



Happy mind Healthy Body

BCAS Women's day special

HOW TO STAY FIT IN AN ERRATIC FAST PACED EXPEDICIOUS WORLD & CREATE WORK LIFE BALANCE



EMPOWERED WOMEN, EMPOWER THE WORLD

- ❖ PRIORITIZE TIME MANAGEMENT
 - ❖ INCORPORATE REGULAR EXERCISE
 - ❖ GET ENGAGED IN HOBBIES & VERSATILE ACTIVITIES
 - ❖ TO REDUCE MIND FOG VERY COMMON TO PERI MENOPAUSE; BE A LIFE LONG LEARNER.
 - ❖ TAKE UP SMALL COURSES AND CONTINUE TO DO BRAIN-SCANNING IN TERMS OF MINDFUL EATING & MEDITATION
 - ❖ BE WITH POSITIVE PEOPLE WHO ENCOURAGE YOU TO BE BETTER.
- ▶ SET REALISTIC GOALS AND IMPLEMENT DISCIPLINE
 - ▶ UNPLUG & TRAVEL, EXPLORE AND CONTINUE TO CARRY FITNESS GADGETS, INCORPORATE WALKS OR TREKS.
 - ▶ LET YOUR COLLEAGUES & CLIENTS KNOW YOUR AVAILABILITY; DELEGATE TASKS TO OTHERS TO FREE YOUR TIME.
 - ▶ FIND YOUR FITNESS BUDDY WHO MOTIVATES.
 - ▶ INVEST IN REGULAR PAID FITNESS CLASSES & TRAINING EXPERT.



FACIAL YOGA BENEFITS

1. TIGHTENS YOUR FACIAL SKIN
2. IMPROVES BLOOD CIRCULATION IN YOUR FACE
3. MINIMIZES THE APPEARANCE OF WRINKLES
4. INCREASES THE GLOW AND REDUCES THE SIGNS OF AGING
5. REDUCES DOUBLE CHIN AND BLOATING
6. IMPROVES CONFIDENCE & SECRETION OF HAPPY HORMONES



DESK TOP EXERCISES AND BREATHING TECHNIQUES

1. TILTING OF THE NECK GENTLY SIDE TO SIDE
2. SHOULDER ROTATIONS
3. PROTRACTION RETRACTIONS
4. TIGHTING THE FIST AND ARM ROTATIONS BOTH CLOCK AND ANTICLOCKWISE
5. SPINE TWISTING TURNING INTO VAKRASANA
6. CAT AND COW POSE SEATED ON THE CHAIR
7. TOE ROTATIONS AND CALF RAISES
8. USING SCARF OR RESISTANCE BAND FOR ROTATOR CUFFS
9. WATER BOTTLE AS A WORKOUT GADGET
10. WALL PUSH UPS OR DESK PUSH UPS/ MOUNTAIN CLIMBERS/ WALL SQUATS (STATIC)

