



Wellness Program for Employees

Designed for _____

August 06, 2018

For Discussion Purposes Only

Why us:

With 5,000 plus strong clientele and wide range of services, Seemaa J. Poddar health consultancy is obvious choice for most of the corporate clients. In today's busy schedule, we rejuvenate mind, body and soul through our services to allow our corporate clients to take new challenges with fresh stride.

Our Services



Energy

Promotes healing through enhancing energy flow & correcting disturbances in the human entropy



Spiritual Counselling

We provide one on one spiritual counseling. It takes the Soul, rather than the Mind, as it's starting point of balance



Holistic Weight Management

Provide workshops on weight management. The road to successful, healthy weight loss is not an easy one.



Wellness Diet

Holistic nutrition is all about eating healthy food as close to its natural form. We provide diet information and charts



Obesity Control

Provide guidance to control obesity. Obesity occurs when we eat and drink more calories than what we burn.



Sport Nutrition

Whether you are athlete or a weekend warrior, nutrition is fundamental to your daily energy

Session	Agenda	Start time	End time
Session 1 - Diet Plan	Interactiion on understanding their lifestyle & eating pattern	12:00 PM	12:15 PM
	Presentation: Diet & improved lifestyle benefits	12:15 PM	1:00 PM
	Break	1:00 PM	1:05 PM
	Clearing Doubts	1:05 PM	1:15 PM
	Activity: Salad making	1:15 PM	2:00 PM
Session 2 - Success Stories	Recap of Diet session	12:00 PM	12:15 PM
	Presentation: Inspirational Story	12:15 PM	1:15 PM
	Break	1:15 PM	1:20 PM
	Clearing Doubts	1:20 PM	1:30 PM
	Activity: Know your value	1:30 PM	2:00 PM
Session 3 - Music Therapy	Interaction on the change of their thinking pattern in relation to previous session	12:00 PM	12:15 PM
	Audio will be played which would empower them with great stability of mind	12:15 PM	1:00 PM
	Break	1:00 PM	1:05 PM
	Interaction to share what did they feel	1:05 PM	1:20 PM
	Activity: Pranayama	1:20 PM	1:50 PM
	Awareness on next session	1:50 PM	2:00 PM
Session 4 - God's Pharmacy	Recap & sharing changes they are going through	12:00 PM	12:15 PM
	Presentation: Gods Pharmacy [Natural Way to deal with your health issues]	12:15 PM	1:00 PM
	Break	1:00 PM	1:05 PM
	Activity: Sprout Salad Making	1:05 PM	1:40 PM
	Clearing Doubts	1:40 PM	1:55 PM
	Awareness on next session	1:55 PM	2:00 PM
Session 5 - Yoga & Pranayama	Asking if anyone would like sharing the changes felt in body & mind	12:00 PM	12:15 PM
	Power Yoga session in open area [Sheltered]	12:15 PM	1:15 PM
	Break	1:15 PM	1:20 PM
	Life conditioning Pranayama	1:20 PM	1:40 PM
	Explain the connection between healthy eating , exercise & thinking	1:40 PM	1:55 PM
	Awareness on next session	1:55 PM	2:00 PM
Session 6 - Self Understanding Through Inspirational Story	Recap & were they able to follow what they are learning	12:00 PM	12:15 PM
	Presentation: Understanding the value of our presence in professional & personal life	12:15 PM	1:30 PM
	Break	1:30 PM	1:35 PM
	1 minutes games on power of team work	1:35 PM	1:50 PM
	Any doubts from sessions 1 - 6 can be clarified	1:50 PM	2:00 PM

Why Diet Plan? Diet is the most important aspect of our healthy wellbeing; however, in today's busy work and personal schedule, we tend to ignore it. This session focuses on importance of healthy eating and also includes an activity - *"How to make healthy meal – Salad"*

Session Details -

- **Objective:** Setting "SMART" goals for healthy eating. "SMART" stands for:
 - Specific
 - Measurable
 - Action-oriented
 - Realistic
 - Time-framed
- **Activities:**
 - *"How to make healthy meal – Salad"*: This activity will help in making uninteresting activity like making salad more appealing to the audience.
- **Things/Props Required for the activity:**
 - **Ingredients:** Red, Yellow, Green Capsicum, Onions, Potatoes, Cucumber, Paneer (Indian Cottage Cheese), Butter, Salt, Pepper & Lemons
 - **Utensils:** Hot plate, Big Vessel, Spatula

Why Success Stories? No matter which field, success stories are always the biggest motivators. People like to learn more about the real life examples who achieved something they would like to achieve. They would want to know the path that fellow individuals have taken to reach the same goal.

- **Objective:** Success stories covered under this session are well planned and especially designed to achieve measurable outcomes. The focus of these stories is to bring personal and humane touch to entire program and to motivate people in achieving something which they might be pondering on for long. As they say, Positive energy is contagious.

