

## GLOBAL PROFILE

# Dr. Biswajit Mohapatra

Man With A Mission

Surgeon - Self-Healthcare Educator - Author  
Chairman, GSHER - Creator, CelluReva™ Protocol

A senior surgeon from Rourkela who transformed three decades of clinical experience into a public movement for self-healthcare through cell-care.

His work brings together surgical discipline, prevention, lifestyle biology, mindset intervention, cellular intelligence, and public education.

*"Medicine treats disease. Health is practiced. Cell-care is the new language of self-healthcare."*



### GSHER Trust

Global Self-Healthcare Education and Research  
Darpan Unique ID: OR/2023/0335300

[Visit GSHER Website](#)

|                         |                        |                     |                                   |
|-------------------------|------------------------|---------------------|-----------------------------------|
| <b>30+</b>              | <b>10+</b>             | <b>5</b>            | <b>1 Mission</b>                  |
| years surgical practice | years health education | books and protocols | self-healthcare through cell-care |

### Primary Contact

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[www.globalselfhealthcare.org](http://www.globalselfhealthcare.org)

## PROFESSIONAL IDENTITY

# A Surgeon Who Turned Clinical Experience Into a Health Movement

Dr. Biswajit Mohapatra is a Senior Consultant Surgeon at JP Hospital, Rourkela. Across more than three decades of surgical practice, his work expanded from conventional treatment to prevention, preservation, health education, and public self-healthcare.

He is a certified Neuro-Linguistic Programming (NLP) Health & Wellness Educator and uses patient stories, cellular literacy, self-healthcare science, and mindset intervention to help people understand the hidden intelligence of the human body and mind.

His larger mission is to change the present healthcare mindset from passive disease-management to responsible self-healthcare - empowering people with knowledge so they can care for themselves and make doctors less burdened by preventable disease.



### Core Positioning

A surgeon-teacher translating biology into practical public education: Self-Healthcare through Cell-Care.

*"He reveals the power of the human body and mind to those who are completely unaware of their hidden potential."*

### Medical Foundation

Senior consultant surgeon. Surgical discipline, decision-making, patient care, and decades of observation form the medical base of his education model.

### Education Mission

Founder-chairman of GSHER, working to shift public health culture from disease fear to health responsibility and prevention.

### Cell-Care Vision

Creator of CelluReva™: Reset, Revive, Reprogram, Restore - a practical framework for cellular health literacy.

## INSTITUTIONAL VISION

# GSHER, New Prescription Point and CelluReva™

The work is structured through Global Self-Healthcare Education & Research (GSHER), New Prescription Point / New Perception Point, and the CelluReva™ Protocol. Together, they create an education ecosystem where health is not left to crisis care alone; it becomes a daily biological practice.

|                                       |                                                                                                                                                                                      |
|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>GSHER</b>                          | Global Self-Healthcare Education & Research Trust - awareness, workshops, books, training, corporate programs, youth education and community health literacy.                        |
| <b>New Prescription Point</b>         | A perception-changing education space emphasizing self-care, lifestyle alignment, health navigation and responsible referral. It is educational, not a replacement for medical care. |
| <b>CelluReva™ Protocol</b>            | A four-stage cell-care framework: Reset the noise, Revive energy, Reprogram response and Restore rhythm.                                                                             |
| <b>New Perception Point for Youth</b> | A platform to bring health, resilience, biological intelligence, discipline and purpose into student and youth development.                                                          |

## CelluReva™ in four movements

### RESET

Silence biological, emotional, digital and nutritional noise.

### REVIVE

Recharge with oxygen, hydration, nutrition, movement and meaning.

### REPROGRAM

Rewrite stress response, beliefs, habits and emotional reflexes.

### RESTORE

Sustain prevention, rhythm, purpose and community.

Educational boundary: CelluReva™ and GSHER programs educate, motivate, observe and refer. They do not replace diagnosis, prescriptions, emergency care, surgery or disease-specific medical treatment.



