

CELLUREVA ODISHA

Community Circle Guide

A simple 45-minute format for safe peer learning

RESET Pause and observe	REVIVE Support daily biology
REPROGRAM Build a repeatable habit	RESTORE Review and continue

Cell care is the best care.

Purpose

Help Odia-speaking families understand body, mind and daily health habits through discussion, reflection and safe action.

Recommended group

8-20 participants with one facilitator. Meet weekly in a home, school, workplace or community space.

45-minute flow

5 min welcome and check-in; 12 min watch one CelluReva Odisha lesson; 10 min myth-versus-truth discussion; 8 min guided practice; 5 min personal commitment; 5 min safety reminders and close.

Facilitator principles

Educate, do not prescribe. Invite, do not shame. Protect privacy. Use plain Odia. Encourage questions. Refer when symptoms, risk or uncertainty exceed the facilitator scope.

Four-week starter cycle

Week 1 morning rhythm; Week 2 food and cellular nourishment; Week 3 breath, focus and nervous-system recovery; Week 4 movement, weight and progress review.

What to document

Date, topic, attendance count, common questions, agreed home task and any issue that needs qualified review. Avoid collecting unnecessary medical details.

When to refer

Emergency symptoms, worsening illness, medication questions, pregnancy-specific concerns, severe distress, risk of self-harm, or any situation beyond basic health education.

Session planner

Observation	My small action	What I noticed

Closing pledge

I will respect my body, learn from reliable sources, take one safe step at a time, and seek professional care when needed.