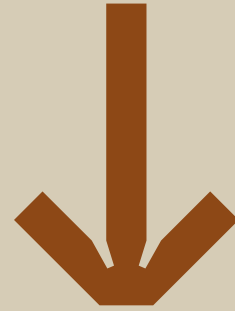


PEACEFUL MINDS



Nurture Calm, Embrace Clarity, Thrive Within

MEET THE TEAM



SOURABH JANAGAL

Mental Health & Stress Management Trainer

In the training industry for the last 7 years and has successfully conducted 1:1 TRAINING PROGRAMS in STRESS MANAGEMENT and EFFECTIVE COMMUNICATION and helped countless people kick off their anxiety & stress with simple practices and techniques. With my passion for PSYCHOLOGY and deep UNDERSTANDING OF HUMAN EMOTIONS, I am living my vision and mission to help people understand their emotions and manage them to live a happy life.



DEFNI PRASAD

Health & Life Coach

A Certified Health & Life Coach & founder of NUTRICRIB who excels in the field of NUTRITION & LIFE COACHING. Transformed lives in managing their STRESS, ANXIETY & DEPRESSION with life coaching sessions and also WEIGHT & LIFESTYLE DISEASES just with sustainable diets & lifestyle changes. What makes me unique is not my certification or knowledge but the fact that I CARE FOR YOU & I understand where you are coming from because you see, I WAS YOU just a few years ago!

The story behind

PEACEFUL MINDS



The “Peaceful Minds: Mental Health Program” is born out of a deep understanding of the challenges modern life imposes on mental well-being. It aims to address the increasing prevalence of stress, anxiety, and emotional overwhelm in a world that often prioritizes productivity over peace. The program was created with a vision to provide individuals with a safe space to reconnect with their inner selves, build resilience, and find harmony in their thoughts and emotions.

The idea took root in the realization that while physical health programs are abundant, mental health often remains a neglected aspect of overall well-being. Inspired by countless personal stories of individuals struggling in silence—be it due to workplace stress, relationship challenges, or the societal stigma surrounding mental health—the program was designed to normalize conversations around mental wellness and offer actionable solutions. The program’s approach integrates mindfulness techniques, emotional regulation strategies, and personalized tools to help participants regain control of their lives. It’s about shifting the narrative from “coping with life” to “thriving in life” by fostering self-awareness and emotional strength.

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Why the Name “Peaceful Minds”?

The name reflects the ultimate goal of the program: to help individuals cultivate a state of inner peace, even amidst life’s chaos. It emphasizes that achieving mental clarity and emotional balance is not just a destination but a journey—a journey that this program aims to facilitate.

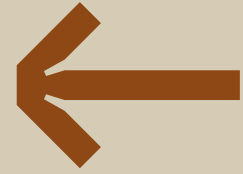
→ TURNING YOUR VISION BOARD TO REALITY



NURTURING CALM, EMBRACING CLARITY, THRIVING WITHIN

- **STRESS MANAGEMENT TOOLS:** Learn mindfulness techniques and practical strategies to navigate daily challenges.
- **EMOTIONAL RESILIENCE:** Build mental strength to face life's ups and downs with confidence.
- **IMPROVED SLEEP & FOCUS:** Restore your natural rhythm and boost your productivity.
- **MINDSET RESET:** Rewire negative thought patterns and embrace a growth mindset.
- **NUTRITION GUIDE:** Tips and nutrition guide to kick off the stress & anxiety thereby improving health.
- **YOGA SUPPORT:** Yogic asanas to help you ease out and calm your mind

SERVICES OFFERED



01 MENTAL HEALTH PLAN

A mental health transformation plan designed to suit your unique mental health goals, therapy preferences, and overall wellness needs.

02 ONE ON ONE SESSIONS

We provide coaching sessions that include focused support, guidance, and motivation to strengthen your mental well-being.

03 HOLISTIC PRACTICES

Incorporates meditation, journaling, breathwork, and lifestyle tweaks.



04 ACTIVITIES & CHALLENGES

We offer fun activities and challenges designed to keep you motivated and committed to your mental health objectives.

05 STRESS RECOVERY SESSIONS

Learn techniques and participate in sessions aimed at managing stress effectively and improving your well-being.

06 ROADMAP TO NUTRITION

Follow a comprehensive nutrition plan that provides a clear path to achieving and maintaining long-term mental health and wellness.

07 YOGA SUPPORT

Enhance your physical and mental well-being with guided yoga sessions that promote flexibility, strength, and relaxation.

08 WHATSAPP CALL & SUPPORT

Receive continuous support and quick responses to your queries through WhatsApp and phone calls, ensuring you are never alone on your journey.

CLIENTS TESTIMONIALS



sleepless night, height of anxiety ,
eating my emotions ,
stubbornness towards daily diet
choices , always in a emotional
and mental stress. these were my
everyday complains 6months
before and I never thought it might
have been because of my
negligence to my weight and diet
management, and then I met Mr.
Abhishek Srivastav, my current
Personal Trainer and Dietitian
helped me understand the role of
my diet and exercise routine , he
had been that one patient person
who had let me understand that
combination of yoga, food
time management
of change

Hello everyone. Thankyou so
much each one of you for this love
one month journey so far.... I have
really enjoyed it & found so much
improvement so far.
Weight - joined at 72.5 kas /
currently 66 kas. Energy levels
have gone up, feel active n energised
day..... And really appreciate Rahul sir
for correcting my postures n
exercises which has helped in finding
changes in the body. Also Abhishek
sir you yoga n medication is keeping
me calm n aligned. The timing for
kapalbharti & anulom vilom has
increased to 3mins. And beadtme
breathing has improved too. Diet so
is good, thank you Defn
wonderful

0:14 10:42 PM

lo sir Mai Shubham Kumar. Sir Mai apko
batana chata hu mai apse khuch din phle
stress management ki treatment or tips liya
tha mai jis situation me tha mera stress ka
treatment or tips lene ke baad kafi realif
mila or ajj Mai kafi had tak cover kr chul
hu stress se Or ajj Kafi relax masos kr
thanku so much Sourabh Janagal sir

I recently attended a stress management
class, and it was an incredibly enriching
experience. The instructor was
knowledgeable and approachable, making the
entire class feel comfortable and engaged.
The techniques shared were practical, easy to
incorporate into daily life, and truly effective
in reducing stress. I particularly appreciated
the mindfulness exercises, which provided
immediate relief and helped me feel more
centered. The class also offered valuable
tools for managing anxiety and boosting
overall well-being. I feel much more equipped
to handle life's challenges with a calmer,
more focused mindset. Highly recommend
this class to anyone looking to improve their

PEACEFUL MINDS



CONTACT US



Defni Prasad

Follow @nourishwithdefni



Sourabh Janagal

Follow @sourabhjanagalofficial

www.nutricrib.com