



ASK INSIGHTS
Diversity, Equity & Inclusion Consultants

Wellness Insights



A Complete
wellness capsule
for your
employees.

**“The wealth of a
business is best
founded on the
health of its
workers”
- WHO**

Why Us ?

In the area of Modern Medicine and Well-Being Dr. Niru Kumar the founder of Ask Insights is a medical doctor with 30 years of experience in clinical medicine. Our Consultants of Wellness Insights are highly experienced and super pecialists, in disciplines like Gynecology, Cardiology, Radiology, Skin Specialization, Psychiatry, Pediatrics, Nutritionist, Dental Medicine, Ophthalmology and Life Style Medicine.

Dr. Niru Kumar and Dr. Akshay Kumar (PhD) the leaders of Ask Insights are Psychologists, NLP Master Practitioners, Hypnotherapy Practitioners and Teachers, Life and Executive Coaches. They carry an experience of 15 years in transforming lives through these disciplines. In addition, we have an excellent team of psychologists

In the spiritual and holistic health zone, we have been actively teaching and practicing Reiki for the last 22 years. We are experts in Mindfulness, Reiki, Meditation and Law of Attraction.



Physical Well-Being



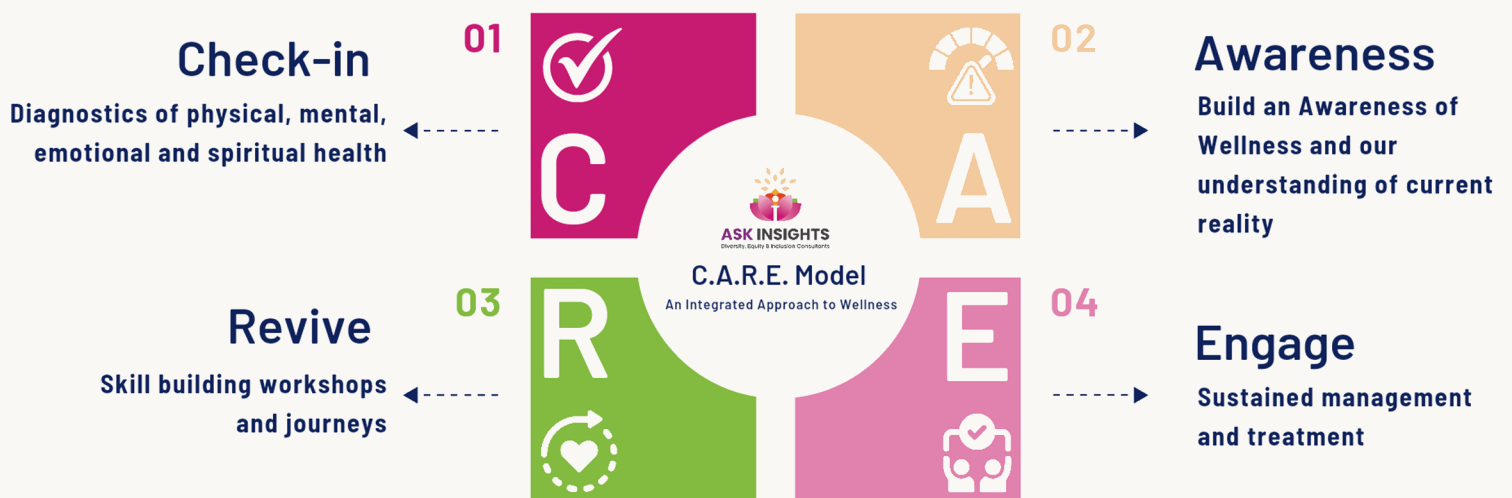
Psychological Well-Being



Spiritual Well-Being

C.A.R.E. Model

An integrated Approach to wellness



THE WELLNESS INSIGHTS CAPSULE

The Wellness Insights capsule is a holistic Well-being capsule i.e. Physical, Psychological, Spiritual and Preventive Health. It integrates the sciences of Modern Medicine, Psychology, NLP, Hypnotherapy and Spirituality to ensure a wholesome well-being of an individual and the organization as a whole



The Wellness Insights Program Structure

01 WELLNESS INSIGHTS MENTAL HEALTH CLINIC

1 to 1 Psychological Counselling, Life Coaching Sessions and Relationship Counselling Sessions

02 WELLNESS INSIGHTS WORKSHOPS

Periodic workshops on specialized themes like: Stress Management, Emotional Intelligence, NLP, Positive Psychology, Happiness at Workplace, Brain Skills, Emotional Intelligence, Resilience and Leadership, Whole-being Woman Leadership, Hypnotherapy and Transformational Mentoring

03 WELLNESS INSIGHTS HOLISTIC HEALTH WORKSHOPS

Mindfulness, Reiki, Meditation, Law of attraction workshops, Nutrition sessions, Yoga and Creative Dance Therapy.