- **Activities :**

- **Know your Values:** An activity to identify and define the values of healthy living
- **Jump Start [Optional]**¹: An activity to jump start the healthy living (if time permits)

¹ – requires printed copy of Appendix A

Why music therapy? Nothing can soothe a soul better than calming music. In this session, we will help participants to concentrate and focus on themselves. This will be done through playing soulful instrumental music. Music requires no semantic translations and immediately resonates with bodily functions (emotions, energies, tensions, etc.), these emotions can be altered through music.

Session Details -

- **Objective:** Connect many functions of body and mind through six elements of music - *rhythm, melody, timbre, dynamics, harmony, form*. Music regulates the system and prepares it to receive, process, and retain information more accurately. It is always recommended to create a calming environment for Yogic Kriya; through this activity we will create a conducive environment for our activity for this session - Pranayama.
- **Activities:**
 - **Pranayama:** Normal yogic practice of controlling the breath, which is the source of our prana, or vital life force¹
 - **Discussion:** Interactive session for the participants to share their experience after Pranayama

Things/Props Required for the activity:

- Yoga Mat (optional)

¹ - as defined by www.yogajournal.com

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- **Why God's Pharmacy?** Fruits and Vegetables are natural way of curing ailments and improving immunity. It is said that God, the ultimate creator, created us human only after creating all that we ever needed to survive – from fresh water streams to forest and plantations. Some illnesses are better treated by a change of diet than by a pill. Naturopathy is dependent on access to required resources.

Session Details -

- **Objective:** Explain the importance of healthy eating and how it affects our wellbeing. This session will cover the importance of healing through freshly available fruits and vegetables. It will especially focus on – *“Let the food be your medicine or medicines will become your food”*
- **Activities:** Sprout Salad Making
- **Things/Props Required for the activity:**
 - **Ingredients:** Sprouts of different kinds, Onions, Tomatoes , Puffed Rice, Pomegranate – 1 pc, Apple - 1pc, Salt, Black Pepper, Lemon, & Tamarind sauce
 - **Utensils:** Big Vessel, Spatula

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- **Why Yoga & Pranayam?** Yoga & Pranayama helps in self discipline and self-control, leading to immense amount of awareness, concentration, and higher level of consciousness. It affects our emotions by calming down the mind. Yoga gives us the capacity to face up life's challenges by building a harmony between internal & external stability of mind & action. Pranayama helps us to connect with our own energy.

Session Details -

- **Objective:** Enhance focus, strengthen muscles, improve coordination between body and mind, flexibility, agility & range of motion through Yoga Asanas and to connect with your own energy using Pranayama.
- **Activities:** Making a coolant drink (to soothe the summer heat)
- **Things/Props Required for the activity:**
 - An open place with shelter is preferred.
 - **Ingredients:** Kokum Syrup bottle, Mint leaves, Water, Green Chillies, Salt, Pepper, Oil & Asafoetida [Hing].
 - **Utensils:** Big Vessel, Spatula, Small tempering unit gas or Hot plate.

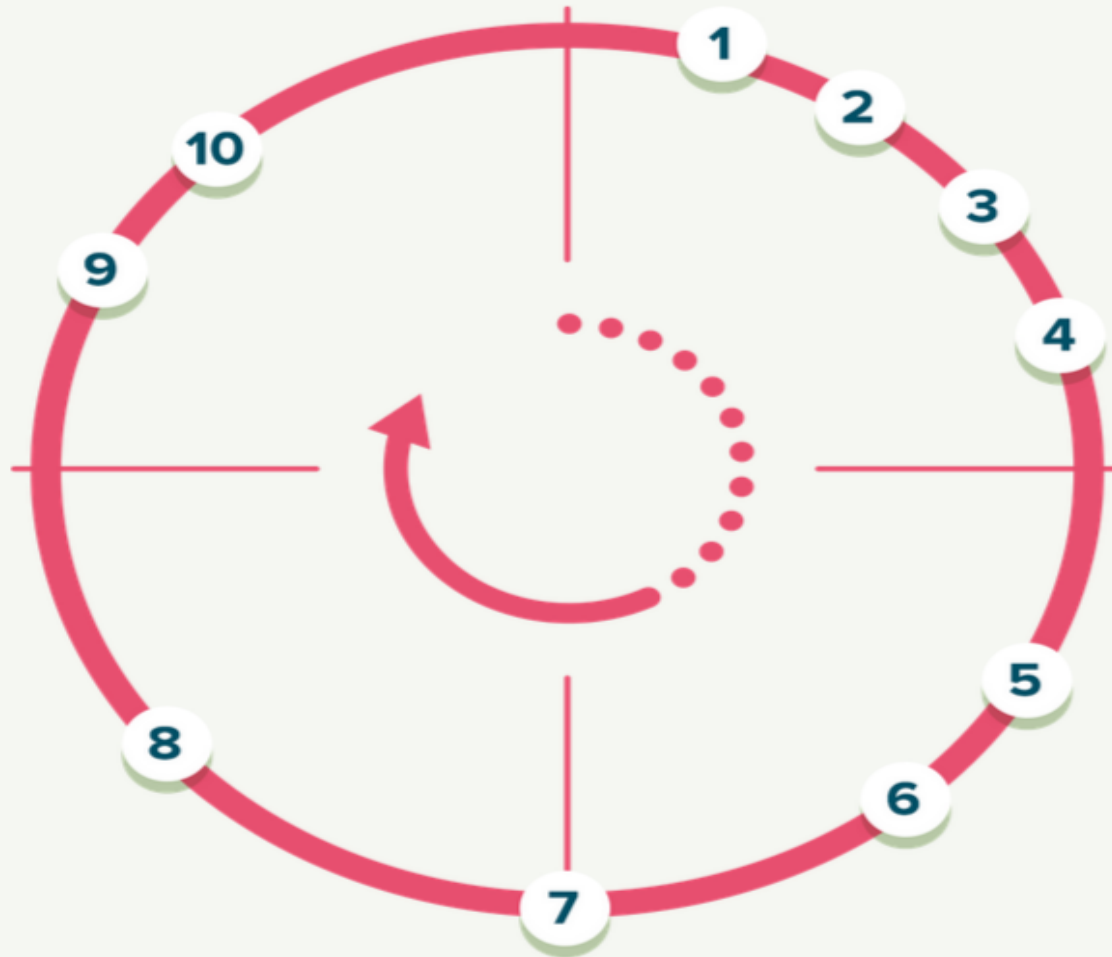
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- **Why Inspriational Story?** One of the most important factors of healthy living is to understand ourselves. It makes a lot of difference when we understand that what we choose and what we do, makes us who we are.

