



AROGYADEV

Corporate Yoga &
Wellness Event



ABOUT ME:

Yogachary Rajeev Kumar, B. Sc (Bio), MSW, P.G in Yoga, UGC- NET and an avid researcher is a Corporate Yoga Guru & Wellness Therapist. He has also worked with ICMR AIIMS as a Research Assistant. He is a compassionate teacher and has worked as a Yoga Guru in various institutions. With many accreditations in his professional journey of more than 10 years, he has developed into a motivational speaker for Yoga and Wellness. His approach and methodology tools are effective in healing. One of the most sought-after Guru and therapist, who is associated with T.V. shows on DD news, Lok Sabha T.V. along with Ministry of Ayush, Government of India and many Central & State universities adds up to his vast knowledge and experience.



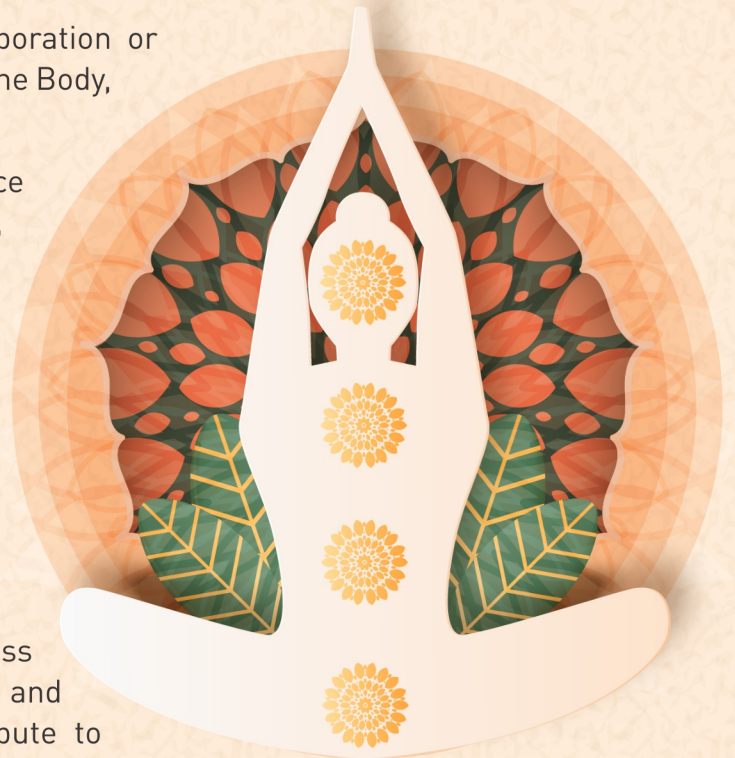
THE NEED

Yoga means addition, supplement, incorporation or extension of energy, Strength & Beauty to the Body, Mind & Soul of an individual.

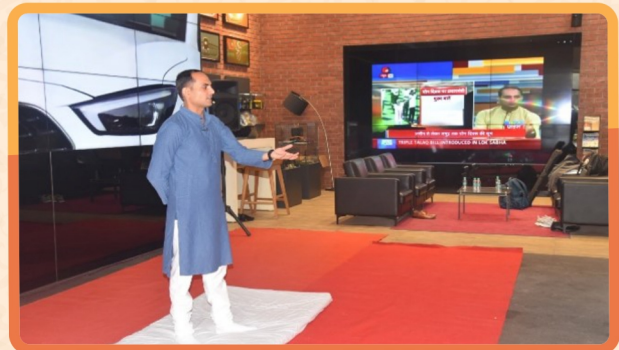
Corporate Yoga helps employees to enhance their energy, strength, mindfulness, emotional intelligence & so on. These are some attributes that an employer looks for in their employees, as they have a multitude of benefits for workplace and businesses. Encourage self-determination, persistence, positive work relationship, cordial environment at workplace, task commitment & enjoyment of work by employees.

Long work hours, deadline pressure, stress from living up to superiors' expectations, and the elusive work-life balance all contribute to employees' declining enthusiasm, mood, and spirit over time, which ultimately leads to lower productivity.

Recent studies have shown a sharp rise in lower productivity, compensation claims, increased absenteeism, and a high incidence of attrition as a result of stressful working conditions. This is so because productivity and employee morale are strongly related. In order to keep employees' energy levels and good attitudes high, corporate yoga programmes are needed.



WHAT DO WE DO



The **Corporate Yoga Program** has been designed by Arogyadev Corporate Yoga & Wellness. We offer a Holistic & Comprehensive Wellness Program for building a more empowered workforce.

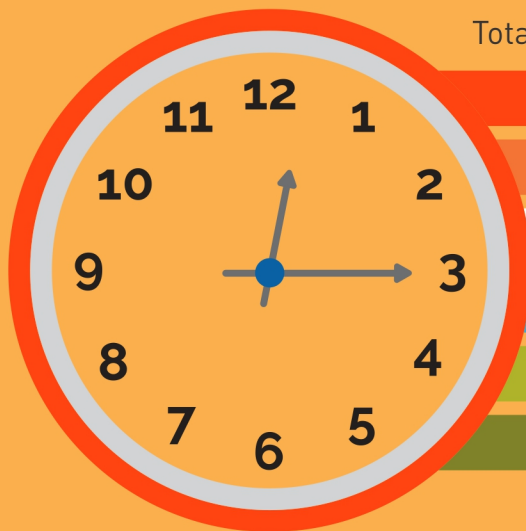
We take care of physical, mental, social & emotional wellbeing of your employees through our meticulously designed sessions comprising of Motivational Lectures & practice of easy and less time-consuming Yoga techniques. These stress buster and motivational Yoga sessions will be organized by our highly trained & experienced **Yogachary Rajeev Kumar** (PG in Yoga & UGC NET qualified). He's a compassionate teacher having a vast experience as Yoga Guru associated with various highly reputed organizations/institutions for managing the well-being of their employees.



BENEFITS

- ➔ Improves Physical, Mental, Social & Emotional Health of your employees
- ➔ Lowers stress-related health care costs
- ➔ Less absenteeism and disability claims
- ➔ Brings out positivity & work-life balance among the work force
- ➔ Increase staff loyalty whilst reducing attrition rate
- ➔ Improves concentration & promotes effective decision-making
- ➔ Boost team spirit & morale
- ➔ More harmonious workplace
- ➔ Improves overall health & wellness of your team
- ➔ Enhance productivity & prosperity to the organization in long run

PROGRAM SCHEDULE



Total program would last for **60 minutes**.

10 minutes motivation speech

20 minutes basic joint movements

05 minutes laughter yoga

10 minutes breathing practices

10 minutes meditation

05 minutes Q&A session

OUR REQUIREMENT

- ➔ Arrangement of transport facility till the venue to be arranged by company.
- ➔ Dress Code: Jeans, Pants, Trouser, Leggings, Salwar-Suit are allowed.
(Kindly avoid wearing too loose and tight or short outfits)



Arogyadev Corporate Yoga & Wellness

☎ 8800260716; 9758774005

✉ info@arogyadev.com; arogyadevyog@gmail.com

🌐 www.arogyadev.com