04 WELLNESS INSIGHTS ASSESSMENTS AND BENCHMARKING

Measuring the current well-being and happiness levels of the organization and tracking the journey.

05 WELLNESS INSIGHTS PREVENTIVE HEALTH PROGRAM

Talks and camps by leading senior consultants - Cardiologist, Gynecologist, Life Style Medicine Specialist, Psychiatrist, Dentist, Radiologist, Ophthalmologist, Skin Specialist, Nutritionist and Pediatrician



In 2024, workplace stress remains a leading contributor, with nearly 60% of employees globally reporting high stress levels. Every seventh person in India is affected by some form of mental disorder. Stress, a major contributor, is widespread. During the COVID-19 pandemic, stress and anxiety levels surged the most. (WHO)

How serious is this?

Around 90% of Indians report high levels of workplace stress, exacerbated by information overload & demanding work environments..

Happier Teams are the Best Performers



What we offer?

1-year Wellness Insights capsule includes:

01 One to one counselling sessions by senior Psychologists (15 Sessions/Month)

Health talks by senior medical specialists (3 Talks/year)

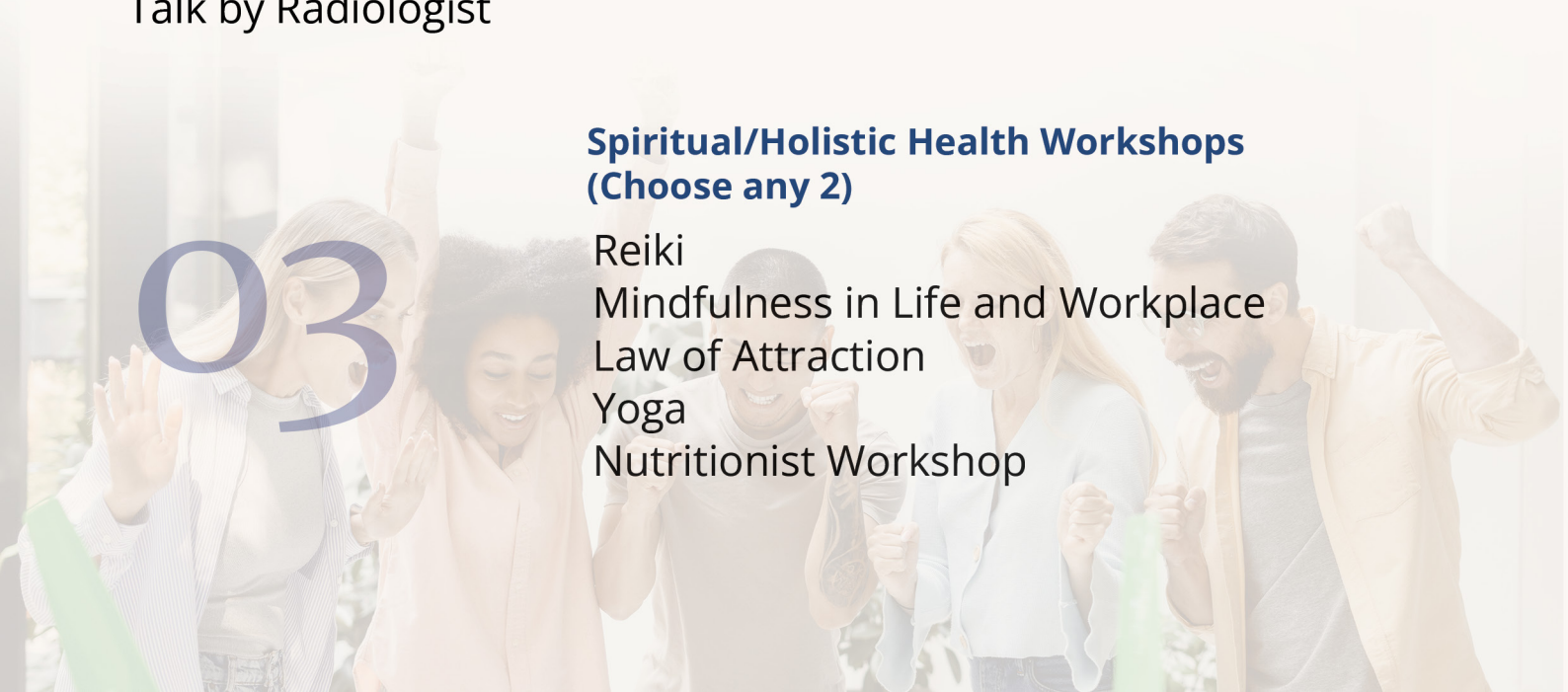
Talk by Gynecologist
Talk by Skin Specialist
Talk by Cardiologist
Talk by Dentist
Talk by Ophthalmologist
Talk by Life-style medicine consultant
Talk by Pediatrician
Talk by Radiologist

