

# VICHAAR (Online)

A 2-month transformational journey  
for you to find inner peace  
regardless of outer situations



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

It's time to step into the driver's seat of your life

[APPLY HERE](#)



THE SWASTH  
INSTITUTE

# VICHAAR

What do you **get**?

## Does this describe your current state?

- Overthinking, avoiding your emotions or unable to control them
- Unresolved conflicts at work, home or in other relationships
- Your efforts to be your best self have not given desired results

We know that re-wiring patterns takes time, effort and support.  
That's why we have crafted this step-wise, 2-month journey

## This transformational journey equips you with the skills to:

- Go from triggered reactions to grounded responses
- See the origin of your actions, thoughts, emotions and to channelize their energy
- Find inner peace regardless of outer situations

## Your Curriculum Includes:

- **“Iceberg” Model:** to successively drill down to the root cause of your actions, thoughts, emotions, needs and fears
- **Self-Management Tools:** to observe, experience, constructively express or transform unpleasant emotions into supportive states
- **Practical examples:** Live coaching, case studies, real-life examples from coach, past participants and peers

## You will cultivate 3 inner states that enable transformation:

- **Courage** to see your thought and action patterns governing your life compulsively, often times without your awareness
- **Compassion** to see other sides of a situation and expand your perspective beyond inner and outer conflict
- **Gratitude**, to see the opportunity for growth in every challenge

## Your Take-aways / Resources:

- Lifetime access to session recordings and presentations
- 40-day Journal with guided self-reflection questions
- Membership of our Alumni community offering daily guided meditation, yoga and monthly knowledge deepening sessions
- Recommended readings to deepen your journey
- Discount if you wish to pursue your coach certification with us

# VICHAAR

How is your journey designed?

**WHERE:** Online via Zoom

**FORMAT:**

- 9 group sessions from Apr 20 to Jun 15, on Saturdays, 7 - 9:15 AM IST
- 2 personalized 1-1 with faculty in the 2-month period
- Daily, offline journalling in the guided reflection journal provided
- Daily messages with inspiration, tools, insights

**BY WHOM:** Garima, Co-founder of Swasth

- International Coaching Federation certified PCC coach
- Somatic Psychology practitioner
- 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

**You are the right fit for this program IF..**

- You have a strong desire to break out of past patterns
- You are committed to “Be the Change”, by examining your role in situations and changes you can make
- You commit to a daily journalling practice to guided questions provided by us, to implement your learnings
- 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

**Only 12 seats for a Personalized Experience**

**[Apply HERE](#)**

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# VICHAAR

## How much do you invest?

### Fee includes

- 9 group workshop sessions
- 2 personal consultations with your coach
- Reflection journal (hard copy Indian residents, soft copy for rest)
- Daily support on Whatsapp group

### 100% satisfaction guaranteed, else unconditional refund

	Indian Residents	Non-Indian Residents
Fee	INR 17,500	USD 410
Payment Details Uploading proof of payment is part of the enrollment form	<p><b>UPI ID: SWASTHINST.836@SBI</b></p> <p><b>Bank Account Transfer</b> 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><b>Please remit payment at</b></p> <p><b><a href="https://www.paypal.com/ncp/payment/82UPVSEEUAGMW">https://www.paypal.com/ncp/payment/82UPVSEEUAGMW</a></b></p>

*Scholarships are available and are approved by a selection process.*

As a non-profit organization, we wish to enable access for all, without finances coming in the way. Our Scholarship Committee is committed to supporting those with genuine financial need. The scholarship application is in the link below. [We encourage you to apply if any of these categories apply to you - student, single parent, currently not working, retired or senior citizens, working in education / non-profit / healthcare or wellbeing / public sector.](#)

[Apply HERE](#)

# VICHAAR

## 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.

[Apply NOW](#)

**To step out of the tyranny of a limiting paradigm of life,  
re-wire your patterns, and come closer to your true nature**

# VICHAAR

## 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 "

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"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 "

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"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."

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"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."

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"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."

# VICHAAR

## 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](mailto:workshops@swasth.org)

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