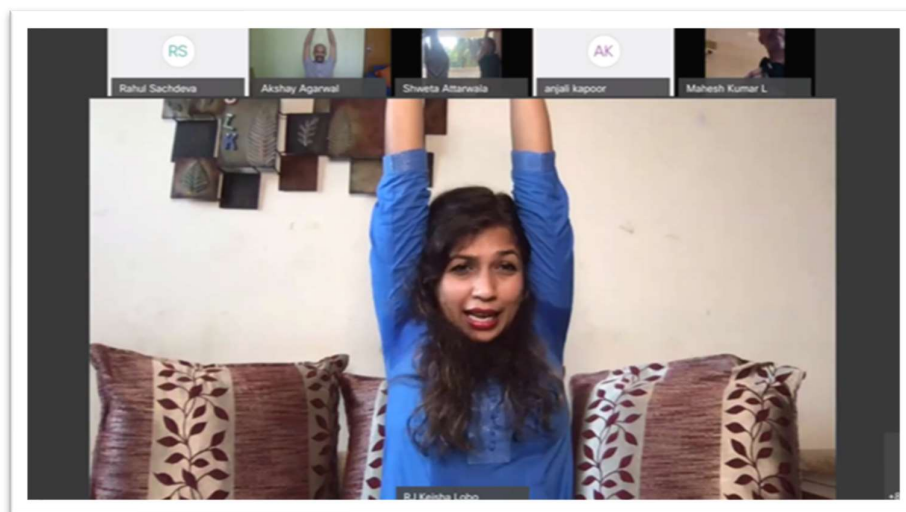


1. WELLNESS BOOTCAMP : ‘Good Health: A Key for Entrepreneur Success’

Anveshan Foundation conducted a two-day Online Boot Camp on Good Health in collaboration with SwasthAayu, on 27th – 28th Nov, 2020. The primary aim of the program was to increase the participants’ awareness towards the indispensable importance of holistic health and how it can positively impact their businesses.



Participants from all over India registered for the program and actively engaged in the bootcamp. Details of the sessions and their respective speakers are given below.

Title/ Activity	Speaker	Description
Inaugural	Inauguration of the Program	
Session 1	Mr. Akshay Agarwal Founder, SwasthAayu	Staying Healthy Daily – a time saving health strategy
Session 2	Dr. Shewta Attarwala Founder, SwasthAayu	Dance Therapy for Stress Management
Session 3	Ms. Keisha Lobo RJ and Dance Movement Therapist	Change Management (Who moved my Cheese)
Session 4	Dr. V K Arora, CEO IGDTUW Anveshan Foundation	Time, Network & Stress Management for Entrepreneurs