

AAHAAR (Online)

A 7-weekend transformational journey for you to build a joyful, empowered and healing relationship with food



A personalised, immersive journey with Garima - accomplished wellbeing coach and changemaker.

Stop obsessive, fear-driven, ever-changing, unsustainable diets and let food nourish you.

APPLY HERE



**THE SWASTH
INSTITUTE**

AAHAAR

What do you **get**?

Does this describe your current state?

- Overwhelmed by conflicting and ever-changing dietary tips
- Chasing health goals and unable to sustain your diets
- An unhealthy relationship with food (e.g. fear or obsession)
- In conflict with your loved ones over food choices

We know that changing diet habits needs time, effort & support.
That's why we have crafted this step-wise, 7-weekend journey

This transformational journey equips you with:

- A “Food Philosophy” to cut through the clutter of dietary tips
- A joyful, empowered, sustainable relationship with food
- A like-minded community that supports and inspires you

Your Curriculum Includes:

- Self-Assessment Tool to identify changes needed in your current habits. You will track your progress at the start, middle and end
- Evaluating pros and cons of different sources of diet information
- A framework to integrate ancient Ayurvedic and cultural wisdom with modern science, while listening to your body's signals
- Learning and experiencing mindful eating
- Nourishing & delicious recipes to eat your way to health & joy
- Practical ways to resolve challenges on your path through resources, peer support for troubleshooting and best practices

Your Take-aways / Resources:

- Lifetime access to session recordings and presentations
- Aahaar Book and self-assessment tool
- Swasth e-resources: Recipes, Sourcing, specific food deep-dives
- Membership of our Alumni community offering daily guided meditation, yoga and monthly knowledge deepening sessions
- Readings and audio-visual resources to deepen your journey

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How is your journey designed?

WHERE: Online via Zoom

FORMAT:

- 7 group sessions from May 4 - Jun 15, on Saturdays, 6- 8 PM IST
- 1 personalized 1-1 with faculty in the workshop period
- Daily prompts with inspiration, tools, insights
- Optional follow-up session, 3 months after the first session

BY WHOM: Garima, Co-founder of Swasth

- Plant-Based Nutrition Certificate from T. Colin Campbell Center for Nutrition Studies,
- MSc Yoga, PGD in Yoga Therapy, Yoga Instructor Certificate
- IIT | Ex-McKinsey | Ex-Teach For India City Director
- Lown Scholar at the Harvard School of Public Health
- International Coaching Federation certified PCC coach

You are the right fit for this program IF..

- You aspire to form a healthy relationship with food
- You are committed to implementing changes in your food habits over a 3 month period, to practically experience the impact
- You are of age 18 and above

WHY LEARN AT SWASTH:

- Sampoorna / All-inclusive: We offer a holistic approach to harmony in body, mind and spirit, using an evidence-based approach that integrates modern science and ancient wisdom
- Swaraaj / Self-led: We empower people with knowledge, skills and mindsets to design and lead their own journey to well-being
- Sahparivaar / Community supported: We build life-long communities to practice and facilitate wellbeing together

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How much do you invest?

Fee includes

- 7 group workshop sessions
- 1 personal consultation with your coach
- Aahaar book (hard copy Indian residents, soft copy for rest)
- Daily support on Whatsapp group
- Optional follow-up session, 3 months after the first session

100% satisfaction guaranteed, else unconditional refund

	Indian Residents	Non-Indian Residents
Fee	INR 7,500	USD 170
Discount	2nd member of same household: INR 2500 / USD 55	
Payment Details Uploading proof of payment is part of the enrollment form	<p>UPI ID: SWASTHINST.836@SBI</p> <p>Bank Account Transfer Name - Swasth India Foundation Bank Name- State Bank Of India Branch: Gokuldharm (Goregoan E) Branch Code- 6055 Account No: 42529704517 IFSC- SBIN0006055</p> <p>We recommend completing pre-work as needed (e.g. setting up a beneficiary for bank transfer) before you begin the application.</p>	<p>Please remit payment at</p> <p>https://www..com/ncp/payment/82UPVSEEUAGMW</p>

Scholarships are available and are approved by a selection process.

As a non-profit, we are committed to enabling wellbeing for all. Those with a genuine financial need can apply for a scholarship in the Enrollment form. **We encourage you to apply if you are a student / single parent / currently not working / retired or senior citizens / working in education / non-profit / healthcare or wellbeing / public sector.**

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Who is your coach?

An accomplished social changemaker, coach and leader, Garima Gupta Kapila masterfully **integrates ancient wisdom and modern sciences** to empower busy professionals and householders to cultivate harmony in the body, mind and spirit. Her transformational workshops and personalised coaching unleash the power of **yoga, psychology, nutrition and nature connection** to take participants towards their full potential by being their full, authentic self.



During 15 years at prestigious institutions such as **IIT, McKinsey & Co., Teach For India and Swasth Foundation**, Garima experienced how outer success without inner fulfilment can lead to feeling lost, ill-health, depletion, overwhelm and relationship conflicts. Her quest for inner joy led her to study, contemplation, training and practice of multiple disciplines, which cumulatively transformed her inner and outer life.

In 2017, to enable health and joy for the world at large, she founded The Swasth Institute (TSI) which, till date, has delivered **75,000 person-hours** of well-being services and training to people across continents, income segments and languages, with a service quality of **4.8 stars** (out of 5). Participants have reversed chronic diseases, gained mental peace and found harmony in relationships. TSI is affiliated to the **Indian Yoga Association** and **VYASA University**. Its learnings have been documented into 5 books, shared at forums such as **Association of Coach Training Organizations**, researched with the support of the **Harvard School of Public Health** and adopted by **Swasth India Medical Centers**, India's largest NGO-run network of primary health clinics serving low-income households.

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What are **past participants** saying?

"Garima is an ocean of wisdom and intuition! She is so patient, understanding, so loving, and so keen to make a difference... She does not hurry you up... each session with her has been a blessing to me and I am so grateful that I have someone who I can reach out to! I am certain I will be doing more courses with Swasth to gain from Garima's knowledge and experience. I am her fan "

"I must say this is the best course I have attended because it's well planned and laid out and explained in a simple manner. [...] Garima explains everything in detail and makes it easy to understand. Everyone whom I have encountered is very helpful and encouraging. I have become more knowledgeable and aware of important topics related to health and body. Thanks to all "

"Garima is very grounded and knows the subject really well. She is mindful about sharing enough information and letting participants choose their journey. She appreciates small wins and encourages others to do so for themselves."

"I love the care, love, and devotion around making it a truly one- of- a-kind experience - the gentle pace, the insights it brought about, the way the space was held for us, and just the group field... this can be a very long list."

"I liked how Garima brought in lightness in the content, held the space for open sharing by all participants, encouraged self-sufficiency in learning, supported each one in their individual journeys."

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Refund Policy

Registration can be withdrawn prior to the start date of the program in which case refunds are offered as follows:

- Withdrawal upto 3 weeks before the program start date will be eligible for a full refund
- Withdrawals less than 3 weeks but more than 7 days before the program start date will be eligible for 50% refund
- Withdrawals in less than 7 days before the program start date will not be eligible for a refund.

Further, if you are not satisfied with the program, you can request a full refund one week before the program ends by making a request in writing to workshops@swasth.org

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