



GSHER |

4-HOUR CORPORATE WORKSHOP

CARE FOR YOUR HEALTH

Powered by the CelluReva™ Protocol

Hustle to Healing

LIVE WELL TO LEAD WELL

A practical, experiential health-education workshop that helps employees understand their biology, practise safe self-care skills, and build a 21-day plan for sustainable action.

INVITATION FOR CORPORATES

Begin with a complimentary 1-hour priming session of Dr. Biswajit Speaks for your employees and leadership team.

Dr. Biswajit Mohapatra, MS

Chairman, GSHER | Creator, CelluReva™ Protocol

INFORM • INSPIRE • IMPACT



WHY NOW

High performance can hide a biological cost.

A healthier organization begins when people can read their body's signals before exhaustion becomes their normal.

1

PRODUCTIVITY CAN LOOK HEALTHY

Fatigue, stress, poor sleep, long sitting, irregular meals, and digital overload can remain invisible behind performance.

2

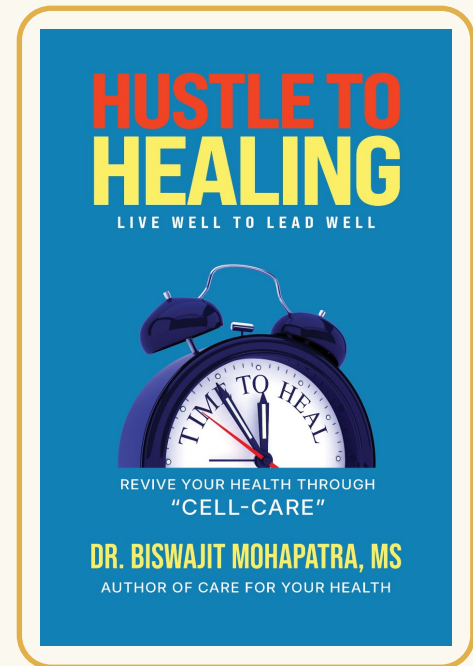
A REPORT IS ONLY A SNAPSHOT

A health check may identify risk. It cannot perform the daily choices that shape energy, recovery, attention, and behavior.

3

KNOWLEDGE MUST BECOME PRACTICE

Employees need simple skills they can use in a meeting, at a desk, during a shift, before a meal, and at the end of the day.



"Success is biological."

Work-life balance is not a luxury. It is a biological necessity.

Care for Your Health helps employees move from passive awareness to informed participation - without replacing medical care.

THE CORE PROPOSITION

A medical camp can identify risk on one day. This workshop develops knowledge, skills, and daily practices for the other 364 days.

A DIFFERENT JOB

Not another medical camp.

Medical camps remain essential for screening and clinical care. Care for Your Health is designed for education, practice, and follow-through.

DIMENSION	MEDICAL CAMP	CARE FOR YOUR HEALTH
Primary role	Screen, examine, test, refer or treat within scope.	Educate, demonstrate, practise and build capability.
Time horizon	A snapshot on the day of the camp.	Daily choices plus a 21-day continuation plan.
Participant	Mainly receives a professional service.	Learns, observes, practises and makes a personal plan.
Core output	Readings, findings, clinical advice or referral.	Energy map, 4R practices, three anchors and one habit loop.
Best use	Detect risk and connect people to care.	Build health literacy, self-regulation and workplace support.

THE PRECISE DIFFERENCE

Superior to a stand-alone camp for sustained education, personal agency, skill practice, and follow-through. Not a substitute for clinical screening, diagnosis, referral, vaccination, or treatment.

The ideal corporate pathway

SCREEN WHEN NEEDED > REFER APPROPRIATELY > EDUCATE DEEPLY > SUPPORT DAILY ACTION

THE DIFFERENCE

Four movements. One sustainable rhythm.

CelluReva translates self-healthcare into a sequence employees can understand, practise, and repeat.

RESET MOVEMENT 1	What noise must reduce? Pause, notice overload, calm the response, protect sleep. A 90-SECOND RECOVERY CUE
REVIVE MOVEMENT 2	What input is missing? Support energy through breath, water, food, movement, light, rest and meaning. THREE ENERGY ANCHORS
REPROGRAM MOVEMENT 3	What pattern repeats? Redesign the trigger, the smallest response, and the supporting environment. ONE REWRITTEN HABIT LOOP
RESTORE MOVEMENT 4	What makes it last? Protect rhythms, relationships, recovery and workplace support. A 21-DAY PERSONAL PLAN

CELLULAR LITERACY - IN PLAIN LANGUAGE

Oxygen | Hydration | Food | Movement | Sleep | Stress signals | Circadian rhythm | Meaning

Daily behavior can support the cellular environment. It cannot guarantee prevention or cure.

THE EXPERIENCE

Four hours from awareness to action.

A high-impact foundation for broad employee groups and leadership cohorts.

