



Transformative Session

BY- SHIKKHA SARVAIYA



A little about Me

**PROFESSION: LAWYER – INTELLECTUAL
PROPERTY RIGHTS, CORPORATE
COMPLIANCE.**

CO-FOUNDER AT GLEE GOURMET

ORGANISER OF HEALTH CAMPS

WRITER “THE VEGAN FOOD CHRONICLES”

**AS A PERSON – FOODIE, LOVE TO
TRAVEL, LOVE FOR SHOPPING,**



**MY SHIFT
TOWARDS**

N

OVERWEIGHT,
LOT OF CRITICISM

DECIDED TO LOSE WEIGHT

DIRECTLY JUICE FASTING - 3 MONTHS

LOST 35 KGS



AVOIDED OUTSIDE FOOD FOR 1 YEAR

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3 MONTHS WAS A COMPLETE JOURNEY
FULL OF UPS AND DOWN

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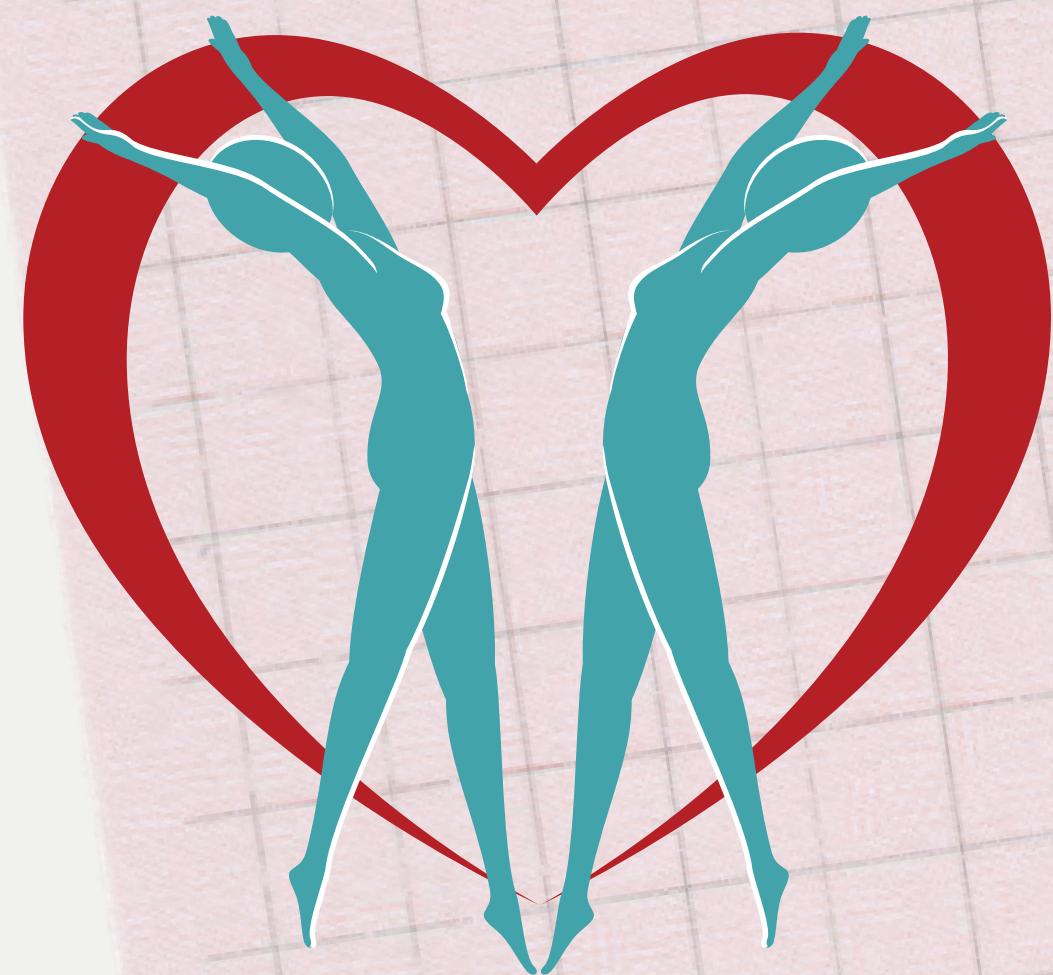


TRANSFORMATION

LOADING...