02

Spiritual/Holistic Health Workshops (Choose any 2)

Reiki
Mindfulness in Life and Workplace
Law of Attraction
Yoga
Nutritionist Workshop

03



What we offer?

1-year Wellness Insights capsule includes:

04

Health Camps (Any 2 camps per year)

Cardiology, Psychiatry, Gynecology, Ophthalmology, Life style Medicine, Pediatrics and Skin Specialist

Wellness Insights Corporate

Well-being Workshops (Any 4 out of the following)

Positive Psychology

Stress Management – Life is Beautiful

Emotional Intelligence through Neuro-Linguistic Programming

Increasing Productivity through Self-Hypnosis

rain Skill Management

Happiness at Workplace

Resilience and Positive Leadership

Whole-being Women Leadership

Transformational Mentoring

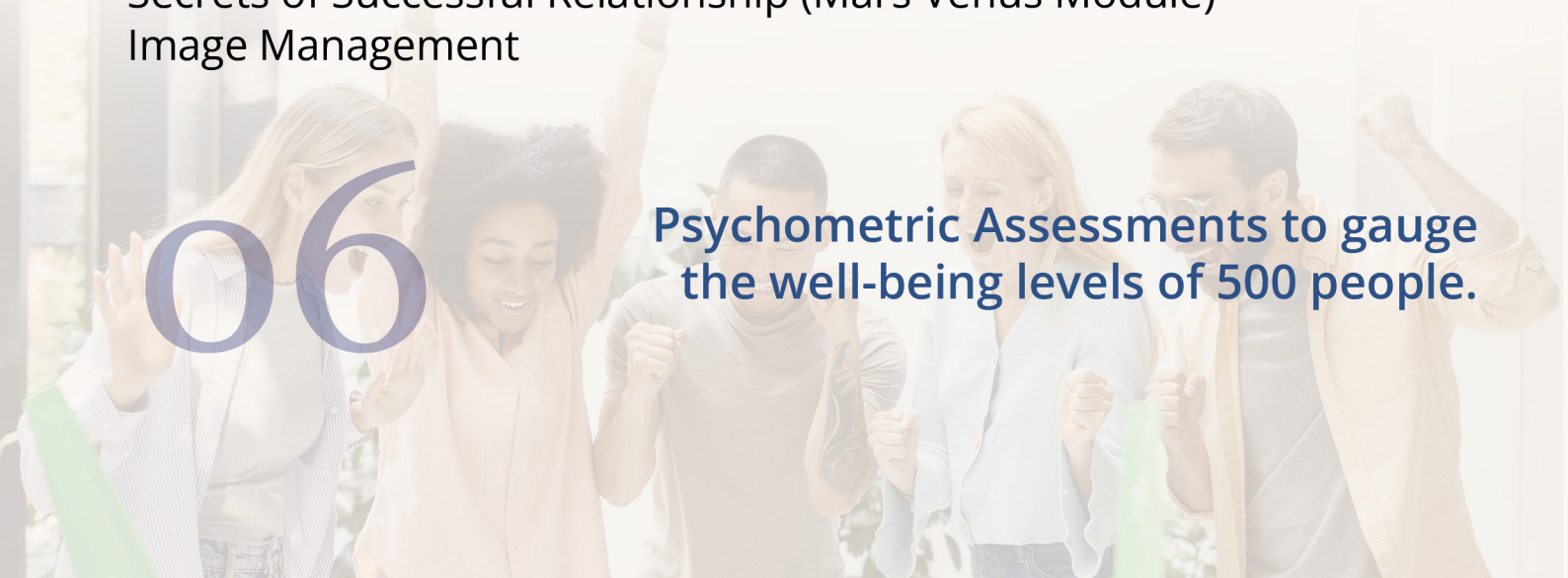
Secrets of Successful Relationship (Mars Venus Module)

Image Management

05

06

Psychometric Assessments to gauge the well-being levels of 500 people.



07 *Wellness Retreats*

A Two-day residential integrated wellness program.



