



GLOBAL SELF-HEALTHCARE EDUCATION & RESEARCH

Self-Care | Best Care | Research | Care For Your Health



GSHER

Global Self-Healthcare Education & Research

A mission-driven platform for self-healthcare education, wellness awareness, cell-care literacy and community transformation.

ONE CELL | ONE EARTH | ONE HEALTH | ONE VISION

From self-care to cell-care. From disease care to health care.

Core Programs

Care For Your Health Workshop | CelluReva™ Protocol | Dr. Biswajit Speaks

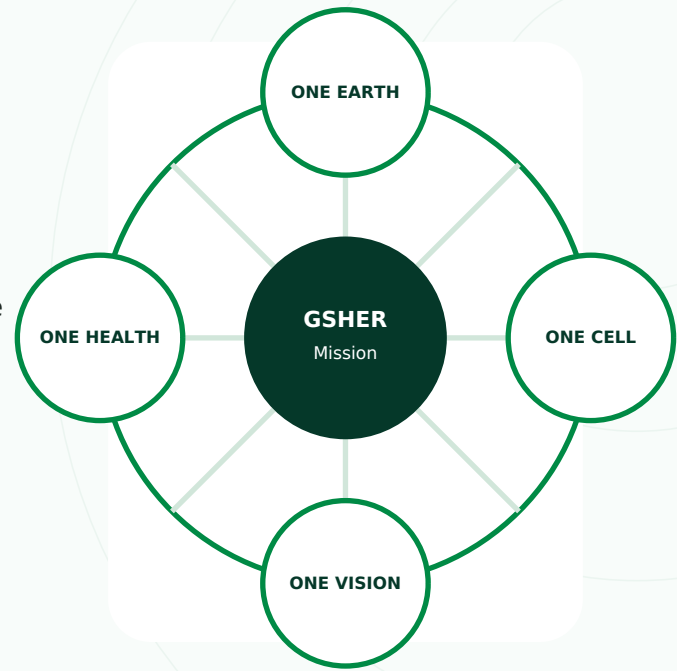
OSOU Certificate Courses | School, Youth & Leadership Programs | Books and Learning Resources

Chairman: Dr. Biswajit Mohapatra

**INSTITUTIONAL FOUNDATION**

GSHER: A New Public-Health Education Movement

GSHER brings medical science, biological intelligence, lifestyle practice, yoga, nutrition, mind training and community education into a structured self-healthcare framework. The objective is not to replace doctors, but to create informed individuals, families, institutions and communities who understand health before disease forces them to stop.

**One Cell**

Health begins at the cellular level - energy, repair, signaling and regulation.

**One Earth**

Human health is inseparable from food, soil, water, air and ecological responsibility.

**One Health**

Body, mind, behavior, family, society and environment must be understood together.

**One Vision**

A healthier world through self-healthcare literacy, prevention and practical education.

Why GSHER exists

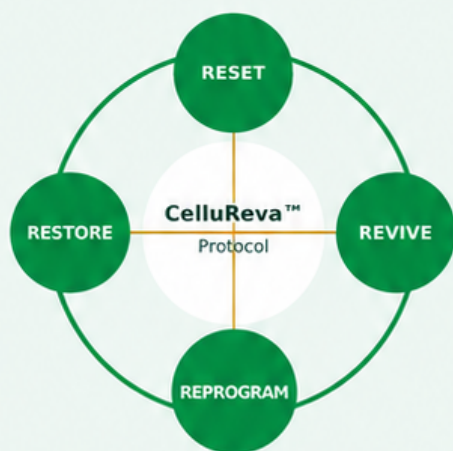
The modern disease-care system saves lives, but daily health is created outside the hospital - in breathing, movement, food, sleep, stress response, relationships, discipline and meaning. GSHER converts this knowledge into practical education for citizens, professionals, students and leaders.



FLAGSHIP WORKSHOP

Care For Your Health Workshop

Powered by the CelluReva™ Protocol - a practical workshop that converts cell-care, daily habits, stress response, movement, food, sleep and self-responsibility into an understandable health plan.

