

# EVOLVE ZONE



# WE CARE FOR YOUR WELLNESS

WE CARE FOR YOUR WELLNESS  
Transforming Lives Through Wellness

## Corporate Gift Packs by Proluxe

Transform the way you show appreciation with our unique wellness gift packs. Perfect for leaders, top employees, and special occasions like Diwali, our packs offer long-term, meaningful well-being solutions. Embrace the Glamowell approach and give the gift of health and happiness.

### 15K Wellness Pack - Comprehensive and Thoughtful

- ★ Nail Art Treatment / Hair Grooming
- ★ Head/Foot Spa
- ★ Vitamin B12 Powder Tea
- ★ Glamowell Philosophy Book
- ★ Glamowell Philosophy Cards
- ★ Glamowell Philosophy Journals
- ★ Free Skin & Hair Tests
- ★ Mobile App Test
- ★ Customized Gift Bag
- ★ Free BMI Test

Each item in this pack contributes to long-term wellness and provides a comprehensive wellness experience.

### Join the Movement

Transform your corporate gifting with our WE CARE FOR YOUR WELLNESS packs. Enhance lives with Glamowell's unique approach to well-being.



# WE CARE FOR YOUR WELLNESS

WE CARE FOR YOUR WELLNESS  
Member of Proluxe Wellness and Glamwell

## Experience the Ultimate Wellness Gift

Our 51K Ultimate Wellness Pack is the epitome of luxury and health, offering a comprehensive wellness experience that goes beyond the ordinary.

### 51K Ultimate Wellness Pack - The Epitome of Luxury and Health

- ★ Nail/Hair Grooming
- ★ VIP Event Entry Pass
- ★ VIP Film Screening Pass
- ★ Customized Diary
- ★ Customized Gift Bag
- ★ Modeling Test Portfolio Shoot with 10 Edited Photos
- ★ Glamowell Philosophy Book
- ★ Wellness Cards
- ★ Glamowell Philosophy Journals
- ★ Proluxe Spa
- ★ Mani-Pedi / Head Wash with Machine Back Massage
- ★ Free Skin & Hair Test
- ★ Mobile App Test
- ★ Vitamin B12 Powder Tea
- ★ Green Tea Leaves
- ★ Dark Chocolate - ₹600
- ★ Free BMI Test

25% Off On Proluxe Membership Card\*

This pack offers the ultimate luxury wellness experience, ensuring long-term engagement and benefits.



# 1. Module : Detox Session

## The Session Includes the following activities:



### 01) Welcoming Session :

We will begin with an introduction to the unique concept behind Glamowell and our Beauty Zone, expertly managed by Our Head of Beauty Zone. You'll learn about our philosophy and the exceptional services we offer.

### 02) Theater Experience :

A 20-minute video session to immerse yourself in a carefully curated experience, blending visuals with a 4K Dolby Atmos sound experience-one of its kind in Pune and other cities-designed to enhance relaxation.

### 03) Customized Wellness Assessment :

A unique procedure tailored to guide you through this bespoke wellness experience.

### 04) Removing Negative & Dark Energies :

A specially designed procedure to remove negative energy, ensuring positivity throughout the day.

### 05) Five Sensory Organs Upliftment Procedure :

A specially formulated treatment to uplift your mood and well-being, creating a serene atmosphere for the event.

### 06) Internal Detoxification Process :

Each guest will receive a traditional detoxifying blend for internal cleansing and vitality.

### 07) Learn Psychosomatic Healing & Lymphatic Drainage Training :

We will lead you in a session designed to help release stress and restore balance.

### 08) Improving Blood Circulation & Muscle Physiology :

Participate in a body stretching session at the Croma Wall to promote flexibility and relaxation.

### 09) Photo Shoot :

Capture memories at our Croma Wall with the help of our professional photographers, ensuring you leave with stunning visuals of your day.

### 11) One-to-One Doctor Consultation :

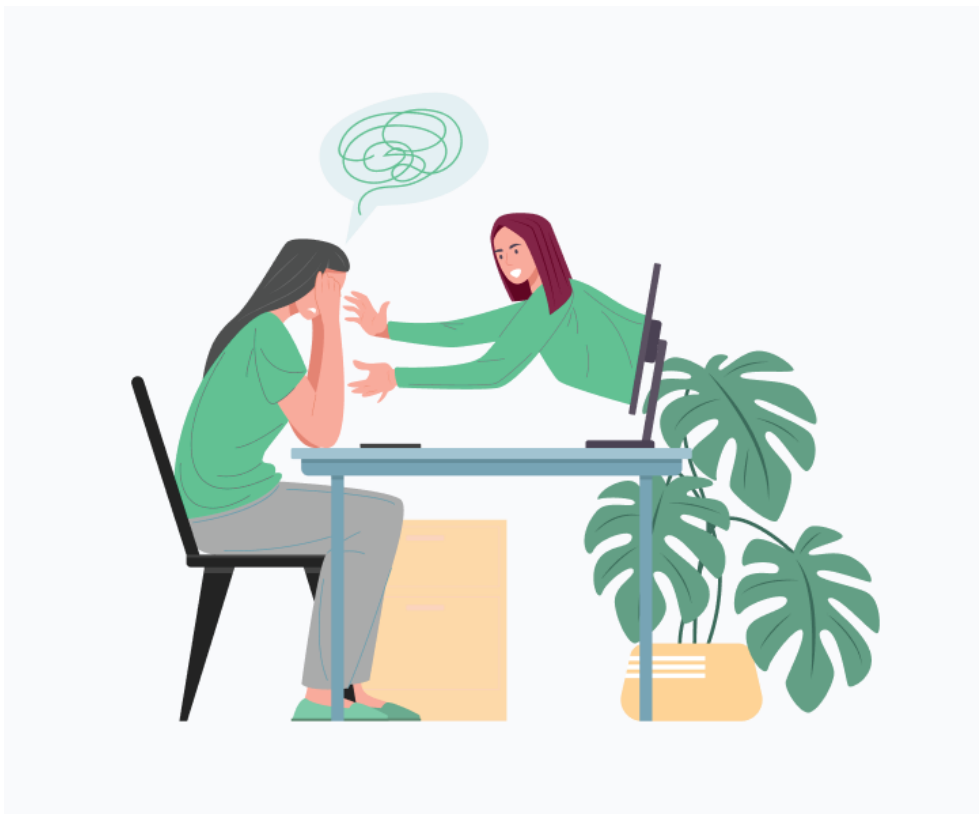
Enjoy a private consultation with Dr. Ankit Parange (BAMS), who specializes in chronic and lifestyle disorders, with personalized advice on a weekly detox program. Which is specially designed according to your tridosha and pancha mahabhuta constitution.

### 12) Group Photo Shoot & Instagram Reels :

Gather at the Croma Wall for a group photo shoot and Instagram Reels, celebrating the event and capturing your overall experience.

The cost for this module is Rs. 3499 for the group, and it will be conducted over a duration of 30 minutes.

## 2. Module: Glamowell Stress Buster session



### 3. Module: Glamowell Leadership Stabilizing session



### 4. Module: Glamowell Wellness at desk session



For all 3 the 10 deliverables are tailored as per management program under the following Glamowell framework that balances all the panchkoshas.

