to chronic conditions such as hypertension and diabetes. Stress affects our body, mind and soul. â€¨It can impair judgment, productivity and performance at work and at home and even lead people into dependency on drugs and alcohol or take the extreme step of committing suicide.

If everyone attunes themselves and makes peace with one’s environment and cultivates a positive outlook on life, consciously trying to be happy, less greedy, more tolerant and practice meditation in addition to other good habits, â€¨stress can be very well managed.

According to Lalith Dias, Brand Manager – Ginsomin, ” The multivitamin and minerals in Ginsomin provide antioxidant, protection to the body, enhance immunity levels and keep all the body’s vital organs functioning well. While Ginseng is a Korean root, natural in origin, it helps to overcome fatigue and stress while ensuring peak performance.” Overall Ginsomin assists in ensuring an active, energetic, strong and happy life.