

As Chartered Accountants,  
you audit companies,  
manage risks, and build  
financial sustainability.  
Today, we begin auditing the  
most valuable asset — your  
health!



## 1. Health is Capital, an Asset

Health determines long-term returns — energy, clarity, productivity, longevity.



## 2. Assets must outweigh liabilities.

Work stress, sleep debt, hormonal imbalance — unchecked liabilities compound.



## 3. Prevention is Smart Investment

Annual check-ups, exercise, nutrition, mental rest — these are high-return investments.



## 4. Compounding Works Here Too

Small daily habits create exponential health dividends over time.



## 5. Risk Management Matters

Ignoring symptoms is like ignoring audit red flags.



There is little I  
can tell you ,  
that YOU dont  
already KNOW



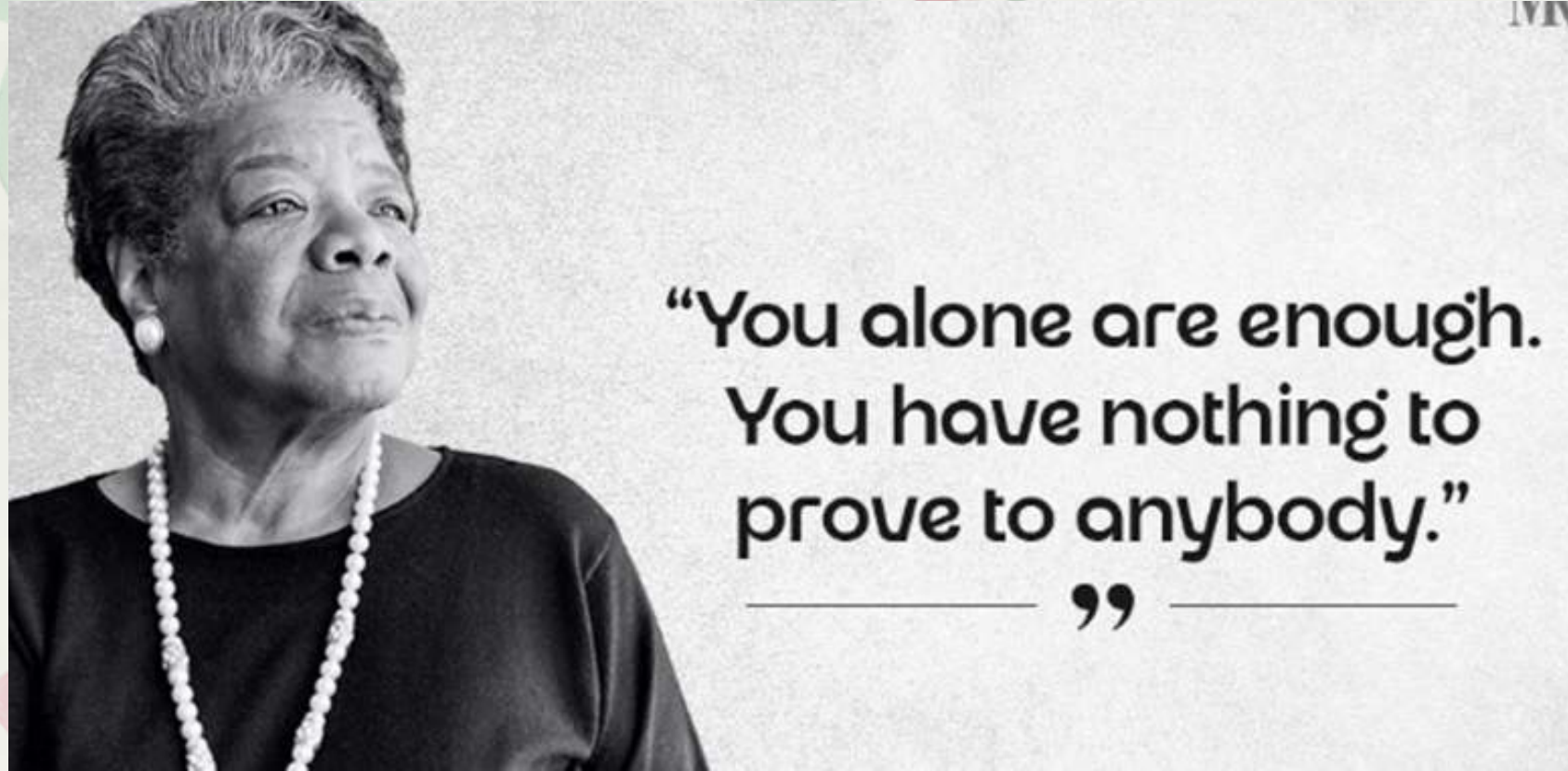


# Problem statement





# Goal is imbibing this !







# Prevention

**Anemia**

**Hormonal imbalance**

**Cancers (Breast, Cervical, lung)**

**Heart Health**

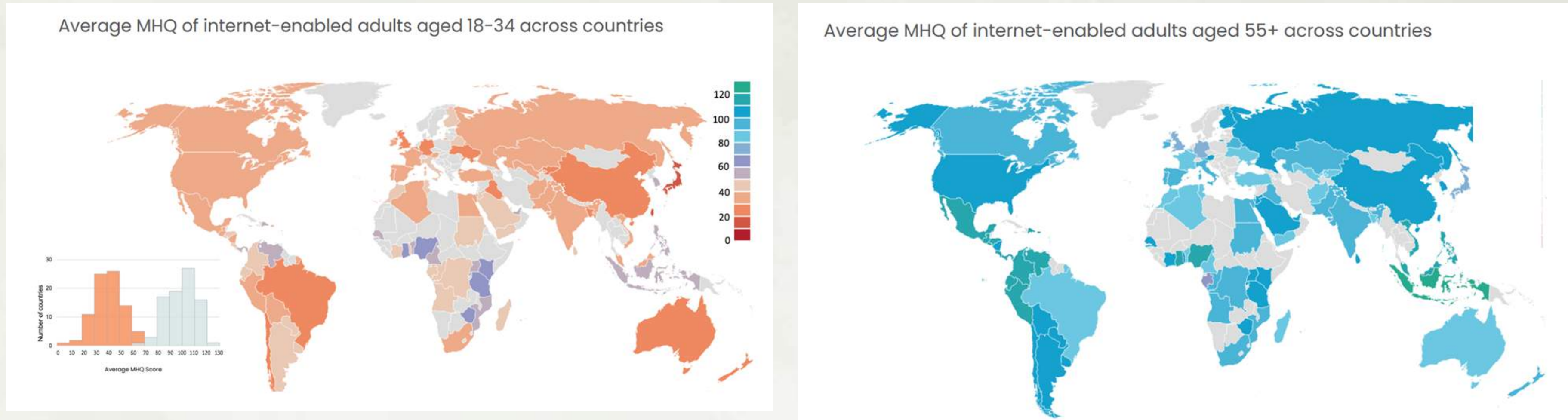
**Protein Deficiency (Muscle strength)**

**Lack of Exercise (Muscle strength)**

**Balance and falls (Bone density)**



# Mental Health and burnout



positive : family, spirituality, exercise  
negative : smart phones, ultraprocessed food

The Global Mind Health Report 2025

The MHQ is a comprehensive metric of mind health and wellbeing that encompasses all aspects of mental function, emotional, cognitive, and social as well as drive and resilience