1. Centering Breathing-Box breathing for stability.
2. Pranayama Practice- Ujjayi breaths for calmness.
3. Gentle Stretching- Release neck and shoulder tension.
4. Chair Yoga- Boost flexibility and mental clarity.
5. Sound Healing Music- Relax with binaural beats.
6. Chakra Activation- Empower through solar plexus focus.
7. Guided Meditation- Visualization for resilient leadership.
8. EFT Tapping- Shift energy and reinforce self-belief.
9. Power Pose- Boost confidence and reduce stress.
10. Closing with Deep Breathing- Embrace calm and leadership clarity.

These steps offer a comprehensive stress management approach tailored to corporate employees.

The cost for the Glamowell Stress Buster session is Rs. 3499 for the group, the Glamowell Leadership Stabilizing session is Rs. 4999 for the group, and the Glamowell Wellness at Desk session is Rs. 3499 for the group. Each session will be conducted over a duration of 30 minutes.

## 5.Module: 21-Day Wellness Challenge

Holistic Health Assessments  
Mind-body evaluation for personalized wellness.  
11-Day Detox Therapy  
Ayurvedic Virechana for deep body cleansing.  
Daily Yoga Routine  
Flexibility, strength, and mindfulness sessions.  
Emotional Well-being  
EFT, TFT, and CBT for mental clarity.  
Panchakosh Healing  
Balance of physical, emotional, and spiritual energy.  
Panchpran Practices  
Enhance life energy with Prana-based techniques.  
Detox Integration  
Core focus, balance, and rejuvenation.  
Wellness Integration  
Sustainable self-care routines and empowerment.



The cost for the 21-Days Wellness Challenge is Rs. 2999 per person, with each session conducted daily for a duration of 1 hour.

Additionally We can plan workshops on booking the Theater for event the book workshops are free of cost only book charges will be taken and books will be distributed to each candidate. Workshop of Books (Wellness Redefined,Soulful Energy Healing,Detox) Workshop of Journals (Master Relation,Magnetic Personality,My Future Self,Selfcare wellness,Mind Brushing) Workshop of Wellness Cards:(Awareness Cards,Wellness Cards,Mindfulness Cards)

The workshops on Books, Journals, and Cards will be conducted for 3 hours each and are completely free of charge. However, participants will need to purchase the Books, Journals, and Cards, which will be charged separately.

Above are the various module options that we can organize for the Dossie Foyer team members. We look forward to planning something unique and memorable for your team. Feel free to reach out if you have any questions or need further information.

**All Modules are based on  
GLAMOWELL Philosophy  
patented and approved  
after research on 5000+ clients  
since the year 2006**

# Glamowell Training & Program

Detox Session



Glamowell Stress Buster session



Glamowell Leadership Stabilizing session



Glamowell Wellness at desk session



21-Day Wellness Challenge





**Wellness Redefined written by an Spiritually blessed Allopathic Doctor**

Unleash your ultimate wellbeing with an approach that transcends Homeopathic, Ayurvedic, Allopathic, and Spiritual modalities. Tap into the interconnectedness of your body, spirit, soul, and psyche. Welcome to the future of Wellness Redefined that helps you balance luxuries of life with wellness!"

## WELLNESS REDEFINED

This is the only book that focuses and explores holistic well-being. It helps us build a stronger connection between mind, body, spirit, and soul. It guides the reader to lead a balanced lifestyle. It introduces the lifestyle called Glamowell™, a rare combination of drastically different approaches to life.

### Concepts

Glamowell™ - a lifestyle conceptualized by the author

11-step comprehensive analysis

2:2 Human Kokoro

New age hospitals

The difference between health, wellness and well-being

The connection between all levels of existence

A lifestyle that is based on traditional wisdom & scientific approach

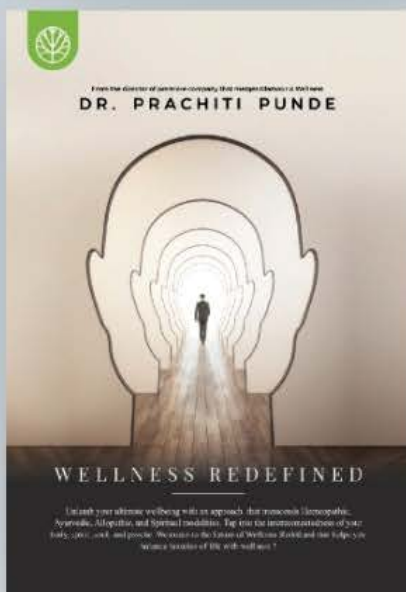
### Why it is a must read

Explores the intricate connection between the body, mind, soul & psyche

Emphasizes on the importance of one's mental and spiritual well-being

Eye-opening concepts of psora, psychosis, syphilis & 2:2 Human Kokoro

Well-defined concepts, such as mindfulness techniques & journaling



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46 Downtown, Pashan-Sus Link Road, Baner, Pune 45



**Detox written by an Spiritually blessed Allopathic Doctor**

Body, Mind & Intellect - Connect 2:2 human Kokoro!

## DETOX

This is a comprehensive book that goes beyond the physical overview of detoxification to delve into the mental, emotional, and spiritual aspects of our lives. It emphasizes on the importance of cleansing not only the body but also the mind and intellect.

## Concepts

Self-Dependence for life, through teachings of all modalities of Healing

Home Test for Mind, Body & Intellect Diagnosis

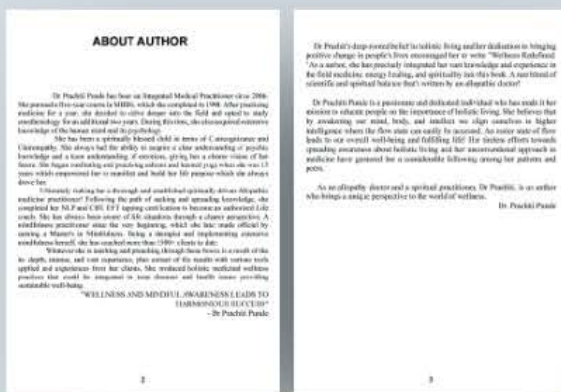
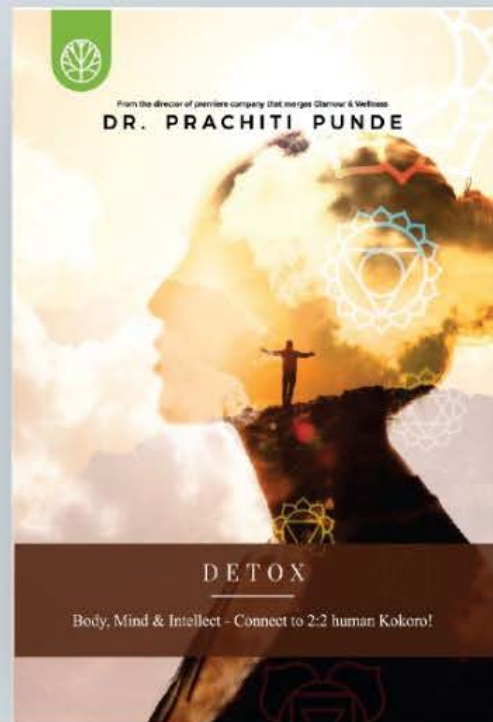
Heal Pains, Aches, and Diseases from Home

Tap into higher intelligence through our techniques

Importance of Spleen - Adrenaline Glands

Meridian Flushing and Chakra Flushing techniques

Parasympathetic nervous system and practices



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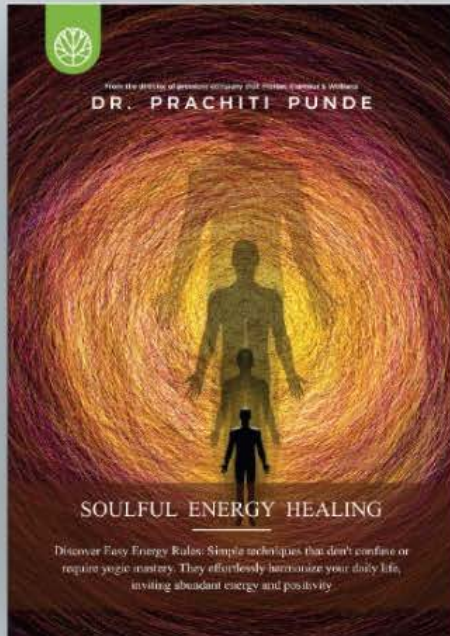


Soulful Energy Healing written by Spiritually Blessed Allopartic

Discover Easy Energy Rules: Simple techniques that don't confuse or require yogic mastery. They effortlessly harmonize your daily life, inviting abundant energy and positivity

## SOULFUL ENERGY HEALING

This is a book that embraces boundless holistic wellness, where glamour, psyche and vitality intertwine.



