GLOBAL SELF-HEALTHCARE EDUCATION AND RESEARCH

One Cell • One Earth • One Health

Corporate Self-Healthcare Workshop

Care for Your Health

Powered by the CelluReva™ Protocol

4-Hour Intensive **For Corporates**



Workshop Promise

Learn to protect the body, breath, mind, and cells that carry your performance, leadership, family, and future.

Live well to work well. Work well to lead well.

Based on Care for Your Health and Hustle to Healing by Dr. Biswajit Mohapatra

Scan website

Why Corporate Teams Need This Program

Because performance is biological before it is professional

The corporate health crisis is not only stress.

It is the slow biological cost of deadlines, screens, irregular food, suppressed emotions, sleep debt, long sitting, shallow breathing, and constant availability.

1

Burnout

When adrenaline becomes the workplace fuel and recovery disappears.

2

Lifestyle Risk

When food, sleep, movement, and emotion quietly distort cellular signals.

3

Loss of Joy

When success continues outside but vitality fades inside.

Early Warning Signs at Work

- Morning fatigue despite sleep
- Afternoon energy crash and brain fog
- Irritability, loss of joy, or emotional numbness
- Acidity, cravings, hurried eating, and disturbed digestion
- Shallow breathing during meetings or conflict
- Digital dependence and late-night screen exposure
- Persistent body pain, stiffness, and sedentary fatigue
- The belief: "I will care for health later"

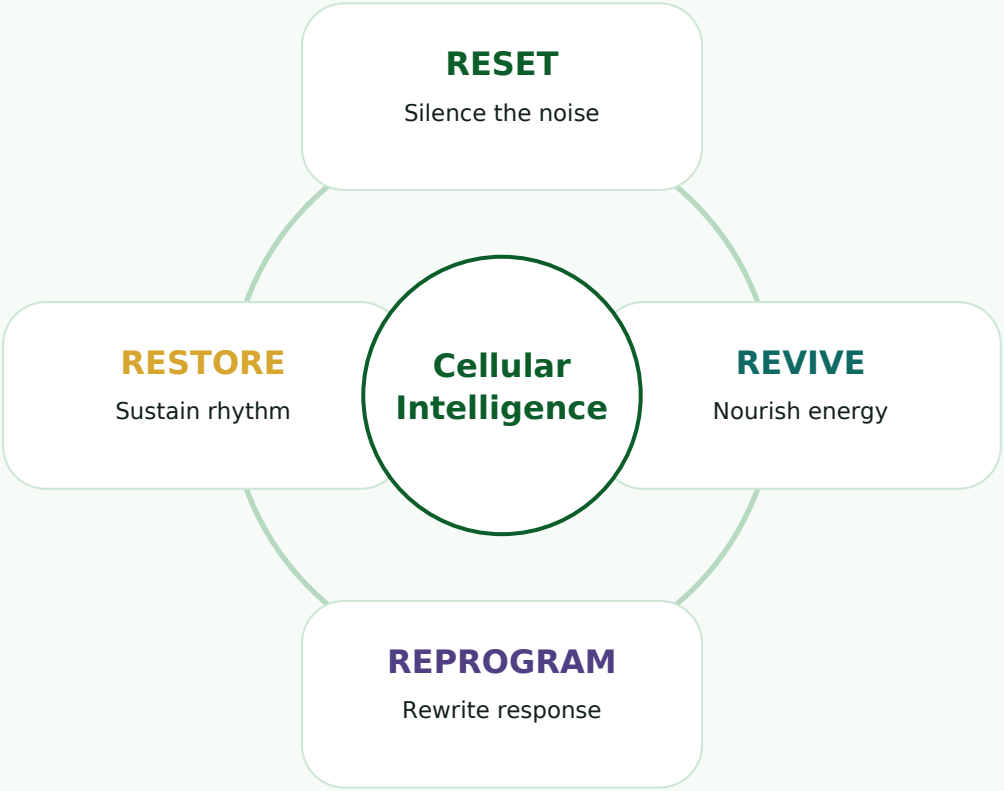
Key Message

Corporate success should not be built on cellular exhaustion.

The CelluReva™ Framework

Reset • Revive • Reprogram • Restore

CelluReva™ translates self-healthcare into a practical biological sequence. The participant learns how daily choices become cellular instructions and how a professional can return from hustle to healing without abandoning ambition.



The Three Doctrines

1. Cellular Intelligence

The cell is responsive and capable of repair when the environment becomes safe.

2. Environmental Instruction

Food, breath, sleep, movement, emotion, and work culture continuously instruct biology.

3. Conscious Participation

Healing and prevention become stronger when the person participates, tracks, and changes daily defaults.

