

Enhancing Education through RENEWALism Habits; Qigong and Mindfulness

A Comprehensive Proposal for a Healthy
Educational Ecosystem

Welcome to a transformative initiative that integrates
ancient wisdom, stress reduction techniques, and
holistic well-being into your educational institution.

Join us in fostering RENEWALism - a movement
dedicated to rejuvenating the minds and bodies of
teachers, students, and the entire educational
community.





RENEWALism: Manifesting Positive Change

- The RENEWALism Movement is reshaping individual consciousness, societal norms, and institutional systems.
- Educators play a critical role in instilling RENEWALism Habits like Qigong and Mindfulness, setting the stage for a healthier future.
- Your School stands to be recognized as a Success Case Study when the Education Policy adopts RENEWALism.

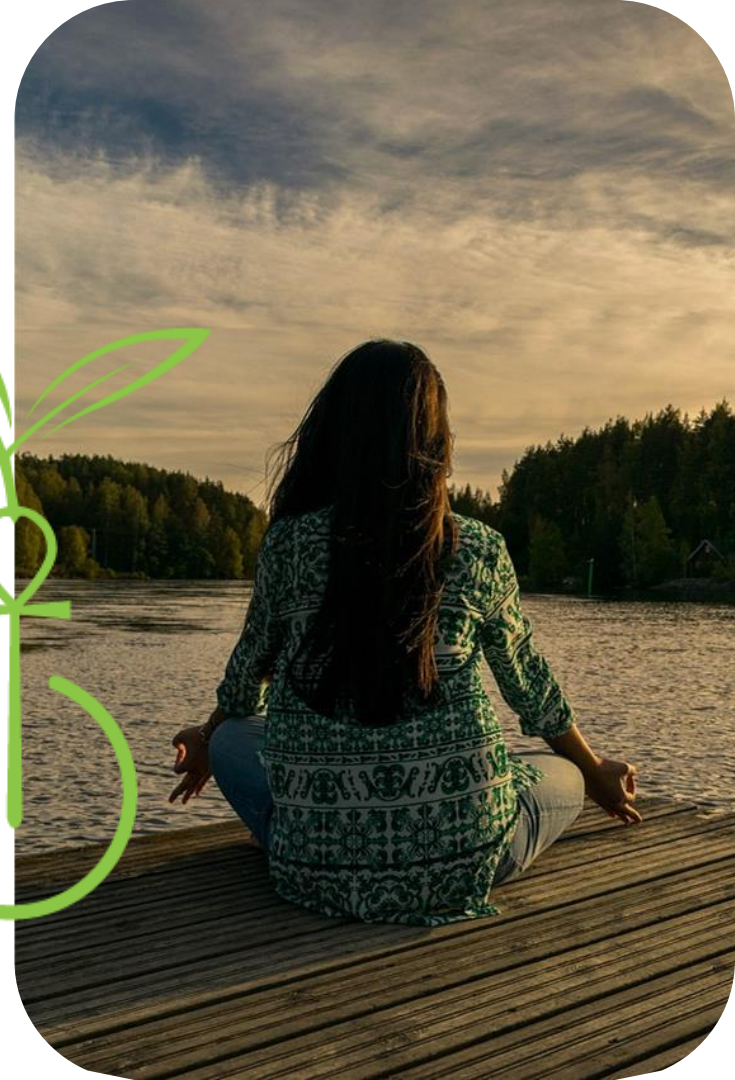
Qigong: Cultivating Life Force Energy for Wellness

- 01** Explore the 4000-year-old practice of Qigong, focusing on cultivating life force energy ('Qi') to rejuvenate mind, body, and spirit.
- 02** Discover the proven physical, mental, and spiritual advantages of Qigong, offering a formidable antidote to stress.
- 03** Give your faculty and staff a deep understanding of stress and its reduction, while increasing their capacity to efficiently handle more.



Mindfulness: Elevating Presence and Performance

- 01** Initiate students into the essence of mindfulness, uplifting awareness, improving self-control, and reducing bullying.
- 02** Uncover the practical impacts of mindful living on the body, mind, and spirit, providing students with a lifelong ability and immediate positive results.
- 03** Use mindfulness to enhance memory, focus, resilience, calmness, alertness, health, happiness, harmony among students and parents.



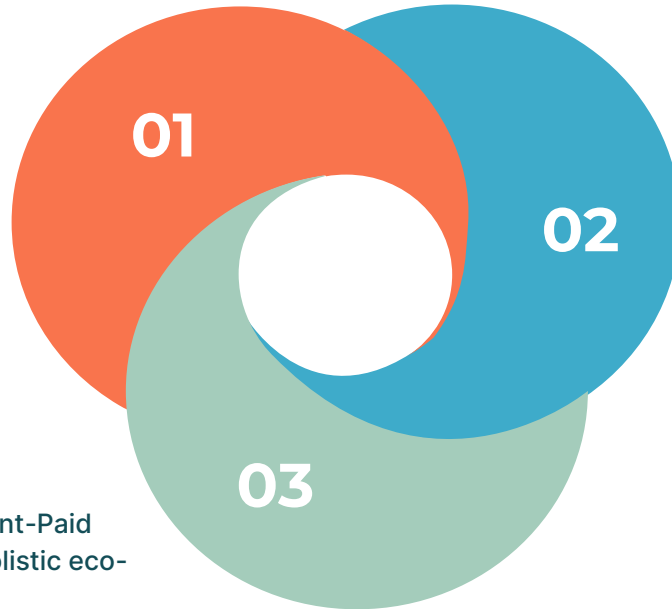
Implementation: 3-Pronged Strategy

1. For Teachers & Staff

- Engage in a 20-session online Qigong program to reduce stress and enhance efficiency.
- Establish virtual support groups for ongoing practice and mutual support.

3. For Parents

- Attend a 4-hour Parent-Paid Workshop to create a holistic eco-system at home.
- Schools collaborate and share revenue, promoting the workshop for mutual benefit.



2. For Students

- Participate in a 10-session online Mindfulness program, improving focus and clarity.
- Join virtual support groups for continued reinforcement of mindfulness practices.

Rationale for Implementation

Manifesting Positive Change

- Uncover the hidden impact of stress on teacher and staff efficiency and organizational success, taking proactive measures.
- Empower Students for Success using the correlation between mindfulness, academic excellence, and life skills, showcasing significant positive outcomes.
- Emphasize the role of your school as a holistic wellbeing hub, by involving parents in stress-abatement and mindfulness strategies, creating a supportive home environment.





About the Founder

Sandeep Nath is the founder of RENEWALism. An IIT-IIM alumnus, he founded and ran a successful strategy consulting company before heading to the Himalayas in search of the purpose of life and what drives our energetic consciousness. As a Coach, he has taken the sacred wisdom of our Inner Power to more than 46 cities spread over four continents.

An international Reiki master, Business Qigong guide, Mindfulness coach, and Author of two internationally acclaimed books, *Arrive At Success & RENEWAL*, Sandeep is an expert on Stress Management and applying ancient oriental wisdom to resolve modern business challenges. More about him at <https://SandeepNath.com>

So Partner With Us To Transform Education Holistically!

Embark on this comprehensive initiative to become a pioneer in holistic education, fostering well-being and resilience within the educational community.

Together, let's shape a healthier, more sustainable future for all.

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