Radiant Health & Vitality



Infinite Potential



Magnetic Presence



Empowering Emotions



Value Added Prosperity



Meditation & Mindfulness

08 *Coaching*

Executive Coaching - Unlock elite performance and strategic Insight, guiding leaders to their peak potential with clarity and purpose.

Life Coaching - Empower personal growth, learn the trusted ways to navigate life with purpose, resilience, and fulfillment.

Wellness Coaching - Learn to Cultivate a balanced life by mastering the art of self-care, resilience, and viable well-being.

Maternity Coaching - For new mothers to come out as their best-selves personally and professionally, ensuring a seamless and empowered return to the workplace.



DR. NIRU KUMAR

MBBS, Medical Doctor and Psychologist
Founder & CEO, Ask Insights
Former Chief Officer (Highest Administrative Grade)
Central Government Health Services



DR. PREM KUMAR GANESAN

MBBS, MD, Director, Ask Insights
Director and Head, Radiology
BLK Super Speciality Hospital



Dr Akshay Kumar

PhD Director and Consultant
Psychologist, Ask Insights Head,
Mental Health, Artemis Hospital Former Professor and
Head - IIIT Delhi

Experts and Superspecialists



Poorvi sarin

Coach and Facilitator, Ask Insights
NLP Master Practitioner
& Certified Brain Based Leadership Coach



DR. NITIN SHUKLA,

FRANZCP, DNB, MD, MBBS
Consultant Psychiatrist & Psychotherapist
Melbourne Health



DR. LALITA BHADHWAR

MBBS ,MD
Senior Consultant, Gynaecology
Apollo Hospital

Experts and Superspecialists



Dr. (Col) Gunjan Malhotra

Veteran Gynaecologist



DR. ANJALI NAKRA

MBBS, MD

Diplomat Lifestyle Medicine - Harvard University

Founder - Path To Health Clinic



DR. NEERAJ BHALLA

Cardiologist, Director & Head
BLK Super Speciality Hospital



DR. J. S BHASIN

MBBS, MD
Consultant and Head, Paediatrician
BLK Super Speciality Hospital



DR. SUDIPTO PAKRASI

MBBS, MD
Chairman and Head, Ophthalmology
Medanta Hospital



Danijela Radonic Bhandari (Dana)

Integrative Wellbeing Counsellor
& Coach - Ask Insights,
Founder- DanaVeda



MS. VAISHALI KUMAR

Psychologist and Image
Consultant, Ask Insights



DR. RAHUL VOHRA

BDS, MDS
Senior Dentist
Founder – Vohra Multi-speciality Dental Clinical
Professor – Krishna Medical College

The Need – Business Case

According to McKinsey's March 2024 report, globally, improving employee health and wellbeing could generate a staggering \$3.7 trillion to \$11.7 trillion in economic value (McKinsey, 2024).

Mental health problems on average cost companies £56 billion per year (Deloitte, 2022) and, in 2023, UK employees were apparently absent for an average of 7.8 days per year for mental health reasons (CIPD, 2023).

In joint research by the University of Oxford and British telecoms firm BT, 'happy workers' were found to be 13% more productive (University of Oxford, 2019).

Globally, an estimated 12 billion working days are lost every year to depression and anxiety at a cost of US\$ 1 trillion per year in lost productivity.
- WHO

According to a 2024 Gallup report, only 14% of Indian employees consider themselves to be thriving, while 86% say they are struggling or suffering. This is lower than the global average of 34%.

**Focusing on Wellness is not just a trend -
it's a strategic business move for any organisation
looking to flourish.**



Our certifications & accreditation are from highly reputed Global Bodies.



1. Life Coaching: Master Coach and Franchise Owner - Mars Venus Coaching (Dr. John Gray Author, Men are from Mars Women are from Venus)

2. Executive Coaching: Master Coach and Franchise owner - Mars Venus Coaching (Dr. John Gray Author, Men are from Mars Women are from Venus)

3. Hypnotherapy: Certified Franchise Owners, Teachers, Practitioners – California Hypnosis Institute

4. Neuro Linguistic Programming (NLP)– Master Practitioners – Trained by Dr. Richard Bandler (Founder of NLP)



5. Mindfulness: Tushita (From H. H Dalai Lama)

6. Brain Skills Coach: From BrainSkills@Work

7. Positive Psychology : Harvard University

8. Woman Leadership Coaching Certification: Certified from The Gaia Project for Woman Leadership

Our clients





*"Wellness leads to
well-being
& we help you
in creating this."*

Reach out to us at
poorvi.sarin@askinsights.com

We are Social

   :Follow us on