### Concepts

Psychology & Scope of Energy

Energy Transference

Types of Blockages

16 levels of human consciousness

Human Energy Systems

Electric & Magnetic Vibes

Good & Bad Vibes

#### ABOUT AUTHOR

Dr. Prachiti Punde has been an Integrated Medical Practitioner since 2008. She pursued a five-year master in MBBS, which she completed in 2010. After practicing medicine for a year, she decided to delve deeper into the field and opted to study acupuncture for an additional two years. During this time, she also acquired extensive knowledge of the human mind and its psychology. She has been a spiritual healer since 2012 in terms of Chakra and Energy. She always had the ability to acquire a clear understanding of psychic knowledge and a keen understanding of emotions, giving her a deeper insight of her fate. She began meditating and practicing various advanced yoga when she was 11 years which empowered her to manifest and hold her life purpose which she always desired.

"Constantly seeking for a thorough and validated spiritual/energy/Allopathic medicine practitioner" Following the path of seeking and spreading knowledge, she completed her M.P and D.H. U.T's tapping certification to become an authorized life coach. She has diverse forms of life relations through clients perspective, 3 meditation practices since the very beginning, which she later made official to create a Master's in Meditation, Energy, a manager and representing various meditation benefits she has received more than 10000 clients worldwide.

"However she is teaching and practicing through these books is a result of the in-depth, sincere, and vast experience, plus contact of the clients with various health and experiences from her clients. The practical benefits medical medicine practice that could be integrated to meet abundance and health issues providing seamless well-being."

"WELLNESS AND MINDFUL AWARENESS LEADS TO HARMONIOUS SUCCESS"  
- Dr. Prachiti Punde

Dr. Prachiti's deep-rooted belief in holistic living and her dedication to bringing positive change in people's lives motivated her to write "Soulful Energy Healing". "As a mother, she has precisely integrated her vast knowledge and experience in the field medicine, energy healing, and spirituality into this book. A rare blend of scientific and spiritual balance that's written by an allopathic doctor!"

Dr. Prachiti Punde is a professional and dedicated individual who has made it her mission to educate people on the importance of holistic living. She believes that by embracing our mind, body, and spirit we also realize our higher intelligence where the flow can easily be accessed. An innate sense of flow leads to our overall well-being and thriving. Her wisdom offers seamless spreading awareness about holistic living and her unconventional approach to medicine has garnered her a considerable following among her patients and peers.

As an allopathic doctor and a spiritual practitioner, Dr. Prachiti is an author who brings a unique perspective to the world of wellness.  
Dr. Prachiti Punde

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## MAGNETIC PERSONALITY

This is the only book that focuses on building personality stepwise right from weight loss, body language & posture skin-hair care, winning communication with toxic people and understanding personality types with solutions and fostering resilience. It guides the reader to building rock solid foundations of character ethics at inner core to build roaring confidence and conquer all potentials, explaining how to win and be consistent in action plus how to reap the benefits towards Magnetic Personality.

### Concepts

Glamowell™ - a lifestyle conceptualised by author

Theory of Personality

Power of Resilience

ABC of Impression Management

Stepwise Guide to weight loss, diet & exercise Communication styles

Confidence

Capturing Attention

Public Speaking and more

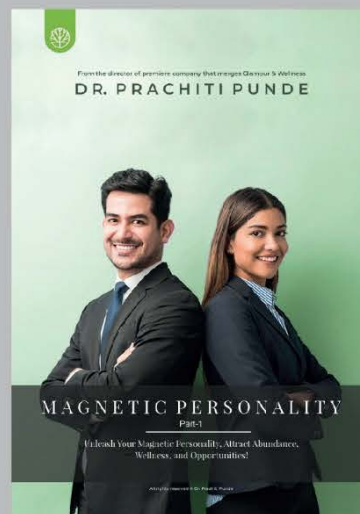
### Why it is a must read

Explore in depth understanding of confidence & powerful personality

Emphasises the importance of identifying hair, skin & overall grooming

Eye opening concepts of communication rules, personal needs and social laws

Well defined step wise chapters with theory and integration of worksheets to ensure action



A complete transformation designed in 3 structured parts

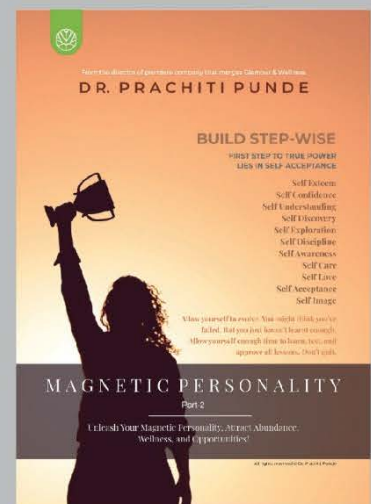
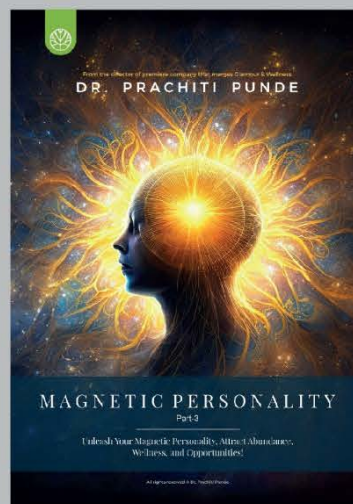
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Proluxe Wellness Mobile App



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My Future Self written by an  
Spiritually Blessed Allopathic Doctor

Your daily companion to accelerate your  
dreams & desires into achievable goal.  
With clarity & applicable tools

## MY FUTURE SELF

The My Future Self Journal is a transformative journaling tool that allows individuals to envision and manifest their ideal future through goal setting, self-reflection, and actionable steps, empowering them to shape their destiny and create a fulfilling life.

