श्री SAMVIRAN
HOSPITAL OF AYURVEDA

CORPORATE HEALTH & WELLBEING SESSIONS

"Holistic Healing. Productive Teams."

By Dr. Shreya Pastey,
Founder Shree samviran hospital of Ayurveda

MEET DR. SHREYA PASTEY

AYURVEDIC PHYSICIAN | NADI PARIKSHAN SPECIALIST | FOUNDER, SHREE SAMVIRAN HOSPITAL OF AYURVEDA

- With years of clinical & corporate wellness experience
- Speaker at JSW, Visionary HR Association, and other forums
- Expertise in lifestyle disorders, stress management, gut health, and corporate burnout
- Strong believer in combining ancient Ayurvedic principles with modern work-life challenges

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WHY CORPORATE WELLNESS MATTERS TODAY

In today's fast-paced corporate world, employees are under constant pressure to meet deadlines, stay productive, and multitask across roles. This often leads to:

- **Chronic Stress**
- **Mental Fatigue & Brain Fog**
- **Poor Sleep & Low Immunity**
- **Digestive Disorders**
- **Lack of Work-Life Balance**
- **Burnout**

Many employees silently suffer without seeking help, which leads to higher absenteeism, frequent sick leaves, decreased job satisfaction, and eventually talent attrition.

83% of employees report stress impacting work performance

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FLEXIBLE & IMPACTFUL OFFERINGS FOR EVERY TEAM

Every organization is different, and so are its people. That's why I offer a variety of customized session formats to meet your team's wellness needs, time constraints, and health priorities. Whether you're looking for a one-time session or a long-term wellness engagement, my offerings are designed to fit your company's rhythm.

1. One-Day Wellness Camps

Ideal for company-wide awareness and engagement.
Includes:

- Nadi Parikshan (Pulse Diagnosis) – 1:1 personalized health insights
- Mini Wellness Talk – On stress, digestion, immunity or seasonal health
- Self-care Toolkit – Simple remedies using kitchen herbs
- Q&A / Interaction – Employees ask and learn from real-time discussion
- Benefits:
- High engagement in a short format
- Employees feel heard, supported, and rejuvenated
- Great as part of HR wellness calendar or health drives

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2. Half-Day Workshops

- Theme-based session (Choose from: Stress Detox, Gut Health, Sleep Balance, Women's Health, etc.)
- Group Nadi Parikshan / assessments
- Lifestyle Hacks – Nutrition, dinacharya, mental hygiene
- Guided self-massage, breathing, and herbal preparation techniques

Add-ons:

- Printed workbook or digital wellness guide
- Custom herbal kit for employees (optional)

Ideal for:

Departments, HR teams, schools, leadership cohorts.

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3. Two-Day Wellness Retreats

Immersive experience designed for leadership teams or select employee groups.

Structure:
Day 1: Arrival rituals, Nadi Parikshan, Food & Digestion workshop, Rasayana lifestyle
Day 2: Emotional detox, Ayurvedic cooking demo, seasonal & mental balance strategies

- Includes morning rituals, guided meditations, herbal teas, nature time

Goals:

- Physical detox, emotional renewal, and mental clarity
- Builds trust, bonding, and mindfulness among teams
- Opportunity to reset high-performing individuals

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4. Monthly Engagement Plans

Perfect for long-term, culture-deepening wellness.
Includes:

- Monthly session (online/offline hybrid)
- Quarterly Nadi Parikshan for interested employees
- Wellness bulletins & Ayurvedic seasonal tips
- Themed workshops across the year (Agni Month, Sleep Month, Mental Health Month, etc.)
- Optional 1:1 employee support or follow-ups

Why this works:

- Keeps wellbeing top of mind
- Builds consistency in habits
- Shows your company's genuine commitment to employee health

FLEXIBLE & IMPACTFUL OFFERINGS FOR EVERY TEAM

Format	Duration	Core Features	Best For
One-Day Camp	Duration	Nadi Parikshan, Mini Talk, Q&A, Self-care Tips	Large employee groups, awareness days
Half-Day Workshop	3–4 Hours	Thematic Deep Dive, Practical Demos, Herbal Techniques	Specific teams, focused sessions
2-Day Retreat	2 Full Days	Mind-Body Reset, Food Rituals, Personalized Guidance	Leadership teams, stress detox programs
Monthly Engagement	Ongoing Plan	Monthly Themes, Check-ins, Seasonal Wisdom	Long-term wellness integration

BENEFITS TO YOUR TEAM & ORGANIZATION

By supporting your employees' physical and emotional health, you're creating a resilient workforce that's focused, motivated, and loyal.

Ayurvedic interventions are not just reactive—they are preventive and personalized, which means your team stays healthier and performs better with less downtime.

"After our half-day wellness session with Dr. Shreya, many of our team members reported better sleep and digestion within just a week. Her Nadi Parikshan insights were eye-opening, and employees felt genuinely cared for. It was more than just a session—it was a mindset shift.

– HR Manager, Mid-sized Manufacturing Company, Hubli

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TAILORED FOR YOUR TEAM'S UNIQUE NEEDS

Because one-size-fits-all doesn't work in wellness.

Every company is unique—with different teams, cultures, working conditions, and health challenges. That's why each session I offer is custom-designed based on:

- Employee demographics (age, gender, stress levels, shift type)
- Department-specific goals (HR, operations, leadership, etc.)
- Available time, space, and format (virtual/on-site)

Whether it's a high-pressure corporate office, a manufacturing unit, or a startup team, I ensure that every session feels relevant, inclusive, and impactful.

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YOUR 3-STEP ONBOARDING FLOW

Discovery Call

We understand your organization's culture, challenges, and wellness goals.

Custom Proposal

Curated wellness themes, session formats, and recommendations.

Final Agenda with Q&A

You receive a finalized plan with engagement tips, materials, and time breakdown.

"WELLNESS IS NOT A LUXURY. IT IS THE FOUNDATION OF PRODUCTIVITY."

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LET'S BEGIN TODAY

If you're ready to offer your employees deeper health, balance, and energy—get in touch today. Together, we'll create a session that fits your workplace like a glove.

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