



Engineer-in-Chief PWD, GNCTD <pwdhqdelhi@gmail.com>

### Proposal for emotional wellness campaign (free workshop)

1 message

Wellness Gurukul <wellnessgurukul@gmail.com>  
To: Pwdhqdelhi@gmail.com, prdirprojectspwddelhi@gmail.com

Mon, Aug 20, 2018 at 2:28 PM

Dear Sir/Madam,

Greetings!

We at **Wellness Gurukul** are specialized in conducting workshops on emotional wellness like stress management, outcome setting & relationship management.

It has been found through past researches and our own practical experiences that even though a person may look physically fit, not much can be said about his /her mental wellbeing .A lot of incidents have been reported where a person has taken extreme steps owing to emotional maladjustments.

In light of this with prime objective to create and spread emotional wellness, Wellness Gurukul is launching "**Emotional Wellness Campaign**". As a part of this campaign we are offering our signature "**Emotional wellness and inner transformation workshop**" worth INR 10,000 totally FREE.

This offer is valid only for the month of September with prior registrations. This 3 hour workshop will be absolutely free with all the practical tools, which we give in our paid workshops.

So, we request you to be a part of this, one of its kind, a unique campaign and contribute to this mission in creating and bringing emotional wellbeing.

What we expect from you:

- Your permission for conducting the workshop at your premises
- 3 hrs. time

प्रमुख अभियन्ता

आवती सं. 10842

दिनांक 4/9/18

प्रमुख अभियन्ता

निदेशक (कार्य एवं रथा.)

निदेशक (अनुसंधान)

उप सहायक अभियन्ता

सुपरिन्टेंडेंट प्रोजेक्ट्स (पु.सं.)

कार्यालय प्रमुख कार्यालय, लोकोनोविको, दिल्ली

अं. डी-इन-सी/पी/10(1)/2018/5767(4) दि. 12/09/18

प्रोत्साहित: सूचना एवं आवश्यक कार्रवाई हेतु प्रेषित

- 1) प्रधान मुख्य कार्यालय (परिभाषणा) लोकोनोविको
- 2) प्रधान मुख्य कार्यालय (अनुसंधान) लोकोनोविको
- 3) मुख्य कार्यालय (सांख्यिक) (ई.ए.सी.) (नार्थ) (ए.ए.सी.)
- 4) (ई.ए.सी.) लोकोनोविको नई दिल्ली

4) CPM-सभी मुख्य परिभाषणा एवं-प्रमुख कार्यालय

~~It can be useful.~~

It can be useful.

GA-II

12/9/18

12/9/18

12/9/18

GA-II

Keep it pending till tomorrow as DD (ms) has already requested all the CEs if they wish to participate

12/9/18

pl circulate it seek letal

form all mes with tentative date of works of

20/9/18

GA-II

12/9/18

# Wellness Gurukul

Mission Wellness

Launches

## 'Emotional Fitness Campaign'

(From 1<sup>st</sup> September to 30<sup>th</sup> September-2018)



By

### Dr. Sangeet Sharma

(Certified NLP Practitioner & Wellness Coach)

*(With a 3 hr. FREE practical workshop on emotional wellness)*

This FREE workshop on emotional fitness campaign will be held at your premises only.

**For organization registration contact us**

9891021094, 9871165187  
www.drsangeetsharma.com  
wellnessgurukul@gmail.com

You can choose any date and slot from September 1<sup>st</sup>, 2018 to September 30<sup>th</sup> 2018

**Prior registration necessary**

**Time duration  
3 hours**

### Achieve your Inner Wellness and Transformation

with the practical tools

3 hr. workshop with Dr. Sangeet Sharma

In this practical workshop you will learn:

- How to handle stress in your personal and professional life
- How to improve your relationships
- How to enjoy new mind patterns of confidence
- How to enjoy new mind patterns of wellness

- How to get rid of past painful memories
- How to make bright future timeline
- How to make better self-image
- How to erase subconscious imprint of negativity
- How to build sub conscious imprint of wealth, health and happiness **& much more**

#### Benefits

- \* Finding past issues and getting free from painful memories.
- \* Taking your relationship to the next level.
- \* Know why you have not achieved what you wanted and how to achieve that.
- \* Healing your life's timeline (complete Inner Transformation).
- \* Enhancing your personal and professional productivity.
- \* Break your limiting beliefs.
- \* Outcome design.
- \* Protect yourself from getting hurt.

#### Dr. Sangeet Sharma

Dr. Sangeet Sharma is a certified NLP master practitioner, a successful Life Coach, a Memory Trainer and Motivational Speaker, a renowned Counselor and a poet.

Dr. Sangeet has a plethora of experience and expertise to address and conduct sessions and a lot of clients have benefited out of his rich healing powers. He has been conducting workshops on subconscious reprogramming and memory mastery to address and resolve a number of mental and emotional issues so as to redirect and recharge the lives and to experience a state of complete mental wellbeing and success to his clients. He has been giving counseling to his clients for better adjustability and stress management.

He is specialized in conducting workshops on stress management, goal making, and relationship management for couple/ parents, team building, leadership, memory mastery and empowering people through his counseling.

Note- Prior Registration Necessary for this campaign