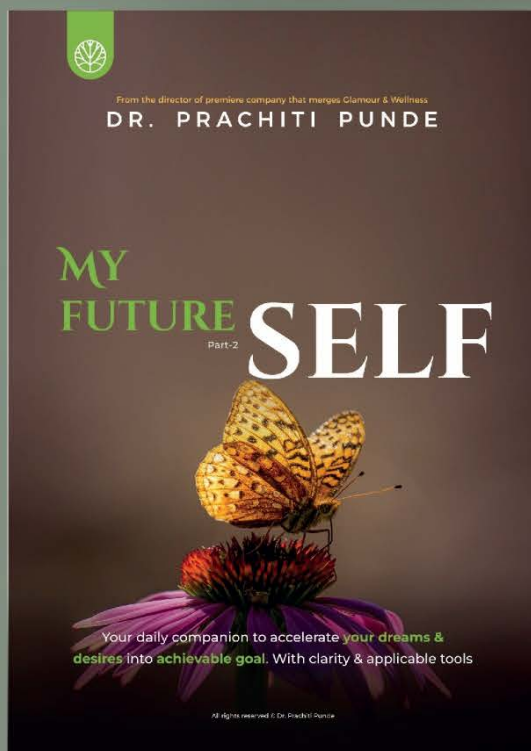
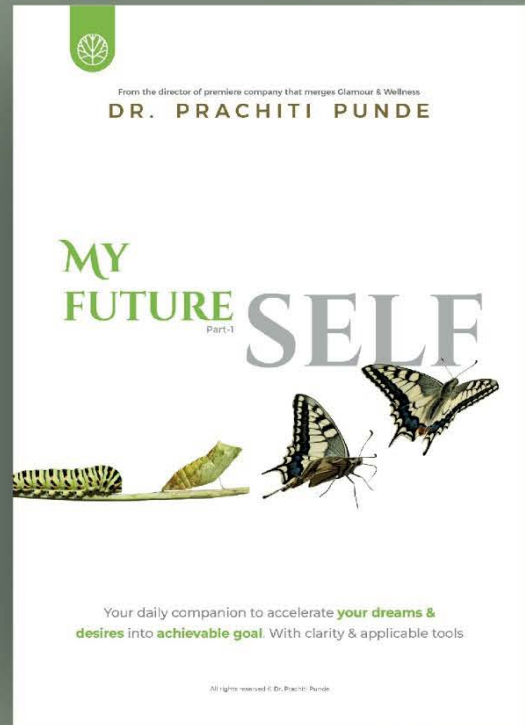
### How to Use?

Complete the suggested tasks

Reflect on your performance  
after the completion of the tasks

Introspect to give honest answers

Repeat the tasks to initiate  
habit formation



### Benefits

Activities help in self-analysis

Focus on formation of mindful habits

Laced with thoughts that provide  
new approach to life

Envision and execute behavioural  
changes

Mindful activities that foster  
growth mindset

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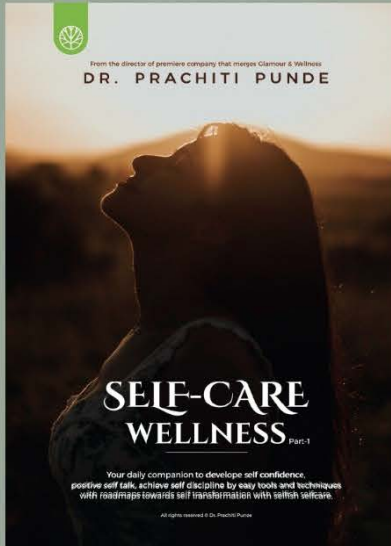
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## SELF CARE WELLNESS

A guided framework to incorporate self care practices essential for empowering individuals to cultivate a healthy and balanced lifestyle.



## Benefits

Encourages prioritizing self

Initiates better self analysis

Improves self awareness

Thoughts & Ideas foster betterment

Helps you assess strengths & weaknesses

A complete transformation designed in 2 structured parts

Available on



Proluxe Wellness  
Mobile App

Flipkart



amazon



Your daily companion to develop self confidence, positive self talk, achieve self discipline by easy tools and techniques with roadmaps towards self transformation with selfish selfcare.

## How to Use?

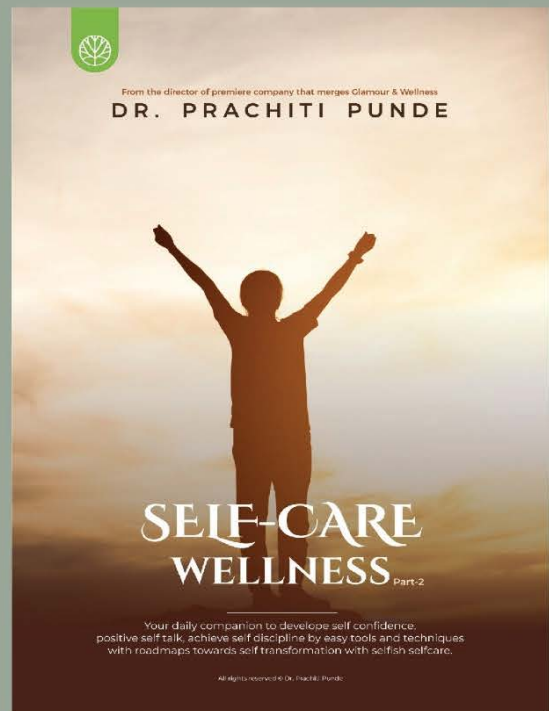
Fill in the checklists

Complete the suggested tasks

Carry out the recommended activities

Reflect on your performance after the completion of the tasks

Introspect to give honest answer



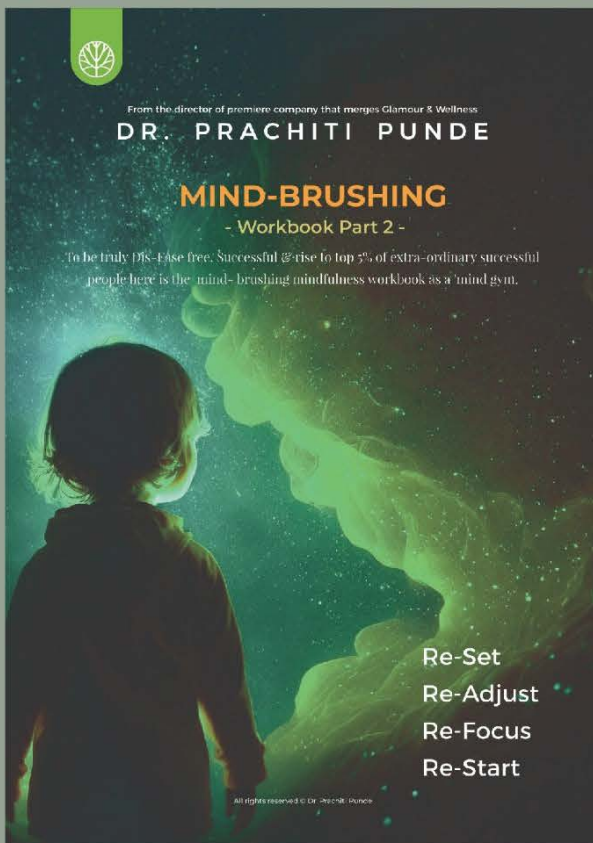
Mind Brushing Self written by an Spiritually blessed Allopathic Doctor

