

# Thrive

A holistic wellness program  
for students and teachers



Welcome to the Holistic Wellness Program for academia, an initiative aimed at promoting the overall well-being of students and teachers in your academic community. Our program is designed to address the physical, mental, emotional, and social needs of individuals, providing them with the tools and skills necessary to lead a healthy and fulfilling life.

An academic program  
that promotes  
holistic wellness,  
enabling students to  
**thrive** in all aspects  
of their lives.

Let's Talk  
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[www.wellnesseekersacademy.com](http://www.wellnesseekersacademy.com)

# Promoting Holistic Wellness in the Academic Years

Thrive



Holistic wellness  
programs for  
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## BENEFITS

The Holistic Wellness Program for academic institutions offers numerous benefits to students and teachers alike.

- Enhanced mental and emotional well-being through stress management and mindfulness techniques
- Increased social skills and emotional intelligence through communication and relationship building exercises
- Greater academic success through improved focus, productivity, and motivation
- Personal and professional growth through the acquisition of new skills and knowledge
- A positive and supportive academic culture that promotes overall well-being

## OBJECTIVES

The program's primary objectives are as follows:

- To educate students and teachers on the importance of holistic wellness and its various dimensions
- To equip students with the necessary skills and knowledge to take responsibility for their own well-being
- To help teachers develop an understanding of their own well-being and equip them with tools to support their students' well-being
- To promote a culture of well-being in the academic community

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We believe that this program can make a significant difference in the lives of students and teachers, creating a healthier, happier, and more fulfilling academic community.

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# Promoting Holistic Wellness in the Academic Years

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## Academic Course for Students on Holistic Wellness

## HIGHLIGHTS

- 40-hour wellness periods divided into modules
- Highly interactive modules include *role-plays, exercises, tests, group activities, videos, etc.*
- Orientation and concluding sessions also for teachers and parents
- Wellness program available both offline and online
- Goal setting by students
- Student evaluation and certification

The introduction of an academic course on Holistic Wellness for students is an essential step towards promoting the overall well-being of our students. The course would provide students with a comprehensive understanding of what it means to be holistically healthy.

The course provides students with the necessary tools to lead a healthy life. Students would also learn about the importance of mental and emotional well-being, along with how to manage their stress levels effectively. The course is available in a hybrid mode, providing students with both in-person and online learning opportunities. This would enable students to access the course materials from anywhere, at any time, and on any device.

The course includes interactive sessions, group discussions, and practical exercises, making it an engaging and informative experience for them. Upon completion of the course, students would receive a certificate of completion, which they could highlight in their resumes or college applications.

This would provide them with a significant advantage, demonstrating their commitment to holistic wellbeing and their ability to manage their personal and academic challenges effectively. Overall, the introduction of the academic course on Holistic Wellness for your students is a critical step towards promoting a healthy and thriving academic community. It would enable your students to develop essential life skills, improve their academic performance, and lead a healthy and fulfilling life.

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## Holistic Wellness workshop for Teachers

### HIGHLIGHTS

- Wellness Orientation Workshop
- Overnight retreat spread over the next day
- Includes Yoga session and the 8 Dimensions of Wellness
- Interactive workshop includes group activities, role-plays, exercises, etc.
- Self-assessments
- Individual goal setting for self-development
- Certification

The 2-day workshop on Holistic Wellness for teachers is an essential step towards promoting their overall well-being. The workshop would provide teachers with the necessary tools to lead a healthy lifestyle. They would also learn about the importance of mental and emotional well-being, along with how to manage their stress levels in an effective manner.

The workshop is highly interactive, engaging, and informative, providing teachers with a comprehensive understanding of what it means to be holistically healthy. It includes group discussions, practical exercises, and hands-on activities that would enable teachers to apply the concepts learned in their personal and professional lives.

Experts in the field of holistic wellness conduct the workshops, who would share their knowledge and expertise with the teachers. They would also provide guidance to teachers on how to incorporate holistic wellness practices into their daily routines and how to promote these practices among the students.

The workshop would also enable teachers to gain a deeper understanding of the challenges their students face and how to address them effectively. The workshop on Holistic Wellness for teachers is a critical step towards promoting a healthy and thriving academic community. It would enable teachers to lead by example, promoting healthy lifestyle practices amongst their students and contributing to the overall well-being of your academic community.

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## Certification upon Course completion.

## HIGHLIGHTS

- The certification is awarded upon completion of the academic course on holistic wellness.
- Acknowledges the student's dedication and commitment to their overall well-being.
- Provides students with a valuable credential that they can include on their academic records, resumes, & college applications.
- Demonstrates that the student has acquired a broad range of knowledge and skills related to physical, mental, emotional, and social well-being.
- Can be a source of personal pride and accomplishment, inspiring students to continue their journey toward optimal health and well-being.

Certification for completing the academic course on Holistic Wellness provides numerous benefits for students. It demonstrates their commitment to holistic well-being and their ability to manage their personal and academic challenges effectively.

**Professional Growth:** Certification adds value to the student's profile and demonstrates their willingness to invest in their professional growth. It indicates to potential employers or academic institutions that the student is proactive in learning skills that enhance their overall well-being.

**Personal Development:** The course on Holistic Wellness promotes personal development by teaching students life skills that enable them to lead a healthy and fulfilling life. The certificate serves as a testament to the student's personal growth and development.

**Skill Validation:** The certification validates the skills and knowledge that students acquire during the academic course on Holistic Wellness. It provides a tangible proof that students have gained the necessary skills to lead a healthy lifestyle and manage their personal and academic challenges effectively.

**Academic Advancement:** For students who plan to pursue higher education, having a certificate of completion of the course on Holistic Wellness demonstrates their commitment to holistic wellbeing, personal growth, and academic success.

Overall, certification for completing the academic course on Holistic Wellness is a valuable addition to the student's profile. It provides numerous benefits that enhance their personal and professional growth, giving them a competitive edge in the job market and their academic pursuits.

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*“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”*

*~Greg Anderson.*

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