KNOW YOUR BODY



WE ARE THE BEST DOCTOR FOR OUR BODY

NO ONE KNOWS OUR BODY BETTER THAN
US.

WE CAN DETERMINE WHAT IS GOOD AND
BAD FOR US

WHAT SUITS ONE NOT NECESSARILY WILL
SUIT THE OTHER,



YOU KNOW WHAT IS BEST FOR YOU

DETERMINE WHAT AND HOW TO FOLLOW,

WE ARE THERE FOR GUIDENCE

YOU HAVE TO MAKE THE CHOICE OF BEING
HEALTHY



KNOW WHAT FOOD TO CHOOSE

PLANT-BASED FOOD

LIVING FOOD (PROVIDES JIVANI SHAKTI)

MILLETS

**RICH IN FIBRE AND PROTEIN, GLUTEN-FREE
AIDS DIGESTIVE HEALTH, CONTROLS BLOOD SUGAR,
HIGH NUTRITIVE VALUE.**

AVOID DAIRY PRODUCTS

ROOT CAUSE OF ANY DISEASE - VAT, PITH, COUGH.

7 SEEDS

INCLUDE IN YOUR DIET!



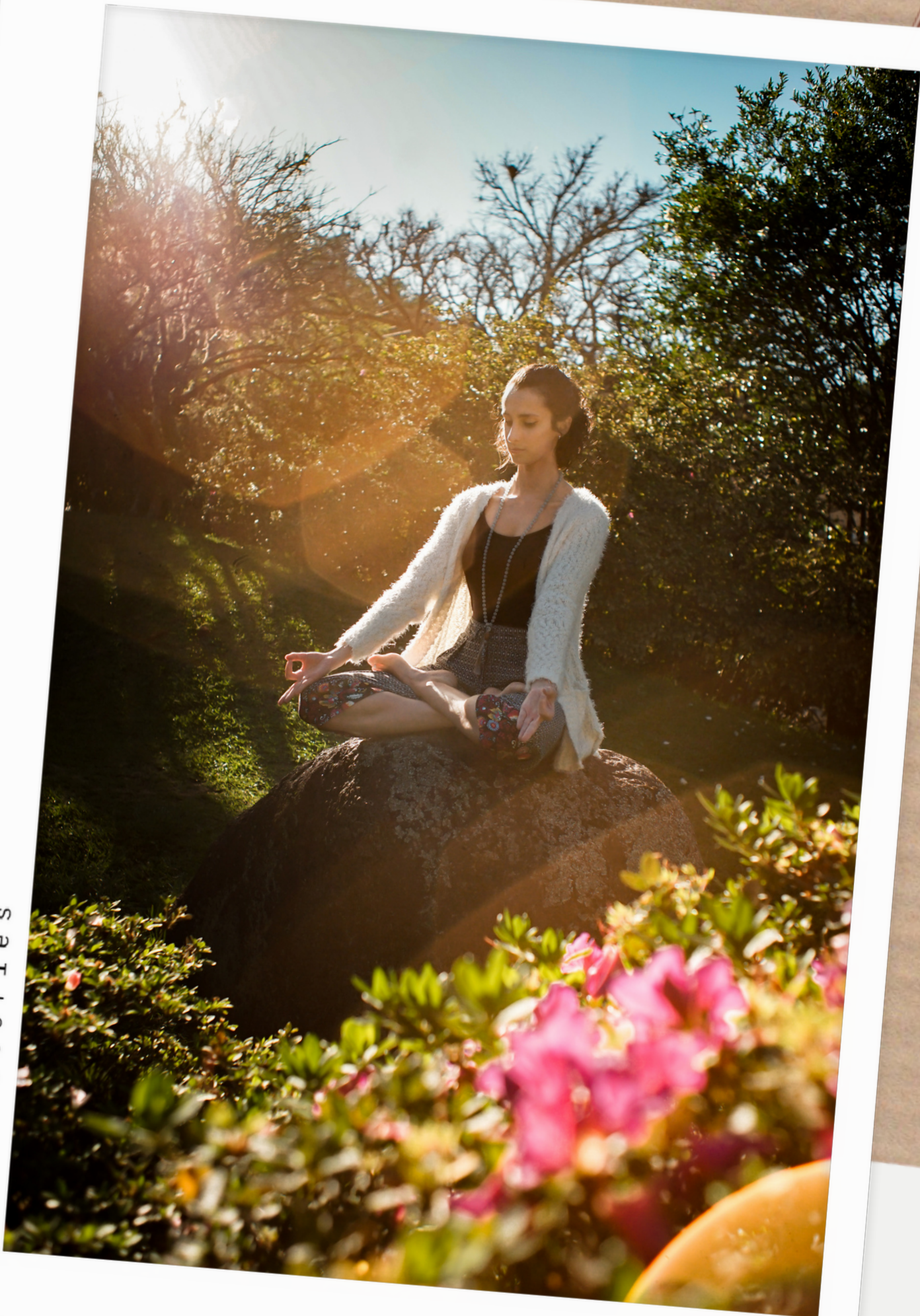
CREATING BALANCE

NDS

**SURVIVING
SOCIETY**

**NURTURING
THE SOUL**





MEDITATION



Meditation is an all-powerful tool to create a focussed mind and healthy body.

Meditation is the best stress-reliever known to mankind.



Types of Meditation

Mindfulness

Body Scan

Music Aided

Concentrated Meditation



SEVA

HUM JO BHI DENGE WAHI HUME MILTA HAI

**SEVA – 10% OF YOUR INCOME (DASHAUNS) OR AT
LEAST A PART OF YOUR INCOME SHOULD USED FOR
SOCIAL WORK OR AS A SEVA**