## MIND BRUSHING

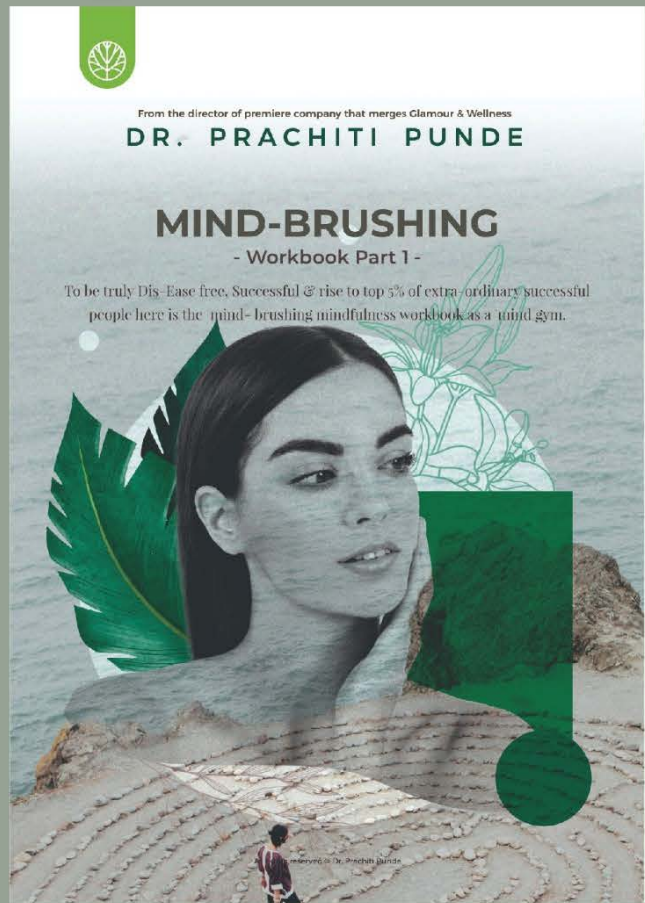
A creative and introspective journal that prompts mindfulness and self-reflection through thought-provoking writing prompts and artistic exercises.

### How to Use?

- Complete the suggested tasks
- Reflect on your performance after the completion of the tasks
- Introspect to give honest answer
- Make sure you note down the thoughts
- Keep documenting your progress



To be truly Dis-Ease free, Successful & rise to top 5% of extra-ordinary successful people here is the mind-brushing mindfulness workbook as a 'mind gym'.



### Benefits

- Initiate healthy self awareness
- Learn to confront self during crisis
- Focus on habit formation
- Encourages mindfulness
- Helps you handle negativity

Available on



Flipkart



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## MASTER RELATIONS

This is the only book that focuses on building relationships stepwise right from parents, family, friends, society to toxic behaviours and personality types with solutions and fostering resilience. It guides the reader to spiritual, human and universal laws explaining why situations and traumas happen plus how to reap the benefits towards mastering relations.

### Concepts

Glamowell™ - a lifestyle conceptualised by author

Human behaviours

Understanding the language

Parents, family, partners, friends, society  
toxic people

Stepwise navigation to hurt emotions

Triangulation, Triggers, self-regulation,  
and more

Inner child wounds & trauma  
responses

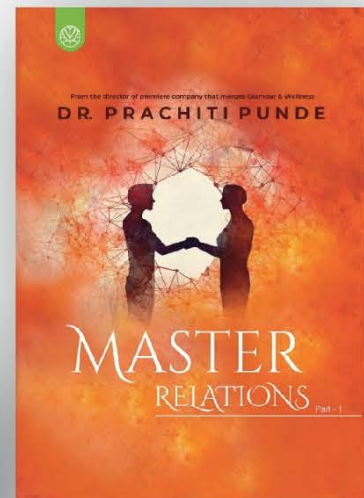
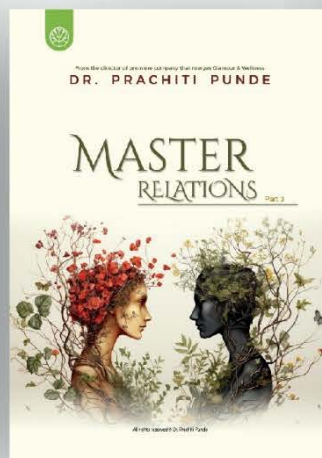
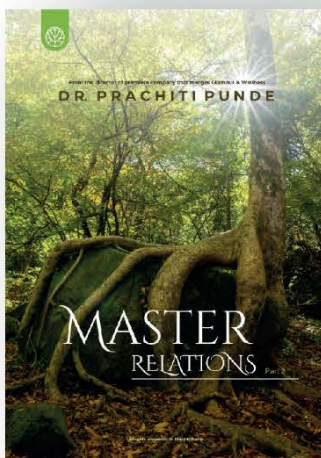
### Why it is a must read

Explore in depth understanding  
breaking cycles and healing trauma

Emphasises the importance of  
identifying toxic, safe and unsafe people

Eye opening concepts of spiritual rules,  
soul needs and universal laws

Well defined step wise chapters with  
theory and integration of worksheets to  
ensure action



A complete transformation  
designed in 3 structured parts

Available on :-



Flipkart



amazon





# Awaress Cards Design by an Spiritually blessed Allopathic Doctor

## AWARENESS CARDS

### How to Use?

- Pick a card each day
- Read the card & understand your task
- Commit to complete the task on that day itself
- Keep the cards handy for frequent use
- Set a time for practicing these activities



### USP

- A unique platform to explore your inner world
- A tool to reflect on your behavioural patterns & initiate self discovery
- A medium to navigate through the A-Z concepts of self-awareness
- A guide towards a deeper understanding of self

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# Wellness Cards Design by an Spiritually blessed Allopathic Doctor

## WELLNESS CARDS



## USP

This unique set of cards can be easily followed by anyone

A guide to help you explore the essence and the true meaning of wellness



## How to Use?

Pick a card each day

Read the card & understand your task

Commit to complete the task on that day itself

Practice to inculcate habits of Wellness

Keep the cards handy for frequent use

Take time out for practicing these activities

Turn your focus to the present if you are distracted from this practice



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# Mindfulness Cards Design by an Spiritually blessed Allopathic Doctor

## MINDFULNESS CARDS

### USP

A simple, quick and practical way to incorporate mindfulness into your routine

Each card encourages better connection with self & others



### How to Use?

Pick a card each day

Read the card & understand your task

Commit to complete the task on that day itself

Keep the cards handy for frequent use

Set a time for practicing these activities



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# 360 DEGREE WELLNESS KIDS CLUB MEMBERSHIP

## 1. Mission Statement:

To create a supportive and nurturing environment for children to address mental health, emotional well-being, and social challenges by providing holistic experiences that promote self-awareness, resilience, and positive life skills. We aim to tackle issues such as body shaming, depression, exam stress, and technology pressures, helping children build confidence, cope with challenges, and make healthy life choices.

## 2. Vision:

A world where every child is empowered to lead a balanced, healthy, and fulfilling life. By fostering emotional resilience, self-acceptance, and positive social interactions, the 360 Degree Wellness Kids Club envisions a future where children thrive in both their personal and academic lives, equipped with the tools to handle stress and societal pressures with confidence and clarity.

## 3. Values:

**Body Positivity:** We promote self-acceptance and encourage children to appreciate their bodies as they are, helping them build a strong, healthy self-image. **Mental Health Awareness:** Recognizing the rising rates of depression and suicide among young people, we emphasize mental health education and provide a safe space for children to express their emotions.



**Emotional Intelligence:** We value the development of empathy, self-awareness, and effective communication, guiding children to understand and manage their emotions.

**Supportive Community:** We strive to build a community where children feel seen, heard, and supported, fostering a sense of belonging and mutual respect.



**Experiential Learning:** Encouraging hands-on, practical experiences that help children learn essential life skills beyond traditional education.

**Healthy Technology Use:** We advocate for balanced technology usage, helping children develop digital literacy and manage the pressures that come from social media and tech comparisons.



**Resilience and Adaptability:** Preparing children to navigate life's challenges and adapt to changing circumstances, including evolving job markets and academic pressures.

