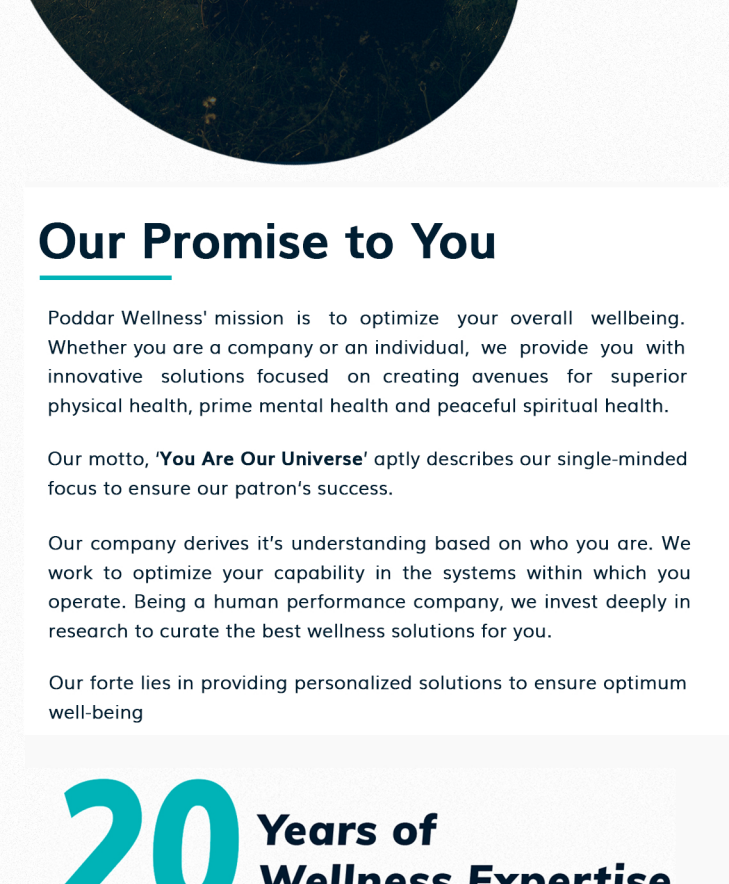


PODDAR WELLNESS



You Are Our Universe

Our Promise to You

Poddar Wellness' mission is to optimize your overall wellbeing. Whether you are a company or an individual, we provide you with innovative solutions focused on creating avenues for superior physical health, prime mental health and peaceful spiritual health.

Our motto, 'You Are Our Universe' aptly describes our single-minded focus to ensure our patron's success.

Our company derives its understanding based on who you are. We work to optimize your capability in the systems within which you operate. Being a human performance company, we invest deeply in research to curate the best wellness solutions for you.

Our forte lies in providing personalized solutions to ensure optimum well-being

20 Years of Wellness Expertise

For You

At Poddar Wellness, our wellness experts apply a curated approach to optimize overall well-being. Through scientific inquiry, a detailed study is drawn upon which bespoke solutions are initiated to mobilize all aspects of our client's well-being.

These holistic solutions take into account four main aspects of well-being: the mindset, the status of physical health, the status of nutritional health and well as a study of the recovery program.

With our intricately designed programs and focused approach, we guarantee optimal mental and physical well-being.

For Your Organization

Workplace Wellness is of prime concern. Organisations have turned their focus inwards and seek out result based employee well-being programs. Poddar Wellness provides actionable and measurable solutions customized for organization's holistic well-being. Our approach is designed in collaboration with wellness experts and psychologists, and it equips employees with the necessary tools to succeed in the workplace.

Testimonials from our patrons advocate a leap in employee productivity and well-being. We offer solutions that are conducive to your corporate environment and empower employees to optimize their overall functionality.

Subscription Boxes

Your holistic well-being is our responsibility.

We deliver wellness in a box; curated just for you.

Subscribe to our Poddar Wellness Package, today!

Personal Wellness Planet

The Personal Wellness Planet focuses on your interaction with yourself. At Poddar Wellness, we delve deeper into your current state of well-being. Starting with a complete health and emotional assessment, our wellness expert's map your state and curate programs to drive you to your optimum state.

The Poddar Wellness Planets is a six month program built to mobilise optimum health with an on call personal wellness expert for six months tracking and assisting you on your journey.

We work extensively across 5 wellness areas that include:

★ **Mental Body** ★ **Physical Body** ★ **Nutritional Body**

★ **Mindful Body** ★ **Financial Body**

With a systematic process of blood tests, physical training, nutrition management, neuro-i-power protocol and mindfulness, we support you in your journey by being a partner in your well-being.

Social Wellness Planet

The Social Wellness Planet focuses on your interaction with the other. Learning how to manage circumstances and create positive interactions will help you deepen your relationships. Our online, offline programs and workshops help you develop and hone skills to navigate through your relationships. With a focused approach, we aim to enhance your interactions both in an individual and in your corporate capacity.

A few of our programs are:

★ **The Stress Buster** ★ **Healthy Work-Life Balance**

★ **Leadership Development** ★ **Bio-Hacking**

Collective Wellness Planet

The Collective Wellness Planet focuses on creating a work environment that is conducive for your well-being. With neuroaesthetics, we aim to optimize your brain functioning by redesigning corporate environments. We add value by functioning as consultants to assimilate the vision and mission of the founders, CXO's and HR Teams to provide healthy working solutions for workplace wellness.

Our Programs:

★ **Well Cells** ★ **Counseling Cells** ★ **Meditation Cells**

★ **Biohacking Cells** ★ **The Curated Gym**



Contact Us

Poddar Group Building, Neeru Silk Mills,
Mathuradas Mill Compound, 126,
N. M Joshi Marg, Lower Parel (West)
Mumbai - 400013.

www.poddarwellness.com

info@poddarwellness.com

+91 9821625000

Mind

Body

Soul