

# HEALTH MENTOR

## FOUNDATION FOR CULTIVATING WHOLENESS

### **Why the need for the intervention of cultivating wholeness through holistic wellness methods for children and adolescents?**

To offer a map or a manual that indicates how you are unique as a person and that guides you to live in sync of who you are, and which is a proven valuable for human understanding. It is a holistic self-knowledge system.

A beautiful mix of ancient and modern system that will prove to be a valuable tool for human understanding.

In the years to come, there is going to be a shifting the global cycle. A new cycle will begin in 2027 and it characterized as the cycle of the individual & in a time like this it is the aware individual that can make correct decisions for themselves that will have distinct advantages as the collective human race the next evolutionary step that will occur in the cycle is a shift from body awareness to mental, emotional and spirit awareness.

This new cycle for humanity is going to be a paradigm shift known as the “great awakening”. A shift from common scientific knowledge to the science of differentiation.

## **The Cultivating Wholeness School Program**

Educating children to understand their body, mind & soul

### **Introduction**

Every child is special & within in each one there is a higher potential waiting to be unlocked an educator plays a dynamic role in unleashing the child's hidden capabilities by understanding his mindset and behavioral pattern this way the child can be folded and nurtured to achieve its full potential.

Health Mentor understand this and that's why through the cultivating wholeness program, an integrated health care system has been introduced. It comprises of a team of

1. Holistic health & wellness experts
2. Clinical & Counselling psychologists  
Nutritionists
3. Special educators
4. Spiritual Life Coach
5. Mental Health experts
6. Life coaches

Working together under the leadership of Ms. Karishma shah towards the goal of holistic wellness for all.

## **Cultivating Wholeness School Program for Urban & Rural Communities**

A platform promoting holistic health and wellness of school aged children. The cultivating wholeness program provides effective, therapeutic, preventive, and rehabilitative health services with specialized integrative initiatives for children and adolescents. The impetus of the program is dual in nature with a strong focus on clinical aspects of working with the young population as well building resilience and better coping mechanism through non - clinical workshops and seminars are multi-disciplinary team works collaboratively to ensure best service provision under one roof for all child and adolescent related health needs.



## Workshops and Seminars

### For Students -

1. PCOS education & management for girls
2. Diabetes & Prediabetes preventive methods
3. How to prevent obesity in kids
4. Effective stress management techniques
5. Anxiety & Depression education and management
6. Managing anger
7. Being assertive Coping with peer pressure
8. Building effective communication Skills
9. Introduction to Holistic health
10. Exploration of mind and body relationship
11. Life skills training for adolescence
12. Building self-esteem in classroom
13. Management of emotions and feelings
14. Energy as medicine
15. Education of 9 energy centers
16. Spiritual life lessons for disease prevention
17. Intuition. Intuitive eating and healing
18. Guide to the real meaning of spirituality
19. Meditation
20. Food as medicine
21. Leadership building
22. Introduction to modern Ayurvedic nutrition
23. Explanation of Foundation of agriculture, crop cycle, season, and seasonal food to consume for health management
24. Understanding personality and self-awareness techniques



## For Parents -

1. Positive parenting approaches
2. Working with children and their behavioral patterns
3. managing your child's learning problem
4. promoting your child's wellbeing
5. understanding and handling adolescent
6. helping children manage exam effectively
7. Signs to be aware of which signals mental health concerns and physical health concerns
8. managing parental stress
9. Building your child's emotional intelligence
10. building resilience in your child
11. Management your parenting style across time
12. Building your relationship with your child
13. understanding your child's unique personality
14. Risky behavior in adolescents
15. Management of emotions
16. bullying and its prevention
17. body image and the self
18. preventing substance use and abuse
19. practices to improve creative thinking
20. personality development
21. building self esteem
22. creating a healthy kitchen at home
23. Nutritional for disease prevention
24. genetic disorder management
25. Positive home environment Building
26. Spiritual development for parents