#### 4. Code of Honor:

**Respect and Kindness:** Treat yourself and others with respect. Embrace each other's differences and support your peers in their journey toward self-improvement.

**Open Communication:** Always speak up if something is bothering you. Use the "Stress Box" or approach a mentor, and remember that your voice matters.

**Empathy and Compassion:** Practice empathy by putting yourself in others' shoes. Show kindness and understanding in all interactions, both within and outside the club.

**Accountability:** Take responsibility for your actions. If you make a mistake, acknowledge it, learn from it, and move forward.

**Balanced Living:** Prioritize a healthy balance between school, play, and rest. Practice good habits that contribute to mental, physical, and emotional well-being.

**Active Participation:** Engage actively in all activities. Be curious, ask questions, and share your thoughts and feelings during discussions.

**Safe Expression:** Use this platform to express your thoughts, feelings, and ideas freely. Know that this is a judgment-free zone where your opinions are valued.

**Continuous Learning:** Embrace every opportunity to learn and grow. Each session is designed to introduce new skills and insights to help you navigate the world more confidently.

By adhering to these principles, the 360 Degree Wellness Kids Club seeks to empower children to build strong foundations of self-love, resilience, and holistic wellness, preparing them for a healthier, happier future.

#### Why is the 360 Club Needed for Today's Kids?



**Body Shaming:** The prevalence of body image issues among children can lead to low self-esteem and unhealthy behaviors. The 360 Club promotes body positivity and self-acceptance.

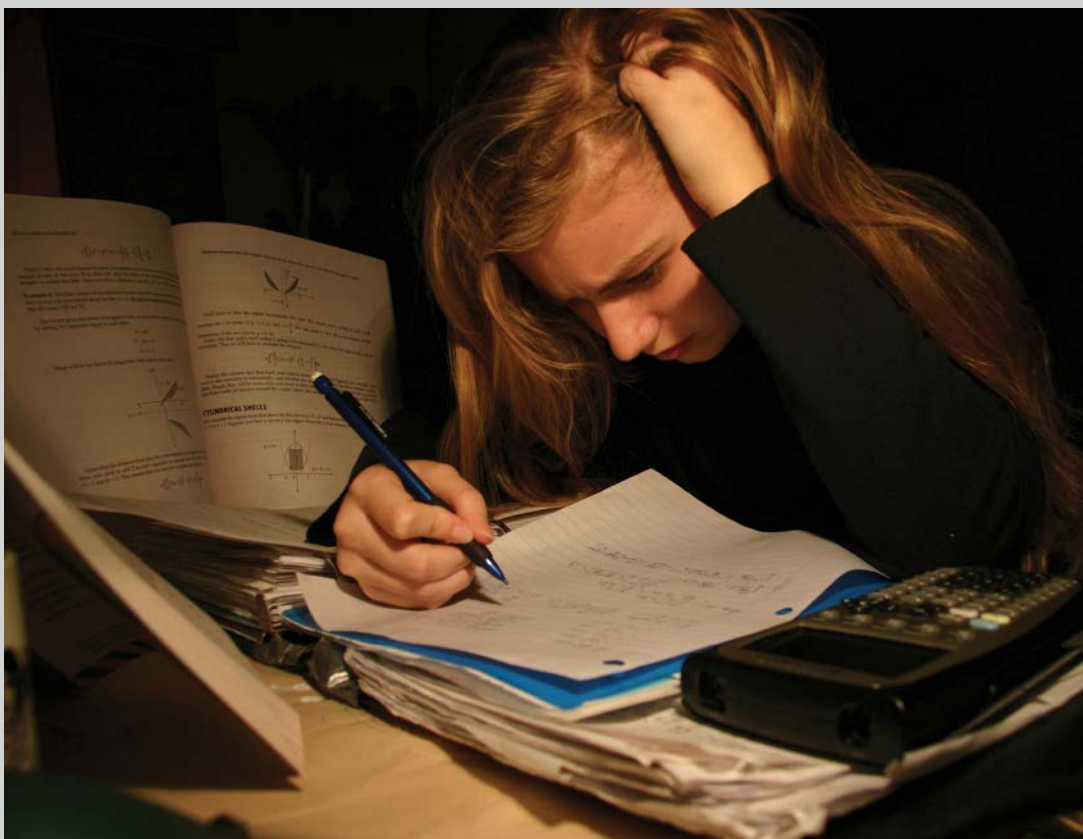
**Suicidal Rate:** Rising rates of suicide among young people highlight the urgent need for supportive environments that foster mental health awareness and resilience.

**Depression:** Many children struggle with depression due to various pressures. The 360 Club provides a safe space for emotional expression and coping strategies.



**Extreme Steps:** In extreme cases, children may resort to harmful actions. Programs that encourage open dialogue and mental health support can help mitigate these risks.

**Exam Stress (Classroom Education):** Academic pressures can be overwhelming. The 360 Club offers tools and techniques to manage stress and anxiety related to school performance.



**School Dropouts:** Many students leave school due to lack of engagement or support. The 360 Club fosters a sense of belonging, motivating kids to stay in school.

**Experiential Learning:** Hands-on, experiential learning opportunities help children develop critical life skills and knowledge beyond traditional classroom education.

**Anger:** Many children face challenges in expressing their anger healthily. The 360 Club teaches them how to channel their emotions constructively.

**Wrong Decisions:** Adolescents often make impulsive decisions without considering consequences. The club provides guidance to help them make informed choices.



**Technology Pressures:** The constant presence of technology can create unrealistic expectations and comparisons. The 360 Club encourages healthy tech habits and digital literacy.

**Job Expectations - Changing Roles Demands:** As job markets evolve, children must adapt to new expectations. The club prepares them for future career challenges through skill development.

**Emotional Aspects:** Children today face complex emotional landscapes. The 360 Club nurtures emotional intelligence, helping them understand and manage their feelings effectively.

**Absent mindedness:** Hormonal disturbance due hormonal changes, Environment Imbalanced, Stress Box- Put Letters

**The Financial Stress:** Experienced by parents due to prioritizing lifestyle wants over needs often percolates down to their children.

**Lack Of Affection:** There are no longer loved ones at home who constantly look after us.

**Performance:** Oriented schools create pressure on kids, combined with the demands of coaching classes and weekly exams. Students are placed in a "Star Batch" consisting of the top 50 performers, and those who don't make it face additional pressure to explain why they couldn't be in the top 50.

**What can we do?:** Let's have a conversation. Let's understand what's on their minds and what they want to express. Make eye contact, be attentive, and truly listen, rather than being distracted, like a mother focused on her laptop.



# Monthly Planning for 12 months

## 1. January: Mental Wellness Month

**Focus:** Building a Strong Mindset

**Topics:** Positive thinking, meditation, memory games, managing school stress.

**Activities:** Journaling, breathing exercises (Balloon Breaths), group problem-solving, and Understanding Types of Behaviors (learning how different behaviors affect interactions).

**Session Duration:** 4 hours



## 2. February: Emotional Wellness Month

**Focus:** Understanding and Managing Emotions

**Topics:** Identifying emotions, empathy, emotional expression, healthy relationships.

**Activities:** Creating "Emotion Masks," drawing emotions, group discussions, and Developing Good Habits (learning 11 good habits to foster emotional well-being).

**Session Duration:** 4 hours

## 3. March: Physical Wellness Month

**Focus:** Fitness and Healthy Living

**Topics:** Physical activity, nutrition, posture, sleep habits.

**Activities:** Fun yoga, healthy snack preparation, outdoor games (Obstacle Courses, Relay Races), and Exploring Interpersonal and Intrapersonal Intelligence (understanding social skills and self-awareness).

