



CareShakti's

CareShakti®

Corporate Wellness

Programs

Proposal

Empowering Employees • Enhancing Workplaces • Elevating Well-being





CareShakti

About Us

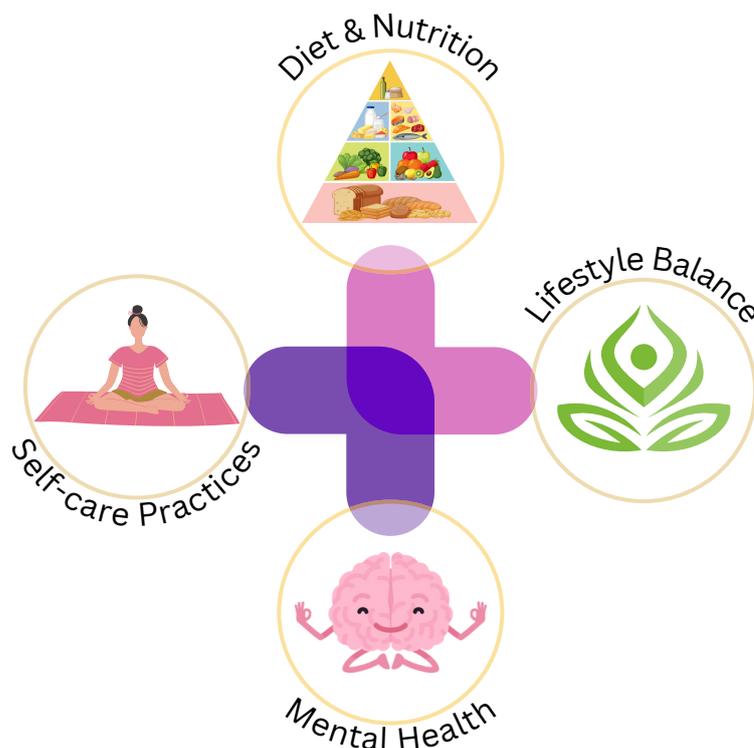
CareShakti is, at its core, a wellness organisation **for women, by women doctors**.

At CareShakti, we are dedicated to empowering women to achieve optimal health and well-being through holistic approaches. Rooted in the principles of balance and care, the organisation combines **modern science** with **traditional wisdom** to address the diverse health needs at every stage of life. CareShakti steadfastly believes in the transformative power of women, a force capable of radiating positive change across various domains.

For over a decade, the dedicated team at CareShakti has drawn inspiration from the common threads of challenges faced by their patients, striving to uncover the root causes of health concerns and instilling transformative solutions at their core.

At CareShakti®, we believe that a healthy workforce is the foundation of a thriving workplace. Our initiatives are designed to empower employees with sustainable lifestyle practices, practical knowledge, and holistic health tools that enhance productivity, focus, and overall well-being.

Our Focus Areas



Our Founder



Dr. Kruti S. Dhirwani

Dr. Kruti Dhirwani is a Medical Doctor, Clinical Dietitian and Certified Onco-nutritionist specialising in women's and children's health. With over 15 years of experience, she has helped thousands of individuals achieve better health through holistic and sustainable approaches.

She is the Co-Founder of **Sunshine Homeopathy Clinic**[®] and **TechnoMedix**[®], an IT company for doctors, by doctors.

She is also the Founder of **MagicOfMom.com**[®], a platform dedicated to pregnancy, parenting, and nutrition.

Her best-selling book **Millet—The Trending Ancient Grains** (available in English and Hindi) has been widely recognised for promoting sustainable, nutrition-packed diets.

She is also a mentor to various startups in health & wellness, nutrition, and food industries.

As a health and wellness speaker, she has conducted workshops in schools, colleges, and corporate settings, educating individuals on balanced lifestyles and preventive care.



CareShakti

Areas of Focus

CareShakti proposes to conduct a series of interactive health and wellness sessions in your workplace to educate and empower employees on essential health topics. Our curated wellness modules address the real challenges faced in today's fast-paced work environment:



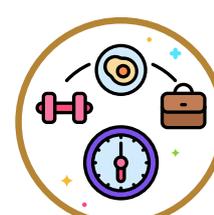
Sustainable & Practical Nutrition

Learn how to make balanced food choices that are realistic for busy workdays, ensuring energy, focus, and overall health without complicated diets.



Healthy Eating and Recognizing Misleading Food Information

Cut through nutrition myths and fad trends with evidence-based guidance, so employees can make informed food decisions that truly support well-being.



Lifestyle Optimisation and Preventive Care

Discover how small, consistent adjustments in daily routines, like posture, hydration, and activity, can deliver meaningful long-term health benefits.



Mental Health & Stress Management

Equip employees with simple, actionable strategies to manage stress, build resilience, and support mental wellness in demanding workplace settings.



Digital Detox & Sleep Hygiene

Explore techniques to reduce screen fatigue, improve sleep quality, and restore energy for sharper focus and productivity.



Hormonal Health for Women

Raise awareness of women's unique health needs, empowering female employees with knowledge and strategies to manage hormonal balance and overall well-being.

Methodology



Interactive Talks

Brief presentations interspersed with gamification of topics and engaging AVs.



Interactive Games & Activities

Performed by qualified experts & trained professionals.



Q&A Sessions

Ensures maximum participation and clarity of concepts



Educational Handouts

Utilitarian Take Home Messages curated for the audience.



Feedback Mechanism

Pre and Post assessment along with quantitative analysis.



CareShakti

Empower Your Workforce with CareShakti® Wellness Programs

Build a Healthier, Happier, and More Productive Workplace

Employee wellbeing isn't just a perk, it is a performance multiplier.

Our wellness programs combine science-backed insights, practical wellness solutions, and interactive learning to help your workforce thrive with a complete holistic health approach: physically, mentally, and emotionally.

The CareShakti® Advantage - for your team:

- Gain a deeper understanding of personal and workplace wellness.
- Be empowered with science-backed insights to make informed lifestyle choices.
- Build lifelong habits for physical, mental, and emotional well-being.
- Learn to identify and challenge misinformation about health and nutrition.
- Acquire practical tools to manage stress, nutrition, sleep, and self-care.

The CareShakti® Advantage - for your company:

- Reduced sick leave & improved productivity
- Stronger employer brand and employee retention
- Engaged, informed, and motivated teams
- Proven workplace wellness outcomes
- Custom workshops designed for your employee demographics
- Confidential and compliant handling of health data
- Scalable programs for large organisations
- Integration with CSR and employee wellbeing initiatives



Building a Healthier Workplace Together

CareShakti® partners with organisations to nurture a healthier, more informed workforce.

Through our expertise in **nutrition, mental health, and holistic wellness**, we provide science-verified content from qualified experts, delivered in an engaging and interactive way.

In a world overloaded with quick-fix information, we bring **clarity, credibility, and care.**

Together, let's empower your employees to **build sustainable habits** and **foster a culture of well-being** in your organisation.

Mode of Delivery



On-Campus (Offline Workshops)
At your workplace



Online (Webinars)
Flexible, accessible sessions

Sessions are bespoke and created as per the demographic and requirements along with inputs from the HR team. All topics consist of edutainment methodology of learning along with A.C.T. Documents (Actionable CareShakti Tips)

For an open discussion or more details and collaboration opportunities, let's connect:

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INSTAGRAM



COMMUNITY