Session Details -

- **Objective:** Understanding we all are here to make a difference, to improve ourselves everyday and also help making better environment for others. The activity in this session will help in building better teams by encouraging team work
- **Activities:** Multiple 1-minute games on power of team work.
- **Things/Props Required for the activity:**
 - Print outs required for the games (if needed, we can bring the print-outs)

APPENDIX

The Social Impact Story Map



- 1 Eyes Opened
- 2 Doubts Arise
- 3 Solutions Emerge
- 4 First Steps
- 5 Obstacles Encountered
- 6 Allies Join
- 7 Action Taken
- 8 Breakthrough Occurs
- 9 Lives Are Changed
- 10 Lessons Shared

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- **To cover all sessions, it is advisable to have 1 or 2 days scheduled per week**
 - **Every session is designed for corporate clients and takes approximately 2 hours**
 - **All the sessions can be managed in corporate setup, in a conference room. It is preferred to conduct yoga day & jump start activity in open area, if possible**

About Us: Seema J. Poddar health consultancy was established in 2008. Thus far we have experience of successfully serving 5,000 plus clients across India. Our founder and leader is well known is a well known nutritionist and a Certified Power Yoga trainer committed to make a difference by applying wide knowledge of Yogic philosophy & Psychology. Our belief and moto – “ Food is not food if it does not nourish your soul along with your body.

- Our mission since last 13 years is to spread the awareness about the importance of healthy life.
- We have testimony of more than 5,000 satisfied clients to back innovative and zealous structure of my workshops.
- We are specialized in sports diet, weight loss/gain diets, clinical nutritional diets, blood group diet, mono diet, & etc.
- Helped our clients to achieve their goals to live healthy life.

More Details:

- **Established:** 2008
- **Founder:** Mrs. Seema J. Poddar (*Nutritionist, Dietitian, and Power Yoga Trainer*)
- **Type:** Privately Held Company
- **Headquarter:**
11, Parasrampuria Apartments, Film City Road, Gokuldham,
Goregoan (East), Mumbai - 400 063. INDIA
- **Website:** <http://www.seemaajpoddar.com>
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State Bank of Hyderabad



Ruchika Club



State Bank of India



Central Bank of India



देना बैंक
DENA BANK



Seema is an experience and renowned Nutritionist and Dietitian. She is Proficient in running successful method-oriented operations and taking initiatives for business excellence through process improvement.

She has 13 years of entrepreneurial experience in:

- **Nutrition Assessment**
- **Progress Tracking**
- **Health Counselling**
- **Nutrition Therapy**
- **Optimal Nutrition Plans**
- **Dietary Awareness**
- **Nutritional Risk Management**
- **Supplements Evaluation**
- **Client Motivation**

Seema's qualification includes following certifications (and many more)–

- Specialist in Medical Nutrition Therapy from BFY, Mumbai in 2013
- Sports Nutrition from ISSA-CA in 2015
- Ayur Aahar Vigyan (Diet & Nutrition) in 2014
- Obesity Management (Adv.) in 2012
- Diploma in Nutrition – 2008
- PGD in clinical Nutrition & Dietetics from Medvarsity - 2019

She has also received appreciation letters from many clients and she has long list of successful workshop organized across different types of audiences.