**Session Duration:** 4 hours



## 4. April: Astral Wellness Month

**Focus:** Exploring the Cosmic Connection

**Topics:** Chakras, aura, astral projection, balancing energy with nature.

**Activities:** Chakra balancing with crystals, nature walk, guided visualizations of space exploration, and Introduction to Character Ethics (discussing values and morals).

**Session Duration:** 4 hours

## 5. May: Spiritual Wellness Month

**Focus:** Connecting to a Higher Self

**Topics:** Soul concept, mindfulness, prayer, spiritual stories.

**Activities:** Gratitude jar creation, soothing music listening, storytime with moral lessons, and Decision-Making Techniques (learning methods to make informed choices).

**Session Duration:** 4 hours



## 6. June: Social Wellness Month

**Focus:** Creating Healthy Social Bonds

**Topics:** Social skills, teamwork, peer pressure, kindness.

**Activities:** Group games (Trust Falls), kindness card creation, small community service project, and Energy & Frequencies (understanding how different energies influence emotions).

**Session Duration:** 4 hours

## 7. July: Emotional Resilience Month

**Focus:** Building Emotional Strength

**Topics:** Coping mechanisms, resilience, self-love, emotional intelligence.

**Activities:** Emotional role-playing, writing a letter to "Future Me," storytelling about overcoming challenges, and Laws of Creation (discussing how thoughts shape reality).

**Session Duration:** 4 hours



## 8. August: Mind-Body Connection Month

**Focus:** Harmonizing Mind & Body

**Topics:** Mind-body relationship, sound healing, stress relief, Tai Chi and Qigong.

**Activities:** Tai Chi movements, sound bowl healing, body scan meditation, and Anatomy of the 7 Subtle Bodies (exploring the different layers of energy bodies).

**Session Duration:** 4 hours

## 9. September: Environmental Wellness Month

**Focus:** Connecting with Nature and the Environment

**Topics:** Caring for nature, growing plants, eco-friendly habits, nature healing.

**Activities:** Planting a small garden, nature scavenger hunt, art using natural materials, and Understanding the 7 Principle Generators (learning about energy centers that influence well-being).

**Session Duration:** 4 hours



## 10. October: Creativity & Self-Expression Month

**Focus:** Unleashing Inner Creativity

**Topics:** Creative arts (music, painting), creative writing, problem-solving, free play.

**Activities:** Painting and crafting workshops, music and dance sessions, creative problem-solving games, and Curing Blockages (understanding how to clear mental and emotional obstacles).

**Session Duration:** 4 hours



## 11. November: Compassion and Gratitude Month

**Focus:** Cultivating Kindness and Gratitude

**Topics:** Compassion, acts of kindness, thankfulness, volunteering.

**Activities:** "Gratitude Tree" project, act of kindness, thank-you notes creation, and Exploring Your Meridian System (understanding energy pathways in the body).

**Session Duration:** 4 hours



## 12. December: Spiritual Growth Month

**Focus:** Reflection, Peace, and Inner Growth

**Topics:** Personal growth reflection, forgiveness, universal connection, preparing for the new year.

**Activities:** Vision board creation, forgiveness letters, peaceful guided meditations, and integrating All Learnings (tying together the year's lessons and experiences).

**Session Duration:** 4 hours



**Membership Price: ₹18,000 per child  
(Includes 12 Monthly Sessions, 4 hours per month)**

# Know Your Glamowell Inistutor

## Dr Prachiti Punde

(MBBS,DA) VP-Punde Hospital  
Founder CMD - Proluxe Wellness & Productions Pvt Ltd  
Global Glamowell Wellness Patent & Inistutor  
company is awarded "Global excellence in luxury  
wellness & innovation " on world SME  
day by ministry of MSME & WASME United Nations

Spiritually blessed Allopathy doctor redefining wellness -13 certifications, 25 books Author, 1 patent 3 copyrights , Owns Mobile App, 6 International Awards, Mrs Universe Tolerance 2021, Mrs Universe Australasia, Mrs India Consultant at JOWIN Cancer care Korea esteemed presence at India-Korea 50th Diplomat celebrations, India-Japan 71st celebration, books launch at Uzbekistan, USTM Guwahati, Vijaygraha Jyotish Ray college Kolkatta, India-Korea diplomatic presence since 5 years, recognition by Singapore Airlines, Ranked 7th Global Indian leader award at World brand affairs with top leaders from unacademy, book my show, and MBSI microbiologists society of India awarded her " Biotech Service award " for unique mobile app named -"Proluxe wellness"

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## Educational Visionaries About Dr. Prachiti Punde



Dr. Prachiti Punde sparks a transformative alliance with international delegates from Sri Lanka, redefining luxury and wellness through Proluxe—a beacon for millennials. Get ready for an elegant journey of innovation and well-being with Glamowell. Stay tuned!

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**Dr. Prachiti Punde**  
The 1<sup>st</sup> Doctor Female Entrepreneur in The Social Health Consciousness

Graced with the Excellence Award for Being the Finest Female Entrepreneur.

Recognized internationally as Mrs. India, Mrs. Australasia and Mrs. Universe, Dr. Prachiti's establishement of Proluxe Glamowell reflects her commitment to promoting mental health and community wellness.

**PROLUXE™**  
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### DR. PRACHITI PUNDE'S IMPACT: HEAR FROM EDUCATIONAL EXPERTS



# PUNE'S WELLNESS REVOLUTION

A VIBRANT DRIVE SPREADING HEALTH AND ENERGY!

THREE DAYS, MULTIPLE LOCATIONS, ONE MISSION:  
INSPIRING A HEALTHIER, HAPPIER PUNE.