**MOST IMPORTANT PART OF SEVA IS THE "BHAV"
ALWAYS TO DIFFERENT PERSON (STRANGER)**

**SEVA NEED NOT ALWAYS BE FINANCIAL – IT COULD
BE PROVIDING KNOWLEDGE, HELPING OTHERS,
ETC.**





**CONNECTING SOUL TO NATURE
(SURRENDERING)**



YOU BECOME WHAT YOU EAT



**WE ALWAYS WANT TO BE FIT AND
HEALTHY, BUT WE NEVER WANT TO GIVE
UP ON OUR FOOD CHOICES.**

**WE WANT TO
CONSUME UNHEALTHY AND STAY
HEALTHY...**

IS IT PRACTICALLY POSSIBLE?

**NOWADAYS, WE DEPEND MORE ON
OUTSIDE FOOD,
THE THOUGHT PROCESS HAS BECOME
NEGATIVE, STRESS LEVEL INCREASES,
HEALTH GOES FOR A TOSS,
MEDICINES BECOME LIFE.**

BRING THE CHANGE

FOOD FOR BODY, THOUGHTS FOR MIND
YOU HAVE A CHOICE IN WHAT YOU ARE MADE OF!

**FOLLOW
THE NEW DIET SYSTEM!
MAKE HEALTHY CHOICES
FOR YOUR
BODY AND MIND!**



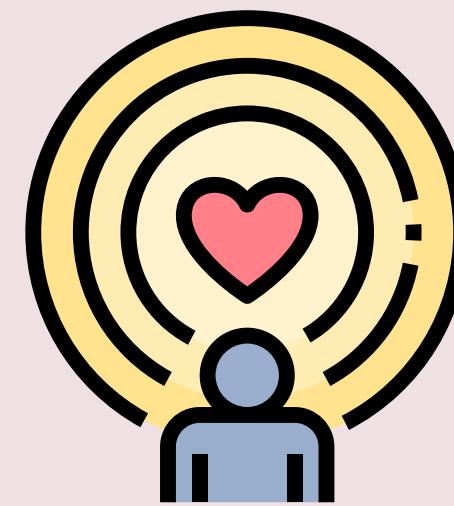


IMPROVE QUALITY OF LIFE

GOOD FOOD FOR THE BODY

**GOOD THOUGHTS (POSITIVE
THOUGHTS) FOR THE MIND**

GOOD VIBRATIONS FOR THE SOUL



AFFIRMATIONS

I AM ACCEPTING THE WAY I AM

I AM DOING ALL THAT IS NECESSARY FOR MY HEALTHY BODY

I AM LEADING TO HEALTHY AND PROSPEROUS LIFE

I AM FREE FROM ALL THE DISEASES

MY BODY IS ACCEPTING THE NEW CHANGES

I AM HEALTHY.

