



Sunshine

Wellness



Sunshine Holistic Wellness Pvt. Ltd.

Services for Holistic Wellness

Our Solutions for Holistic Wellness



Emotional Mental Intellectual Physical Occupational Financial Spiritual

Vision



Stress and disease free, happy and productive
Corporate India

Values



Service with care, trust, understanding and respect

Swasthya Warriors



Sunshine Wellness has a team of experienced therapists and counsellors qualified from multiple reputed institutions to bring you simple tools and techniques that are very suited to the modern lifestyle of Corporate India.

- This therapy can be applied from any location and involves no medication.
- It is very effective in healing illnesses at the emotional and mental levels which removes the physical ailments from the root.
- It can work as a compliment to any allopathic or other treatment methods.
- It can help solve organizational issues related to employee behaviour
- Simple, adaptable and customized
- Aligns with Sustainability Strategy and reporting requirements (SDG#3 ; SDG 8; NGRBC Principle 3; GRI Standard 403; ISO 45003-2021)



Swasthya is a community of health and fitness enthusiasts from around the world with a vision to create an obesity free nation.

It is built on the six pillars of **food, exercise, sleep, stress management, belongingness and environment.**

The health coaches offer personalized support to help individuals make positive behavioural changes, offer education and resources, provide accountability, and ultimately help them achieve better health outcomes. As Swasthya health coaches, they go above and beyond to ensure that clients receive the best possible care and support to achieve their health goals.

Swasthya has a proven track record of weight loss and reversal of diseases like Diabetes, High Blood Pressure, PCOS, Arthritis among many others.

Sunshine Wellness can conduct a stress management workshop for employees and youth in all segments. The workshop is of 3 hours duration and consists of simple techniques for managing stress and other negative emotions on a daily basis.

Expected benefits from 2 hours Stress management workshop

- Learning simple and adaptable techniques for management of stress in modern life.
- Reduction in levels of stress and anxiety leading to better management of difficult situations
- Better self awareness- strengths and weaknesses
- Improved emotional state
- Improvement in productivity levels
- Improved patience and tolerance
- Better problem solving abilities
- Improved teamwork and relationships
- Some improvements in physical health may be seen

Holistic Wellness Programs for Organisations

Sunshine Wellness can design specific wellness packages based on the needs of your organization. Some of our packages include:

Physical Wellness Package

- Therapy of acute and chronic diseases
- Techniques to keep your body fit and free of diseases
- Counselling services

Relationship Wellness Package

- Improving and maintaining relationships at home, at work or in society
- Improvement in teamwork at workplace
- Counselling services

Mental & Emotional Wellness Package

- Therapy of emotional & mental diseases like depression, stress, grief, phobias, Schizophrenia, OCD etc.
- Therapies for alcohol/tobacco or other addictions,
- Techniques to enhance your mental and emotional well being
- Counselling services

Counselling Services

- Counselling services for employees and their families

Financial & Career Wellness Package

- Enhancing financial abundance, productivity and career progression using energy therapy
- Counselling services

Advice on diet and nutrition

- Personalised diet plans for weight loss, and therapy of disorders like diabetes, hypertension, cholesterol etc.
- Counselling services for employees and their families

Happy & Healthy Employees =

Productive employees; Creative employees; Motivated employees; Sharper problem solving abilities; Lesser accidents; Lesser absenteeism; Better work life balance

= Satisfied Customers = Profitable Company

Who could be our beneficiaries

1. Employees/ their family members with **physical ailments**
2. Employees/ their family members with **emotional issues**
3. Employees/ their family members with **mental health issues or addictions**
4. Employees **not performing well at work**
5. **Wellness campaigns** for departments or organisations
6. Anyone

Our Team



Priya Ravi Ranjan, CEO and Founder,
An engineer and a **Sustainability consultant** with work experience of over 20 years, Priya is also a therapist and a counsellor with a proven track record of more than 100 successful therapies for physical and mental ailments.