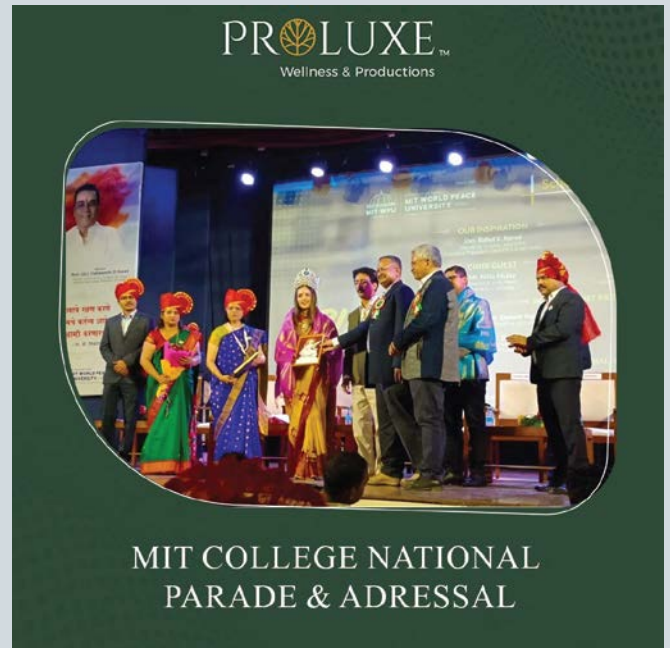
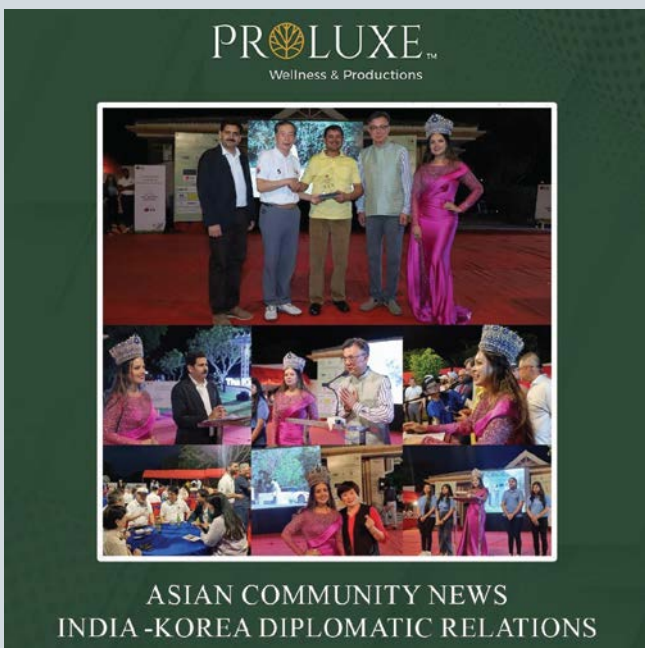
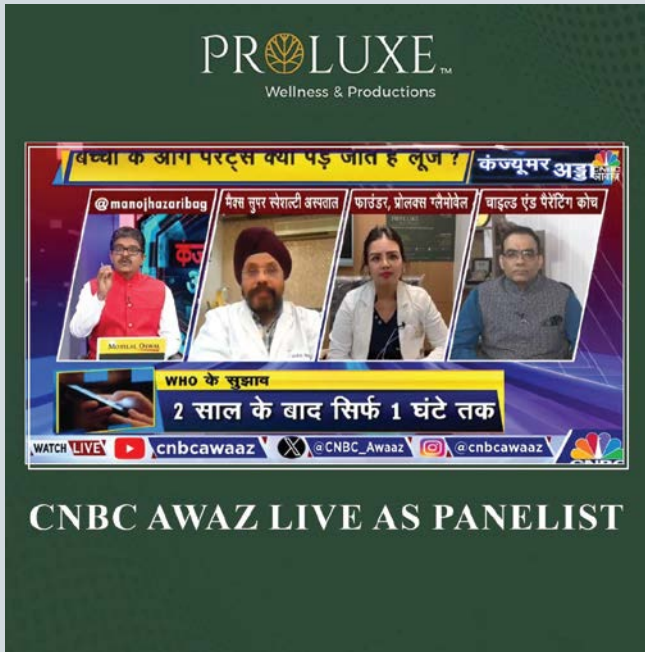


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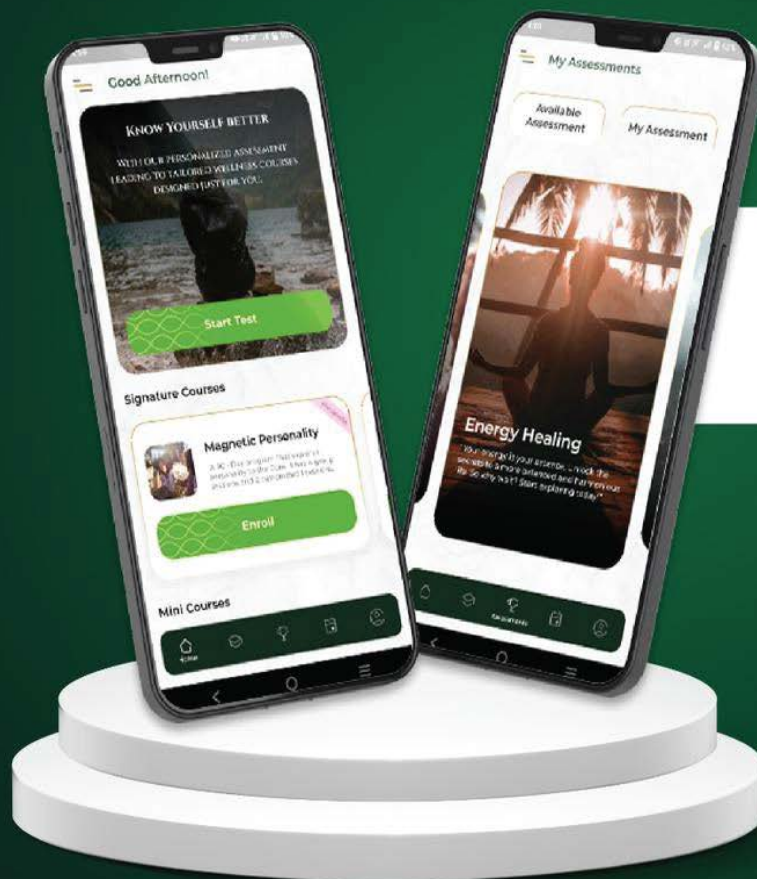
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Dr. Prachiti Akshay Punde



eyond thrilled to be part of the International Conference on Microbiological Research! Gratitude for the chance to meet and interact with the visionary Vice Chancellor who made it possible for Narendra Modi to join us.

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DIAGNOSING BLOCKAGES FROM EGO STYLES TO AURA COLORS.



**DR. PRACHITI PUDE**  
Dr. Prachiti Punde, a healthcare professional with four decades of expertise, excels in compassionate patient care.

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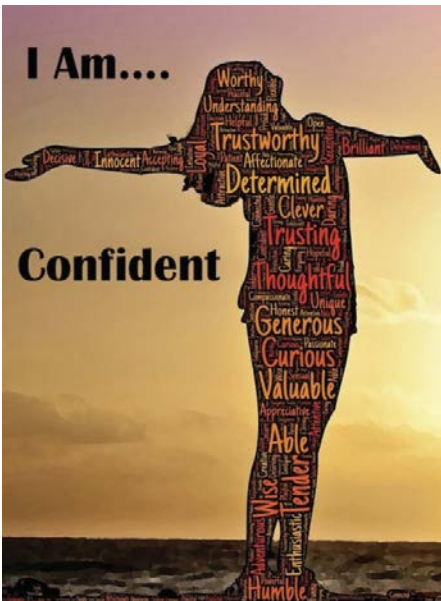


# MAGNETIC PERSONALITY

## Basic test- 699



Active listening  
Effective communication  
Core confidence  
Time management  
Holland codes  
Personality intelligence type  
Birthdate analysis- autogenerated



# MAGNETIC PERSONALITY

## Advanced test-999

Big 5 personality  
Ego defence style  
Leadership style-!  
MBTI personality type-!  
Temperament style-!  
Representational system  
Star zodiac sign - autogenerated report



# WELLNESS REDEFINED Tests

## Basic 699

Dosha analysis  
Guna analysis  
Wellness analysis  
Stress test  
Vitamin test  
Awareness test  
Autogenerated - vitamin guide, micronutrients guide, personal year number, skin care guide, hair care guide



# WELLNESS REDEFINED

## Advanced 999

Cognitive distortion's test  
Mental age and IQ test  
EQ ANALYSIS  
How present are you  
Judgementalism test  
Autogenerated- tongue guide, feet palm body guide ,personal month number guide,



### MINDFULNESS AND BEING PRESENT



# ENERGY HEALING Tests

## Basic 699



Mindfulness level  
Life foundational analysis  
Chakras analysis  
Autogenerated- life path number, maturity number

# ENERGY HEALING

## Advanced 999

Spiritual personality type  
Meridians analysis  
Soul colour  
Soul element  
Your hidden superpower  
Autogenerated- destiny number





THANK YOU