00:00-00:15	THE EDGE WE IGNORE	Welcome, intention, silent energy check	Personal reason to participate
00:15-00:35	CAMP TO CAPABILITY	Screening vs education; boundaries	Clear expectations and trust
00:35-01:00	THE BODY'S WHISPERS	Energy-leak audit; signal reflection	One signal to observe safely
01:00-01:45	CELLULAR LITERACY	Daily inputs, 4R map, L.I.F.E.S.T.Y.L.E.	A personal cellular-input map
01:45-02:20	RESET LAB	90-second breath; tension, digital, sleep reset	A repeatable recovery cue
02:20-02:35	MINDFUL BREAK	Hydration, gentle movement, no-phone pause	Direct experience of recovery
02:35-03:15	REVIVE LAB	Breath, water, movement, food, light	Three energy anchors
03:15-04:00	REPROGRAM + RESTORE	Habit redesign; 21-day pledge; Q&A;	One habit loop + health contract

FORMAT AT A GLANCE

Recommended group: 30-100 | Interactive and experiential | Product-neutral | Assistant facilitator recommended above 60 participants

WHAT REMAINS

Participants leave with more than motivation.

Every module closes with a concrete action and a realistic minimum dose.

FOR EACH PARTICIPANT

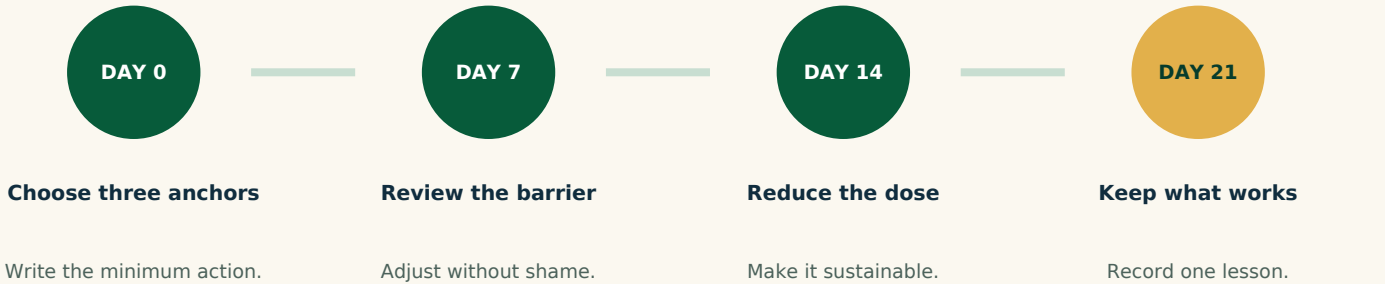
- A personal energy-leak map
- A safe 90-second reset
- Three practical energy anchors
- One redesigned habit loop
- A five-minute daily non-negotiable
- A written 21-day health contract

FOR THE ORGANIZATION

- A common language for sustainable performance
- Practical micro-recovery skills employees can use at work
- A systems conversation on meetings, workload and after-hours contact
- One visible team-level 21-day experiment
- A safer bridge between self-care and professional care

THE 21-DAY CONTINUATION

Behavior change is supported through simple review points rather than a one-day motivational high.



MINIMUM EFFECTIVE DOSE

3 slow breaths + 1 minute of movement + 1 fresh food choice + 1 glass of water + 1 protected sleep cue

On a difficult day, protect the identity even when the full routine is impossible.

MEET THE FACILITATOR



Dr. Biswajit Mohapatra, MS

Surgeon | Author | Self-Healthcare Educator

"We do not replace the doctor. We prepare a more aware person to work with the doctor - and to care for health between consultations."

A surgeon's experience. An educator's mission.

With more than three decades in surgical practice, Dr. Biswajit Mohapatra brings the credibility of modern medicine together with a long-standing commitment to self-healthcare education. He is Chairman of the Global Self-Healthcare Education and Research (GSHER) and creator of the CelluReva™ Protocol.

His corporate workshops translate health science into usable language, lived reflection, safe experiential practice, and a personal plan that can survive a real working day.

CHAIRMAN

GSHER

CREATOR

CelluReva™ Protocol

AUTHOR

Care for Your Health

AUTHOR

Hustle to Healing

ONE CELL | ONE EARTH | ONE HEALTH | ONE VISION



GSHER |

CORPORATE INVITATION

Begin with one powerful hour.

Invite Dr. Biswajit Speaks to your organization for a complimentary 60-minute priming session before the 4-hour workshop.



WHAT YOUR TEAM WILL EXPERIENCE

01

Why success is biological

The hidden link between working style, energy and recovery.

02

The body's whispers

Signals to notice without self-diagnosis or fear.

03

Camp to capability

Why screening and daily self-healthcare must work together.

04

A guided Reset

A safe, short experience plus the CelluReva 4R introduction.

NO FEE | NO PRODUCT PITCH | EDUCATION-FIRST | SUBJECT TO SCHEDULE AVAILABILITY

Suitable for employees, leadership teams, HR, CSR, safety and occupational-health groups.

BOOK YOUR COMPLIMENTARY PRIMING SESSION

+91 94370 42490**www.globalselfhealthcare.org**

Global Self-Healthcare Education and Research (GSHER) | Rourkela, Odisha

Educational program only. It does not replace medical consultation, diagnosis, prescription, treatment, or emergency care.