## AUTHOR PROFILE

# Books and Knowledge Resources

Dr. Biswajit Mohapatra uses books as a vehicle to simplify cellular health, lifestyle biology, leadership, burnout recovery and the science of self-healthcare for the public, professionals and institutions.

|                                                                  |                                                               |                                                                             |                                                                           |                                                                             |
|------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <p><b>Care for Your Health</b><br/><a href="#">Open link</a></p> | <p><b>Hustle to Healing</b><br/><a href="#">Open link</a></p> | <p><b>CelluReva Protocol: Master Book</b><br/><a href="#">Open link</a></p> | <p><b>CelluReva Protocol for Cancer</b><br/><a href="#">Open link</a></p> | <p><b>CelluReva Protocol for Diabetes</b><br/><a href="#">Open link</a></p> |
|------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------|

|                              |                                                                                                                     |
|------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>Care for Your Health</b>  | A user manual for living healthy - body, breath, heart, gut, mind, aging, food, immunity and lifestyle.             |
| <b>Hustle to Healing</b>     | A conversation-led journey from burnout and performance obsession to presence, healing and self-leadership.         |
| <b>CelluReva Master Book</b> | The master framework for reversal at the cellular level through Reset, Revive, Reprogram and Restore.               |
| <b>Cancer Protocol</b>       | A cell-care educational perspective on support, mindset, prevention, lifestyle awareness and healing participation. |
| <b>Diabetes Protocol</b>     | A cell-care educational perspective on food, rhythm, insulin response, lifestyle and biological intelligence.       |

## KNOWLEDGE INTO ACTION

# Speaking, Workshops and Public Education Themes

## Signature Speaking Topics

- Health awareness, fitness and healthy living
- Healing mindset and mindset intervention
- Epigenetic lifestyle modification
- Lead Your Way to Health
- Practicing Self-Healthcare
- Third Dimension of Modern Medicine for medical students
- Anatomy of Success: ecosystem for vibrant health
- One Step Forward: leadership and communication for paramedics
- Laws of Medicine and Beyond the Scalpel for doctors
- Dream Big, Race Against Yourself for students
- Self-healthcare strategies for teachers
- Food, friends and fun: good choices for children

## Health Promotion Tools and Courses

Explore programs at [www.globalselfhealthcare.org](http://www.globalselfhealthcare.org)

- Practicing Self-Healthcare - optional NIT final-semester subject with 3 credits
- Blueprint for Living Healthy - 33 days online
- DNA of Living Healthy - 21-day guided online journey
- Perfect Health Secrets online
- Healthy Living Workshop
- Embracing Stress & Anxiety in Everyday Life - 4-hour workshop
- Exercise Physiology
- Epigenetic Lifestyle Modification
- Therapeutic Lifestyle Changes
- Anatomy of Health
- Laws of Medicine

## Institutional Reach

Programs delivered for LIC of India, Rotary International, management institutions, schools and colleges, BSNL, NIT Rourkela, IIT Goa, Greater Noida Productivity Council, Mount Abu Brahmakumaris, Gujarat Sports University, Foodies, Vieroot Wellness Kochi, Vedanta and various state medical conferences.



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**CREDIBILITY**

# Academic, Leadership and Recognition Profile

## Roles and Appointments

- Honorary Member - Planning Board, Odisha State Open University (OSOU)
- Honorary Member - Academic Council, Odisha State Open University
- Managing Trustee and Chairman - GSHER Trust
- Founder - New Prescription Point / New Perception Point
- Creator - CelluReva™ Protocol
- President - IMA Rourkela City Branch, 2011-12
- President - IMA Rourkela City Branch, 2018-19 (second term)
- Honorary Secretary - Puspanjali Cancer Foundation, 2007-2008
- President - Rotary Club of Rourkela Royal, 2011-12
- NLP Certified Trainer; Health & Wellness Educator since 2016
- Ex-member - Public Speakers Association of India (PSAI)
- Affiliated consultant - Vieroots Wellness, Kochi