4-Hour Corporate Workshop Flow

A practical model for HR, leadership teams, and employees

Time	Module	Core Theme	Participant Output
0-15 min	Opening	Why Care for Your Health now?	Personal health check-in
15-40 min	Health is Biological	Performance depends on physiology	Body-work connection
40-70 min	Hustle Audit	Stress, deadline addiction, hidden neglect	Top 2 energy leaks
70-100 min	Care for Your Cells	Cellular city, signals, inflammation, rhythm	Cell message statement
100-110 min	Break	Hydration and mindful pause	Mini reset
110-150 min	Reset + Revive	Breath, posture, hydration, meal plate	Workplace practice plan
150-185 min	Reprogram	Stress reframing, emotional release	Personal mantra
185-215 min	Restore	21-day self-healthcare protocol	Daily action tracker
215-240 min	Pledge + Closing	From inspiration to implementation	Commitment to health rhythm

Deliverables for Participants

- Hustle Audit and personal biological leakage map
- Breath Reset and chair-based movement protocol
- Cellular Meal Plate and hydration discipline
- Stress Reprogramming Worksheet
- 21-Day Care for Your Health tracker
- Care for Your Health pledge certificate

Workshop Experience

Interactive, reflective, practical, and implementation focused

Hustle Audit

Identify hidden patterns of self-neglect.

Cellular City

See the body as 37 trillion citizens needing leadership.

Breath Reset

Use exhale-led breathing to calm the nervous system.

Movement Reset

Break sitting fatigue with 2-5 minute body dialogue.

Stress Reframe

Convert pressure language into biological safety language.

21-Day Tracker

Turn workshop inspiration into daily rhythm.

Take-Home Kit

- Personal health reflection sheet
- Reset and Revive practice card
- Corporate-friendly meal and hydration reminders
- Daily breath-movement routine
- 21-day implementation tracker
- Optional post-workshop review session for HR teams

About Dr. Biswajit Mohapatra

Senior Surgeon • Founder Chairman, GSHER • Creator, CelluReva™ Protocol



Short Bio

Dr. Biswajit Mohapatra, MS, FMAS, is a senior consultant surgeon, academic leader, self-healthcare educator, author, and public speaker with over 30 years of clinical experience. He is the Founder and Chairman of Global Self-Healthcare Education and Research (GSHER), Founder of No Prescription Point, and Creator of the CelluReva™ Protocol - an integrative self-healthcare education framework focused on cellular health, lifestyle transformation, mindset intervention, and chronic disease literacy. His mission is to translate medical science, operating-room discipline, epigenetics, NLP, and ancient wisdom into practical health literacy for communities, universities, and corporate workplaces.

Professional Highlights

- Senior Consultant Surgeon and OT Superintendent, JP Hospital, Rourkela
- Former Dean of Academics, JP Hospital; helped introduce DNB in six specialties
- Founder and Chairman, GSHER; Founder, No Prescription Point
- Designed preventive self-healthcare modules for universities, workplaces, schools, and communities
- Past President, IMA Rourkela and Rotary Club of Rourkela Royal
- Author of Care for Your Health, Hustle to Healing, and CelluReva™ books

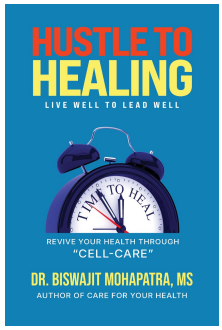


Professional Positioning

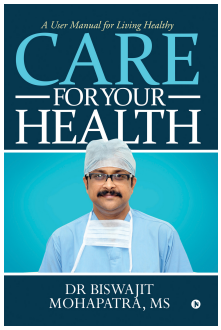
A surgeon who teaches people how not to need a doctor - by making self-healthcare a practical life skill.

Books & Knowledge Products

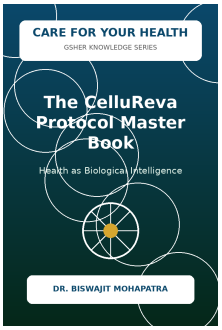
The intellectual foundation behind the workshop



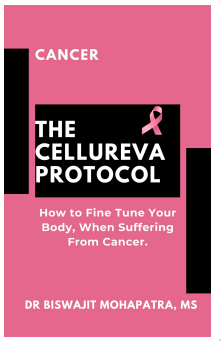
Hustle to Healing



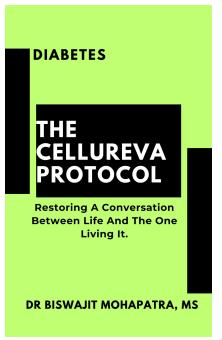
Care for Your Health



Protocol Master Book



Cancer Protocol



Diabetes Protocol

How the books support the workshop

- Care for Your Health builds the self-healthcare foundation.
- Hustle to Healing connects corporate pressure, burnout, and biological recovery.
- CelluReva™ texts provide the cellular language of Reset, Revive, Reprogram, and Restore.
- Together, they convert wellness from advice into a teachable life skill.

Invite GSHER to Your Workplace

A 4-hour biological reset for teams, leaders, and professionals

Best suited for

- Corporate wellness weeks and HR engagement programs
- Leadership retreats and offsites
- Doctor and healthcare professional groups
- Industrial safety and employee wellbeing programs
- Universities, faculty development, and management institutions

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Care for Your Health

Book the workshop. Build a healthier workforce.

Inform • Inspire • Impact

Educational program only. Does not replace medical consultation, diagnosis, or treatment.