**CelluReva™ Logic**

Reset • Revive • Reprogram • Restore

What the Workshop Changes

- Disease fear becomes practical health clarity.
- Passive patient behaviour becomes active self-care participation.
- Random wellness tips become structured biological understanding.
- Prescription dependency is replaced by perception, prevention and daily practice.

Workshop Modules

01 Cell-care basics

Cells, signals, energy and repair

02 Breath & stress

Resetting the body before overwhelm

03 Movement medicine

Activity, exercise, strength and recovery

04 Food as information

Nutrition, metabolism and inflammation

05 Mind & emotion

Thoughts, habits, fear and resilience

06 Lifestyle design

A practical self-care plan for families

Recommended for corporates, educational institutions, hospitals, doctors' forums, senior citizens, community groups, government departments and families who want practical health literacy.

**PUBLIC CONVERSATION PLATFORM**

Dr. Biswajit Speaks

A knowledge-sharing and myth-clearing talk series by Dr. Biswajit Mohapatra, created to bring medical understanding, self-healthcare principles and human stories to the public in simple language.



Format

- Short talks, interviews and interactive Q&A.;
- English, Hindi, Odia or mixed audience-friendly format.
- Health myths, prevention, self-care, chronic disease awareness and quality of life.
- Designed for online programs, institutions, IMA forums and public events.

Signature Themes

- From disease care to health care.
- The New Prescription: change perception, practice self-care.
- Work-life balance is biological.
- Doctors beyond prescription.
- Self-care, cell-care and biological intelligence.

Suggested Talk Topics

Why does my heart suffer?

Why do people gain weight after 40?

Stress, burnout and cellular load

Food as signal, not just calorie

Sleep, recovery and repair

Mental health begins in the body

Doctor self-care and ethical practice

Healthy aging and independence

The biology of success

Purpose: to make health understandable, emotionally engaging and actionable - so that people do not wait for disease to start respecting their body.

**ACADEMIC PATHWAY**

Self-Healthcare & Wellness Certificate Courses with OSOU

GSHER contributes to structured self-healthcare education through certificate-level learning that integrates modern biology, yoga, lifestyle medicine, positive psychology, nutrition, communication and practical wellness skills.

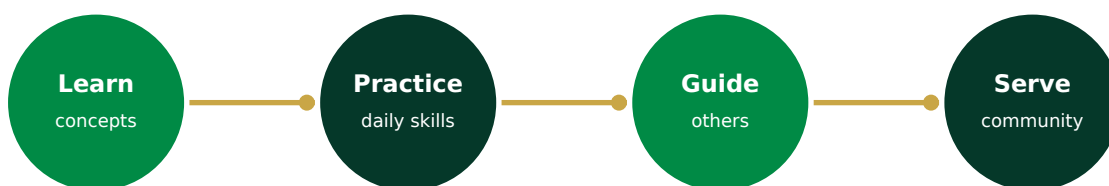
Core Learning Areas

- Foundation of Human Biology and Self-Healthcare
- Wellness through Physical Activity, Exercise and Nutrition
- Foundations of Yoga and applied therapeutic practices
- Human Anatomy, Physiology and body-system integration
- Mind Dynamics, meditation and discovering the self
- Health Communication and Professional Skills

Program Intent

- Create self-healthcare literate citizens and educators.
- Bridge scientific understanding with traditional health wisdom.
- Promote personal responsibility, preventive thinking and community wellness.
- Develop employable skills for wellness coaching, health education and institutional programs.

Learning Pathway



Expected Outcomes

Learners understand the scientific foundations of self-care, apply evidence-informed lifestyle practices, develop communication skills for health education, design personal self-care plans, and contribute to community wellness initiatives under appropriate guidance.

Educational note: all programs are meant for awareness, prevention and lifestyle education. They do not substitute diagnosis, treatment or emergency medical care.

**CELLUREVA™ SUCCESS PROTOCOL**

School Programs, Youth Programs & Biological Success Education

GSHER takes self-healthcare to schools and colleges through the CelluReva™ Success Protocol - a practical model that teaches students that success is not only motivational; success is biological.

