

THE ANTI AGING WORKSHOP

Making the Principles of IKIGAI as the part of life for every Senior Citizen in India

- ★ We at India become older 20 years faster than people in Japan and Switzerland
- ★ World's most elderly and happier people live in Japan and Switzerland
- ★ The Secrets of leading a very happy life during old age is now rediscovered



80% Rule
Haru-Hachi-Bu
Diet Rules for
Happy Life



Stakeholders for
Happy Life



Managing Society for
Happy Life



Light Exercise for
Body, Mind & Soul



Beyond Resilience
and Perseverance



Self Therapy for
Psychological Wellbeing

.. and many more to be covered in the workshop



We bring you the well researched secrets to help you transforming your life with happiness..... Come & Enjoy



BENEFITS



How happy you are:
Know your Happiness quotient through CASP 19 and trick to improve your happiness



Identify your IKIGAI:
How you would become more enthusiastic to live



Know your Fragility
Score: SF 36 scale for understanding your level of fragility



Find Your Safety Net: Techniques to identify people they really matter to you



Learn self psychological therapy for happy living

Highly Experienced Faculty in Elderly wellbeing and Demography



Dr. Biranchi Jena
Ph.D, Demography (Health Eco.)
Dr. Sharvari Shukla
Ph.D, Population Stat. (Elderly care)
Dr. Bharat Powdwal
M.S (Surgery), MBA

WORKSHOP DETAILS

Aduvaret Research & Consulting
RH-4, Marigold, Lane-8
Veerbhadr Nagar, Baner 411 045

Batch Size- 10
First Come First Serve Basis

aduvaret@gmail.com
biranchijena@hotmail.com

7760997743/ 7507090264
(for Registration)

First Saturday & Sunday
of every Month 9.00 AM - 2.00 PM

Workshop Material Breakfast
Tea and Lunch

Rs. 1000 (for 2 days) Per Participant

ADIUVARET
RESEARCH & CONSULTING