Incorporate physical and mental consciousness at every stage of your life

Prenatal yoga



Peri/ post menopausal yoga



Bliss Body

Anandamaya Kosha

Intellectual Body

Vignanamaya Kosha

Emotional Body

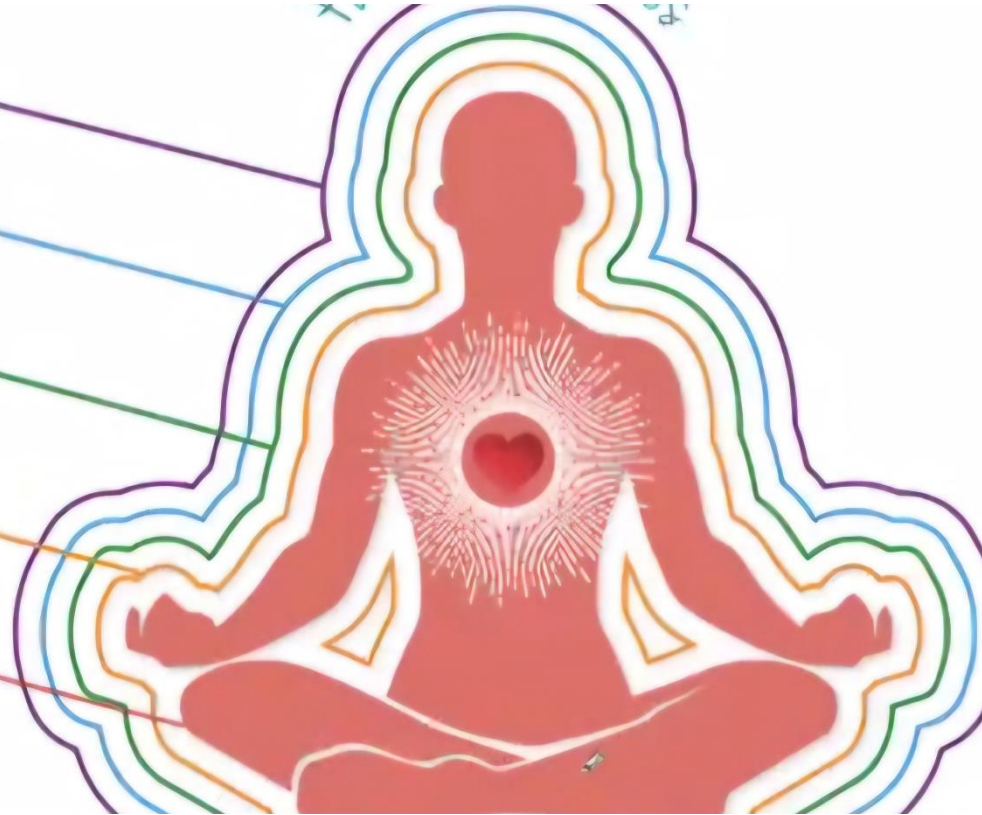
Manomaya Kosha

Breath Body

Pranamaya Kosha















Physical Body

Annamaya Kosha



Learning to positive manifestation

UNBLOCKING SEVEN CHAKRAS AND HEALING FROM WITHIN

		<p>MULADHARA CHAKRA TOUCH THE TIPS OF YOUR THUMBS AND INDEX FINGERS. KEEP YOUR ARMS STRAIGHT WITH YOUR HANDS ON YOUR KNEES. VISUALIZE THE COLOUR RED WHILE CHANTING THE SOUND: L-A-A-A-A-M</p>
		<p>SWADHISTHANA CHAKRA PLACE YOUR HANDS IN YOUR LAP AND REST YOUR RIGHT PALM ON TOP OF YOUR LEFT. TOUCH THE TIPS OF YOUR THUMBS. VISUALIZE THE COLOUR ORANGE WHILE CHANTING THE SOUND: V-A-A-A-A-M</p>
		<p>MANIPURA CHAKRA HOLD YOUR HANDS BETWEEN YOUR HEART AND STOMACH. PUT YOUR HANDS TOGETHER, FINGERS STRAIGHT, POINTING AWAY FROM YOU. CROSS YOUR THUMBS. VISUALIZE THE COLOUR YELLOW WHILE CHANTING THE SOUND: R-A-A-A-A-M</p>
		<p>ANAHATA CHAKRA TOUCH THE TIPS OF YOUR THUMBS AND INDEX FINGERS. PLACE YOUR LEFT HAND ON YOUR LEFT KNEE, PALM DOWN, AND THE RIGHT HAND IN THE CENTRE OF ANAHATA. VISUALIZE THE COLOUR GREEN WHILE CHANTING THE SOUND: Y-A-A-A-A-M</p>
		<p>VISHUDDHI CHAKRA PLACE YOUR HANDS IN FRONT OF YOUR STOMACH WHILE INTERLACING YOUR FINGERS. TOUCH THE TIPS OF YOUR THUMBS. VISUALIZE THE COLOUR BLUE WHILE CHANTING THE SOUND: H-A-A-A-A-M</p>
		<p>AJNA CHAKRA PLACE YOUR HANDS IN FRONT OF YOUR LOWER BREAST. YOUR MIDDLE FINGERS AND THUMBS ARE TOUCHING. EACH OF YOUR OTHER FINGERS ARE BENT AT THE KNUCKLES AND TOUCHING. VISUALIZE THE COLOUR INDIGO WHILE CHANTING: S-H-A-A-A-M</p>
		<p>SAHASRARA CHAKRA PLACE YOUR HANDS IN FRONT OF YOUR STOMACH AND CROSS YOUR FINGERS. YOUR LITTLE FINGERS ARE JOINED TOGETHER WHILE POINTING UPWARDS. VISUALIZE THE COLOUR VIOLET WHILE CHANTING: A-A-A-A-U-U-M</p>

