



Care Shakti's

Health & Wellness Initiatives for Schools

Proposal





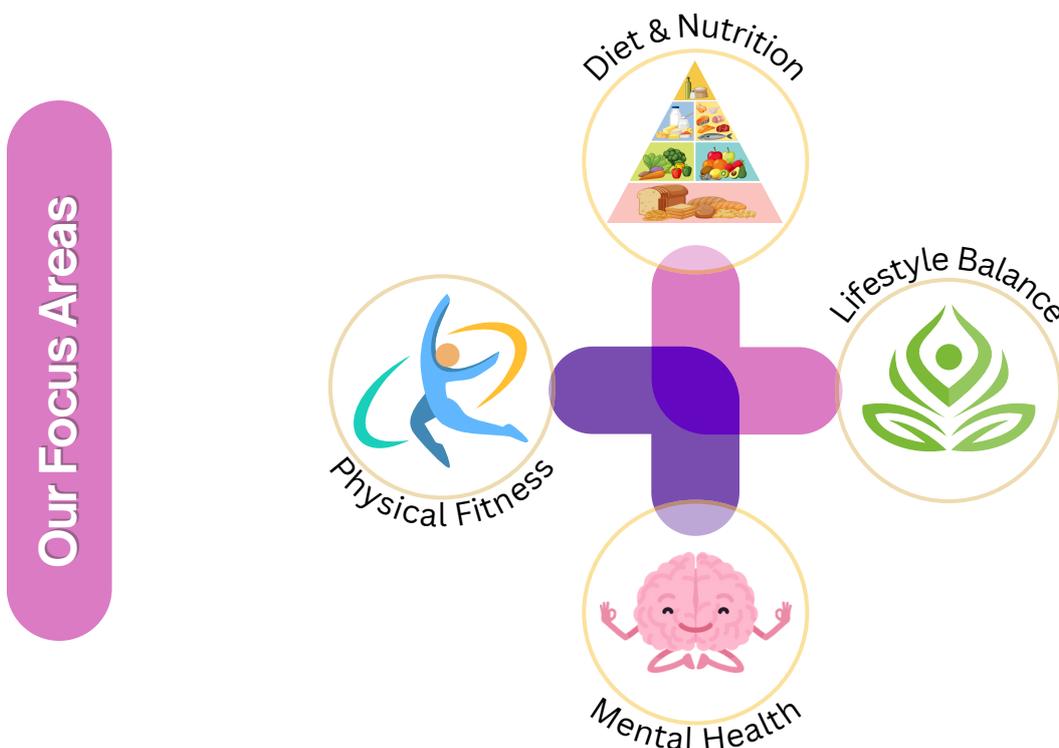
CareShakti

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. With nearly five decades of collective experience and a legacy of serving close to 10,000 patients, their commitment to healing continues unfettered. Inferring from the clinical experience over the past few years, CareShakti is now extending our transformative sessions to encompass children - the future of the world.



Our Founder



Dr. Kruti S. Dhirwani

Dr. Kruti Dhirwani is a Medical Doctor, Clinical Nutritionist, 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 **Millets—The Trending Ancient Grains** (available in English and Hindi) has been widely recognized 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.



Our Co-Founders



Dr. Laghavi Sarode

A Practicing Homeopath, Certified Nutritionist, and Lifestyle Consultant, specialising in childhood obesity and hormonal obesity in women. With over 14 years of experience, she integrates sustainable diets, adaptable workouts, and stress management through Energy Balance Therapy for holistic wellness.



Dr. Khushboo Jain

A Consulting McKenzie Physiotherapist with over 10 years of expertise in spine and joint health. She specialises in personalised rehabilitation for injury recovery and chronic pain management. She emphasizes proper posture practices and simple strategies for maintaining overall fitness. Her holistic approach restores mobility and empowers patients to move with confidence.



Dr. Hiral Bothra

A Consulting Homeopathic Physician and Psychological Counsellor with over 12 years of experience. She specialises in homeopathy and mental health counseling for individuals of all ages, fostering peace and overall well-being. She integrates holistic healing by balancing the seven chakras.



CareShakti

Areas of Focus

CareShakti proposes to conduct a series of interactive health and wellness sessions in your school to educate and empower students, particularly adolescents, on essential health topics. Our workshops will be engaging, informative, and tailored to the specific needs of school-age students.



PCOD/PCOS Awareness & Management

- **Understanding PCOD/PCOS:** Causes, symptoms, and myths
- **The role of diet, exercise, and lifestyle** in managing PCOS
- How to **recognise early signs** and seek medical guidance



Body Image Issues & Self-Acceptance

- The **impact of social media** & peer pressure on self-esteem.
- How to **build a positive body image & self-confidence.**
- Recognising unhealthy behaviours & **developing self-care habits.**



Menstrual Hygiene & Health

- Importance of maintaining menstrual hygiene.
- **Debunking myths** about menstruation.
- Addressing period pain, irregularities, & nutritional needs.
- Educational material on various products



Healthy Eating & Identifying False Food Literature

- Understanding **nutrition labels** and avoiding misleading **food marketing.**
- The truth behind **processed foods, fad diets, and artificial ingredients.**
- Easy, **nutritious food swaps** for a balanced diet.



Digital Detox & Sleep Hygiene

- Effects of **excessive screen time** on physical and mental health.
- The **importance of sleep** for academic performance and overall well-being.
- Tips for a **balanced approach** to technology use.



Physical Fitness & Posture Correction

- Importance of **physical activity** in adolescent health.
- Preventing **posture-related issues** due to prolonged screen time.
- **Simple exercises** and daily routines for better mobility and strength.

Methodology



Interactive Talks

Brief presentations interspersed with gamification of topics and engaging AVs.



Live Demonstrations

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.



Proposed Proforma

- Each session will be approximately **60-90 minutes**, depending on the topic and student age-group engagement levels.
- Each session would be sub-divided into smaller sub-sets with variation in speakers and presentation to ensure better retention.
- Based on the topic there would be interactive games with prizes for the audience.
- Sessions can be **tailored for different age groups** to ensure relevance and impact.
- We recommend conducting workshops in small groups for better interaction.

Audience Benefits

By participating in these workshops, students will:

- Gain a **deeper understanding** of their health and well-being.
- Be empowered with **science-backed facts**, enabling them to **make informed decisions**.
- Develop **lifelong habits** for physical, mental, and emotional wellness.
- Be able to **identify and challenge misinformation** about health.
- Learn practical skills to **manage stress, nutrition, and self-care effectively**.



Building a Healthier Future Together

CareShakti® aims to work alongside **educational institutions** to create a **healthier** and more **informed student community**.

Through our expertise in nutrition, mental health, and holistic wellness, we can equip students with the tools they need for a balanced and healthy future.

In the world of quick content, CareShakti aims to provide science-verified content by qualified experts and responsible authorities in an engaging and interactive manner.

We look forward to **collaborating** with your school to **build a stronger, healthier generation**.

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

Dr. Kruti Dhirwani
Founder, CareShakti

✉ Email: Team@CareShakti.com

☎ Phone: +91 989-299-2273 (CARE)

🌐 Website: www.CareShakti.com



INSTAGRAM



COMMUNITY



DR. KRUTI DHIRWANI
M.D. (Hom.), M.Sc. DFSM



DR. LAGHAVI SARODE
M.D. (Hom.)



DR. KHUSHBOO JAIN
B.P.Th, Cert. MDT, MIAP



DR. HIRAL BOTHRA
M.D.(Hom.), MS (Couns. & Psy.)

We appreciate the opportunity to contribute to your student's well-being and look forward to working together!