# Mental Health and burnout

**Redefine 'superwoman' expectations**

**Carve out mental recovery time**

**Hobbies**

**Spirituality**

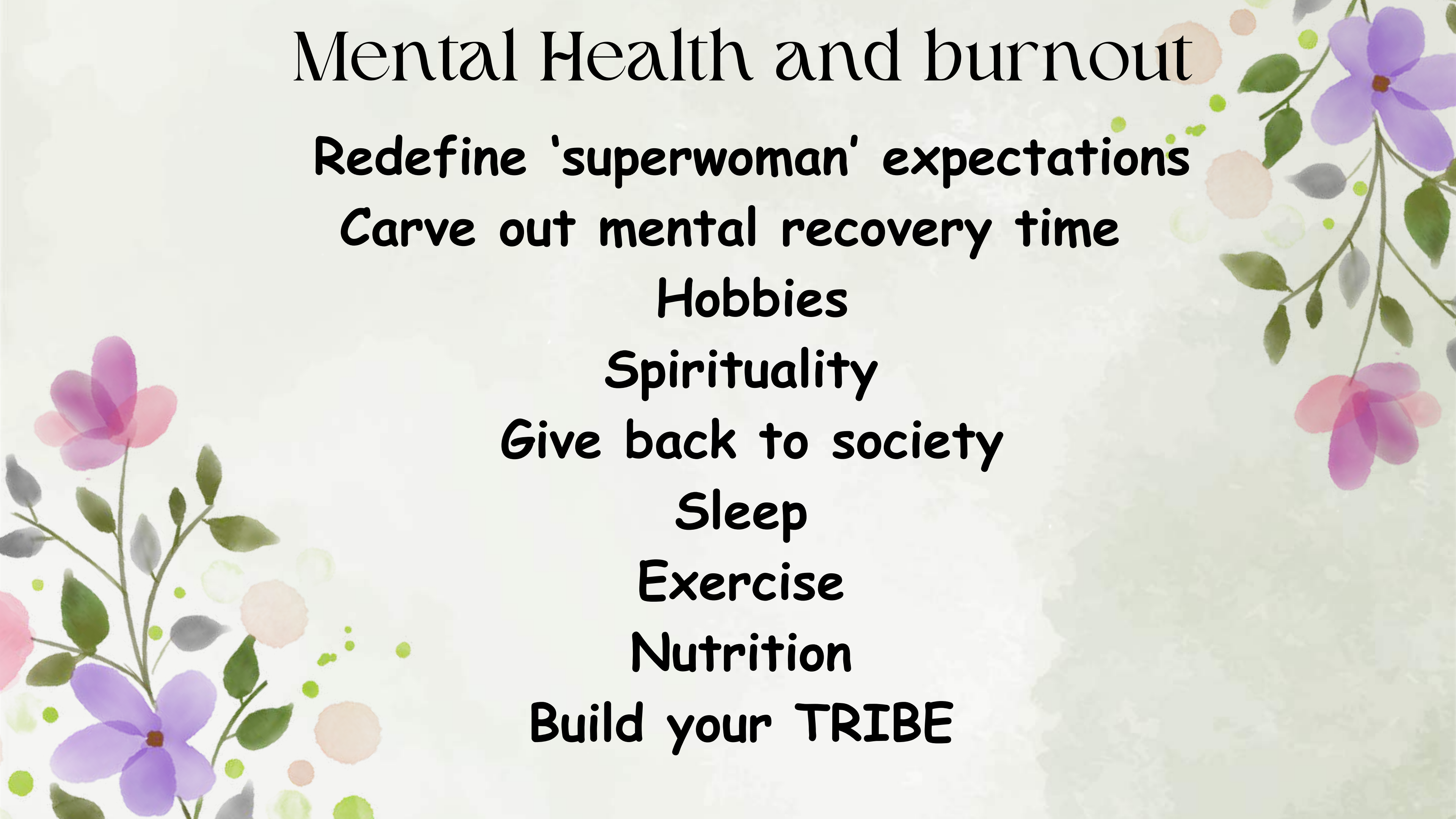
**Give back to society**

**Sleep**

**Exercise**

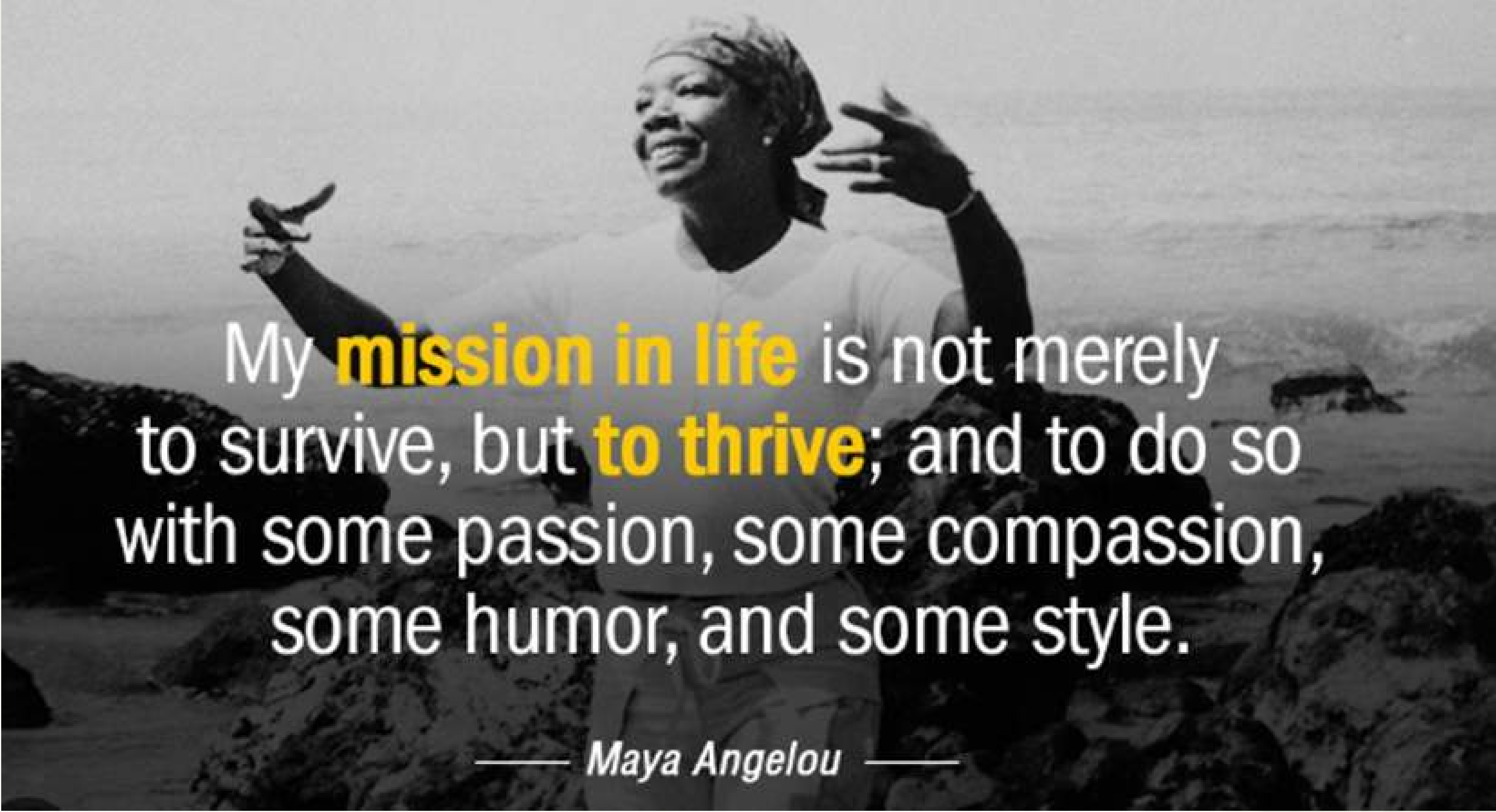
**Nutrition**

**Build your TRIBE**





# Work Life Equilibrium!



My **mission in life** is not merely  
to survive, but **to thrive**; and to do so  
with some passion, some compassion,  
some humor, and some style.

— *Maya Angelou* —





Thank  
You