## Awards

- President Appreciation Award for Rotary Royal, 2011-12
- Best Branch President, IMA Odisha, 2011-12
- 2nd Runner Up - Indi-Author Championship 2022

### Trust Identity

Global Self-Healthcare Education & Research Trust  
Darpan Unique ID: OR/2023/0335300

ALL CLICKABLE LINKS

# Global Link Hub and Contact Details

Every link below is clickable in the PDF. The full URL is also printed so the document remains useful when shared as a screenshot or printed copy.

| Type       | Resource                                    | Clickable link / full URL                                                                                                                                                                     |
|------------|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Website    | Global Self-Healthcare Education & Research | <a href="https://www.globalselfhealthcare.org/">https://www.globalselfhealthcare.org/</a>                                                                                                     |
| Book       | Care for Your Health                        | <a href="https://www.globalselfhealthcare.org/care-for-your-health">https://www.globalselfhealthcare.org/care-for-your-health</a>                                                             |
| Book       | Hustle to Healing: Live Well to Lead Well   | <a href="https://www.globalselfhealthcare.org/hustle-to-healing-book">https://www.globalselfhealthcare.org/hustle-to-healing-book</a>                                                         |
| Book       | CelluReva Protocol Master Book              | <a href="https://amzn.in/d/03aMacsj">https://amzn.in/d/03aMacsj</a>                                                                                                                           |
| Book       | CelluReva Protocol for Cancer               | <a href="https://amzn.in/d/06UhbMt3">https://amzn.in/d/06UhbMt3</a>                                                                                                                           |
| Book       | CelluReva Protocol for Diabetes             | <a href="https://amzn.in/d/0eoZtM4y">https://amzn.in/d/0eoZtM4y</a>                                                                                                                           |
| Facebook   | Dr. Biswajit Mohapatra                      | <a href="https://www.facebook.com/bmdoc1/">https://www.facebook.com/bmdoc1/</a>                                                                                                               |
| Facebook   | GSHER / Global Self-Care                    | <a href="https://www.facebook.com/globalselfcare/">https://www.facebook.com/globalselfcare/</a>                                                                                               |
| LinkedIn   | Dr. Biswajit Mohapatra Profile              | <a href="https://www.linkedin.com/in/dr-biswajit-mohapatra-ms-fmas-7130945a/">https://www.linkedin.com/in/dr-biswajit-mohapatra-ms-fmas-7130945a/</a>                                         |
| Newsletter | Art of Self-Healthcare - Subscribe          | <a href="https://www.linkedin.com/build-relation/newsletter-follow?entityUrn=7358855425259159553">https://www.linkedin.com/build-relation/newsletter-follow?entityUrn=7358855425259159553</a> |
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|                |                                                                                |
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Disclaimer: This profile introduces Dr. Biswajit Mohapatra and GSHER educational work. It is not a prescription, diagnosis or disease-specific treatment plan. For medical problems, consult a qualified medical professional.



## WEEKLY ONLINE SERIES

# Dr. Biswajit Speaks

An information-sharing platform to answer health queries and discuss health MYTHs in simple, responsible language.

## Book Your Weekly Program Slot Online

Online booking • Public Q&A • Health myth-busting • Self-healthcare awareness

### What is the purpose?

A calm weekly space where people can ask, listen, clarify doubts and rethink health before fear or disease forces a crisis.

### Questions you can ask

- Lifestyle, food, sleep, stress and self-care.
- Prevention, warning signals and health doubts.

### Health myths we discuss

- Social-media myths and wellness half-truths.
- Cell-care and practical lifestyle action.

### Slot booking / enquiry

**Website** [www.globalselfhealthcare.org](http://www.globalselfhealthcare.org)

**Email** [bmdoc1@gmail.com](mailto:bmdoc1@gmail.com)

**Phone** [+91 9437042490](tel:+919437042490)

### Scan to Book



**Who can book?** Individuals, families, institutions, senior citizen groups and wellness communities.

*Educational note: This series is for health education and awareness, not diagnosis or personal medical treatment.*