

Our Agency

Saksham Social Welfare Society is a Non-Governmental Organisation dedicated to addressing key societal issues: healthcare and education, women's empowerment, and skill development. Our forte lies in conducting meticulously designed workshops, both residential and non-residential, to raise awareness about health-related concerns. Our past participants include senior executives from prominent organizations like Parliament House Annexe, NTPC, PGCIL, and many more. With a committed faculty and comprehensive programs, we aim to promote physical, mental, and spiritual well-being.

We extend our reach to youth empowerment through "Life Skills Training Workshops" in leading schools like DPS (R K Puram), nurturing confident and healthy individuals for a better tomorrow. Additionally, we focus on women's empowerment and skill development, especially in the North-East region of India. Taking our efforts further, we introduce a novel concept of training programs, incorporating practical sessions for hands-on learning. Our latest addition, SHE, integrates detox kriyas and Naturopathy practical sessions, providing valuable takeaways for participants.



Get In Touch

Phone

9205844761

Website

www.sakshamsws.com

Address

B1/1, Vasant Vihar, Delhi, India,
110057



SHE - Stronger Healthier Everyday

A large, circular inset image showing a close-up of a woman's face. She has long, wavy brown hair and is smiling warmly at the camera. Her eyes are light-colored, and her teeth are visible. The background is a soft, out-of-focus grey with a yellow bokeh light.

**STRONGER
HEALTHIER
EVERYDAY**

About Workshop

"SHE - Stronger Healthier Everyday - is a transformative course designed exclusively for women, unlocking their limitless potential. Addressing crucial life phases like puberty, pregnancy, and pre/post-menopause, it empowers women to navigate health challenges and embrace balance amidst life's demands. Through purification and holistic health practices, SHE elevates physical and mental well-being, fostering excellence in every aspect of life. Join us on this journey to rediscover vitality, productivity, and inner strength."



Objective of Workshop

- Discover the changes and challenges of Puberty, Pregnancy, and Pre/Post-Menopause.
- Learn to maintain a healthy work-life balance for overall well-being.
- Explore preventive healthcare strategies tailored to women's health needs.
- Achieve harmony between work and physical health.
- Prevent common diseases like PCOD, Post-menopausal syndrome, and more..

For Whom

Enhance your success as a female executive with our program designed to tackle lifestyle diseases and master work-life balance. Tailored for senior professionals seeking excellence in both personal and professional realms.

Why attend this Workshop

Attend this workshop to gain valuable insights into managing lifestyle diseases common among female executives. Learn practical techniques to achieve a healthy work-life balance while receiving personalized guidance tailored to senior professionals. Acquire tools for enhancing both personal and professional excellence, and connect with a supportive community focused on holistic wellness and success.

Contents

- 01** P-3 Three phase of women life – Puberty, Pregnancy , Pre-menopause. Optimize health & vitality in all phases.
- 02** Diet as medicine. Detoxification and anti –ageing. Time management
- 03** Introduction to behavioural patterns for positive attitude and strong relationships. Naturopathy treatments as home remedies like Mud therapy, Reflexology .

Key Takeaways

- Physical transformation.
- Mental and emotional well-being.
- Building positive self-image .
- Practical learnings for health maintenance.