For Schools

- Exam stress, fear and emotional regulation.
- Focus, sleep, food, movement and digital discipline.
- Confidence without comparison.
- Substance-use prevention through self-worth and biological clarity.
- Parent-teacher-student wellness conversations.

For Colleges & Youth

- Performance without burnout.
- Biology of ambition, dopamine and distraction.
- Anxiety, loneliness and the body-mind load.
- Leadership, communication and self-responsibility.
- Career readiness with mental and cellular resilience.

CelluReva™ Success Protocol - Working Model

Reset

calm the system

Revive

restore energy

Reprogram

train habits

Restore

live with purpose

Suggested Modules for Institutions

- One-hour orientation: Success is Biological.
- Half-day student resilience workshop.
- Teacher wellness and mentorship training.
- Parent awareness session: How to support without pressure.
- Youth leadership laboratory: values, discipline, service and self-care.



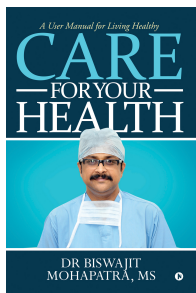
AUTHORED KNOWLEDGE PLATFORM

Books by Dr. Biswajit Mohapatra

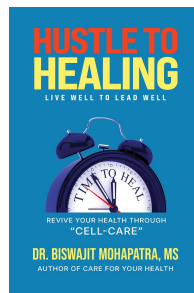
The GSHER movement is supported by original books, protocol manuals, workbooks, newsletters and public education resources that translate medical understanding into simple, reflective and practical self-healthcare language.

Book-Based Learning

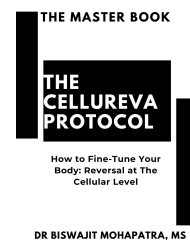
Used for workshops, courses, school programs, leadership sessions and self-healthcare awareness.

**Care For Your Health**

Self-care handbook

**Hustle to Healing**

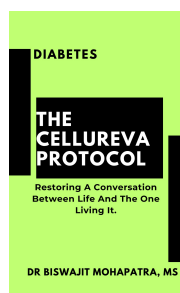
Live well to lead well

**Cellureva™ Master Book**

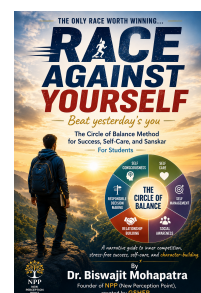
Cell-care framework

**Cellureva™ Cancer**

Supportive education

**Cellureva™ Diabetes**

Lifestyle literacy

**Race Against Yourself**

Student success guide

Knowledge Resources & Central Message

Books, articles, course materials and workshop handouts are used to build self-healthcare literacy, chronic disease awareness, youth success training and leadership biology. Medicine treats disease; health is practiced every day through awareness, biological discipline and self-responsibility.



LEADERSHIP

Dr. Biswajit Mohapatra

Chairman - Global Self-Healthcare Education & Research

Senior Consultant Surgeon | Author | Speaker | NLP Health & Wellness Educator | Founder voice of the GSHER self-healthcare movement.



Professional Identity

- Surgeon-teacher with decades of clinical experience.
- Health motivator committed to prevention and self-healthcare literacy.
- Author of Care For Your Health and related CelluReva™ knowledge resources.
- Chairman of GSHER, promoting One Cell, One Earth, One Health and One Vision.

Collaboration Opportunities

Corporates

Care For Your Health workshops, burnout prevention, leadership biology.

Schools & Colleges

Student success protocol, teacher wellness, parent awareness.

Medical Forums

Doctors beyond prescription, public health talks, ethical practice.

Community Bodies

Senior citizen health, chronic disease self-care, wellness clubs.

Connect with GSHER

For workshops, institutional programs, Dr. Biswajit Speaks sessions, school/youth/leadership modules, OSOU course collaboration and book-based learning programs:

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Trust Details: Global Self-healthcare Education and Research (GSHER) Trust
Registration No: 1712201492 (Dated: 04/08/22) | PAN No: AAETG2185L
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Educational disclaimer: GSHER programs support awareness, self-care and wellness education. They are not a substitute for medical diagnosis, emergency care or prescribed treatment.