## For Teachers -

1. Effective teaching methodology and skills
2. Early detection and detection of psychological problem in students
3. personality understanding of students
4. Understanding adolescent and adolescent related issues
5. Behavioral management in classroom
6. Application of counselling skills
7. positive behavior support
8. stress management and coping for the self
9. Understanding emotions and emotional intelligence
10. Spiritual life lessons
11. Holistic health practice for the teachers
12. leadership building skills
13. Gender sensitization
14. Career counselling
15. Life path Coaching



## Health Mentor Counselling Program


The health mentor counsellor forum is a unique initiative conceptualized to provide a platform for practicing teachers and counsellors working in school setting to be able to exchange and formulate ways of working with children and adolescents set to convene every 6 to 8 weeks. This program is an endeavor to provide for the benefit of students and families streamlined health diagnosis health assessments, diet and meal plans, psychological assessment and analysis, personality development assessment, Career counselling reports, along with individualized feedback to the school counsellor and a comprehensive discussion about the treatment plan.

Our team, of experts provide for medical intervention using scientific and psychological methods to treat various clinical, physical, disease oriented, mental health related conditions that can afflict a growing child or a teenager. Be it genetic health disorders, PCOS, prediabetes, obesity, underweight issues, depression, anxiety, drug use and abuse or problems like ADHD and behavioral disorders. Comprehensive treatment paradigms are utilized effectively to manage these problems

## School Helplines

To enhance the accessibility of holistic health care we have launched a school helpline for student, parents or teachers undergoing any kind of physical or emotional distress to be able to speak to a counsellor at the time of crisis. The helpline will be active 7 days a week from 10 am - 6 pm.

## Health Coaching Services

1. The mainstay of health coaching services involves provision of sustainable evidence based therapeutic health services these are rendered by our qualified nutritionists and health coaches
  2. Health analysis and diagnosis are conducted for children to understand their BMI, Ideal body Weight, nutritional deficiencies, physical strength, weight management, health disorders and their food habits
  3. Child, Parent & family diet and meal plan, supplement recommendation to improve health parameters
  4. Immunity building and disease prevention counselling for children and parents
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## **Behavior Modification Therapy**

1. Psychological assessments are conducted for children and adolescents to understand their patterns of development learning, behavioral and emotional functioning, and their personality
2. Parent and family counselling services
3. Career Counselling & Life path coaching for students to choose the right vocation

## **Integrative Wellness Coaching**

Health mentor provides individualized intervention program for children and parents for holistic development in academics, mental health, and spiritual development. This intervention focuses on the strength of the child using multiple intelligences to bridge the gap along with multi-sensory techniques to bring about all round development. We believe in teaching children the way they can learn not the way they can teach.

Our wellness coaching program is carried out by qualified special educators, coaches, and therapists

## **Mini Video Courses of Educational Videos for Children, Parents & Teachers**

### **Topics addressed will be-**

1. PCOS management
2. Hormonal Balance
3. Diabetes Prevention
4. Obesity Prevention
5. Weight LOSS
6. Weight Gain
7. Stress Management
8. Coping with Anxiety
9. Depression Management
10. Ayurveda
11. Ayurvedic Nutrition
12. Spiritual Life lessons
13. Relationship Building
14. Communication Skills
15. Self-Motivation & Confidence
16. Leadership Skills
17. Meditation & Pranayama

About The Founder - Ms. Karishma Shah  
PhD in Holistic Nutrition & Wellness,

She is an Integrative Health Nutritionist & Holistic Wellness Coach who has an extensive educational background in Clinical Nutrition, Ayurveda, and Spiritual-Mental Health.

So Coming from her deep-rooted experiences, her approach is multi-disciplinary and wholesome while working on your body, mind, and soul. This brings in a transformation within her clients with the intention of being sustainable and everlasting.

Her personalized, goal-specific nutrition plans and holistic counseling which is her proprietary blueprint of modern science+ayurveda+psychology and spirituality has brought healing to the lives of thousands of patients struggling with hormonal and metabolic imbalances, weight, and lifestyle-related disorders, globally.

She is an exceptional public speaker offering nutrition, mental health and plant based culinary education. She is a trained Cognitive Behavioural Therapist and helps her clients through her proprietary counselling blueprint which she uses to coach and educate her clients towards self-awareness and real transformations.



## For Program Details

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