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TO ZAP AWAY THE ILLNESS AND
BRING THE ZEST BACK IN LIFE

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LOVE YOURSELF ENOUGH TO LIVE A HEALTHY LIFESTYLE

DO CONNECT WITH US FOR DETAILED COUNSELLING SESSIONS AND EXERCISE
GUIDANCE OFFLINE & ONLINE

PRAJAKTA GUPTA

FOUNDER OF REVIVAL THE NUTRI SPIRIT

+91-9870440098

revivalnutrispirit@gmail.com

Thank You

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a modern, layered effect against the white background.

Ms. NEHA PANDIT TEMBE

M.Sc (Dietetics). B.Sc (Nutrition). Certified Diabetes Educator



**The Life you want TOMORROW Begins with Choices you make TODAY!
Empowerment through Knowledge & Action**

Start: Overcoming information overload and food phobia through information.

- Beyond the Scale & Trends: Health is not just a number. Focus on nutrient density and long-term health, not hacks.

The Humble Balanced Diet: A miraculous diet that works long term. Use plate method for balancing groups.

- Back to Basics: Check for essential nutrients: Carbs, Proteins, Fats, Vitamins & Minerals, Fibre, Water.
- Do not go on "diets" which deprive you of something or recommend only 1 thing!
- Check all groups- Cereal-millet-grains + Dal -Pulse + Dairy products + Vege-greens-fruits+ Meat-poultry + Fats - Oils + Water
- Feast & Fast both should be avoided. Don't go extreme..Take care!
- Don't go on doing something coz u've always been doing that, your body changes, needs change.

Taking Action: Implementing small, consistent changes in diet and family habits, no shortcuts.

You are what you Shop-Buy : Stocking and eating the right things = you eat the right things.

- Reading and understanding food labels is 1st step to make healthier choices.
- Grocery lists are a great start to balanced diet.
- ALWAYS ALWAYS read the nutrition label- atleast ingredients . ALWAYS

Effects of Less/Poor Sleep

- Sleep & Rest are most underrated therapy. All systems depend on a good deep sleep.
- Every small bit counts. Everyday is a small step.
- Listen to your body- it gives signals: burps, gases, farts, regurgitation.

I hope this summary helps! Let me know if you need any further assistance. 😊

Join for Workshops/ Programs:

- 9 day Navratri fasting challenge.
- Own Your Health 360- 1 month program.
- Meal Planning.
- Diabetes Masterclass.
- Label reading Masterclass.
- Recipe sessions: Buddha Bowls, Salad Dressings, Sweets, Starters & many more.

Ms. Neha Pandit Tembe

Email: neha.pandits@gmail.com

Phone: (+91) 90043 47569

Snack Right : www.snackright.in/ Instagram: [snackright.in/](https://www.instagram.com/snackright.in/) Facebook: [snackright](https://www.facebook.com/snackright)



Contact: 09619313282.

E-mail: neha.pandits@gmail.com