Manish Kumar – Chief Advisor

Manish is a professional in the fields of emerging **digital technologies and marketing**. An expert of healing methodologies and mind training, he keeps helping individuals and organizations by creating programs for holistic development



Priyank Patel- Advisor

An Engineer and a **Sustainability consultant**, Priyank is a Pranic Healer working on wellness programs for organisations



Richa Kedia- Advisor

An **HR professional**; an Arhatic Yogi, a Counsellor and motivational speaker Richa is propagating holistic wellness across corporates



Dr. A.K. Kedia – Advisor

A **dental surgeon** a passionate pranic healer, psychotherapist, Arhatic yogi, Aashray is into psychic self defense, Pranic Feng sui Consultant numerologist a motivational speaker!



Ashish Kapoor– Advisor

An **educationist** working on the learning gap between urban and rural India, Ashish is a passionate social worker dedicated to improving the life of youth and children!



Jyotsna Anand- Advisor

Co- founder of Swachahchata Pukare, Jyotsna is dedicated to the causes of environment conservation and wellness



Khusbu Singh- Advisor

A **Yoga practitioner**, Khusbu is a practioner of value from waste and dedicated to environment conservation and wellness



Pankaj Upadhyay- Advisor

A **sustainability and CSR professional** , Pankaj is an avid practitioner of the Art of Living and dedicated to holistic wellness!



Naomi Dewicka- Director

A student of **Philosophy Honours** , Naomi is a passionate reader and enjoys yoga. She is an Arhatic Yogi and tries to incorporate the teachings of Pranic Healing in day to day life.



Priya Ravi Ranjan

Pranic Healer and Arhatic Yoga Practitioner

- Priya has a diverse work experience of 20+ years including path breaking projects in the domain of climate change and sustainability with a focus on reporting and materiality.
- She is a Guest faculty at XLRI for Sustainability and a member of the independent sustainability expert panel at CII.
- She is a wellness coach with an experience of helping over 1000 people overcome their physical and mental diseases through Pranic Healing Techniques. Priya guides employees on stress management



- ✓ Sustainability Leadership Course from Cambridge Institute of Sustainability Leadership
- ✓ Certified course on Strategy and Sustainability from IIM Bangalore
- ✓ Certified on GRI standards, Climate change and Carbon footprinting
- ✓ Certified Auditor in ISO 31000 for Risk Management
- ✓ Member of panel of independent sustainability experts of CII
- ✓ Pranic Healing, Arhatic Yoga, Spiritual Business Management and Feng Shui from World Pranic Healing Foundation, Manila



- Committed to holistic wellness, Ratika is a Pranic healer, Yoga trainer and health and lifestyle coach.
- She has a successful track record of healing over 150 patients of various kinds of diseases and obesity.
- She will be the coach handholding all the on boarded employees.

Ratika Chawla

- ***PG Diploma in Nutrition – British Learning. (India, U. K)***
- ***Yoga Alliance Certified Trainer***
- ***Pranic Healer***



- Tanaaz believes that health is the harmony between the mind, body and soul.
- She has a successful track record of healing over 500 patients of various kinds of diseases and obesity.
- She will be the supervisor of the entire program at Tata Steel and will be the supporting coach for the on boarded employees.

Tanaaz Horamuz.

- ***Weight Loss and Nutrition Coach - CA, United States.***
- ***Certified Yoga Trainer - Yoga Institute, Mumbai.***
- ***Reiki Master - Usui School, Japan***
- ***A Certified Sound Healer***
- ***Beauty and Aroma Therapist and***
- ***A Marathoner.***



- Dr. Tarlapalli believes that a life lived for others is a life worthwhile.
- Being a medical practitioner, he works as a Swashtya Coach and lends medical and nutritional advice
- He will be the medical Doctor associated with the program.

Dr. Harshavardhan Tarlapalli

- ***BAMS - Kleu's Shree BMK Ayurveda Mahavidyalay And Research Centre, Shahapur.***
- ***Swashtya Coach***



For discussions and queries, please contact

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