

## Message from Registrar

Dear Wellness Students,

It gives me immense pleasure to announce the launch of Noni Wellness e-university offering various Wellness and Lifestyle Courses.

Wellness is the integration of many different components that expand one's potential to live a quality life as well as work and make a significant contribution to the society. Wellness reflects how one feels about his or her personal life and checks one's ability to function effectively. Wellness, as opposed to illness, is described as the positive component of good health.

Lifestyle on the other hand is the pattern or behavior or ways in which an individual typically lives.

The biggest benefit of wellness that has given us inspiration to bring these courses to you is that it helps each person to see life's unlimited possibilities and live a life that is totally fulfilling. It empowers people to exercise control over their wellness destiny and accept the wellness challenge of the modern-day living.

Let us join hands and accept this challenge and empower ourselves with every aspect of wellness and lifestyle through these unique courses.

Prof. Dr. P I Peter  
Registrar



## Wellness University Team

### Stan Serrao, Dean

A multi-faceted personality Mr. Stan Serrao is a Post Graduate in English Literature hailing from journalism and publishing background having vast experience in Print Media and Direct Selling industry. He is a prolific writer, forward-thinking author, astute business consultant and a passionate trainer with unique man-management and people-skills. His perfect blend of experience, exposure and expertise backed by creative and innovative thinking has been successful in inspiring people to produce extraordinary results in their life. He is the Course Director for Introduction to Wellness and Wellness Entrepreneurship courses with us.



## Course Directors

### Dr. Nipun Choudhry, M.D (Physician), HHM, PPHC

Dr. Nipun Choudhry, a certified 'Lifestyle' specialist has done his Medicine from Harvard Medical School (USA) and a P.G. Diploma in Health Care Management. He also has a Post-Graduate Diploma in Preventive and Promotive Health Care from Apollo Hospital, Delhi and is currently the faculty of Apollo Hospital, Delhi and TATA Sports and Fitness Academy, Jamshedpur, Tata Nagar, teaching Lifestyle and Wellness Management Courses. He is an expert of Preventive Health and anti-aging and popular as a Lifestyle specialist and fat loss doctor. He is the Course Director for Diploma in Wellness and Lifestyle course with us.



### Dr. N. Murugesh, B.Sc., M.B.B.S., M.Sc(Med.), Ph.D., D.EELC.S.

A brilliant academician with 30 years of teaching experience, Prof. N Murugesh has authored 6 books on Pharmacology, Anatomy, Physiology and Health Care. He is currently the Professor of Pharmacology in Madurai Medical College and a visiting Professor at Regional Engineering College, Trichy. He has special training in Neurophysiology and Animal behavior, has guided many Ph.D students, presented/published many papers at national/International level Symposium/journals and been an examiner in Pharmacology for M.B.B.S., B.Pharm and M.Sc Pharmaceutical Chemistry. He is associated with many medical organizations and is involved with many ongoing research activities. He is the Course Director for Diploma in Cellular Nutrition Therapy (DCNT).



## Noni Wellness e-University

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www.wellnessuniversity.in

## The Next Big Thing

Welcome to the world of Wellness! Today, Wellness industry is one of the fastest growing industries globally, linking millions of eager and ambitious Wellness professionals. We are fortunate enough to be right at the start of the next big trillion-dollar industry, an industry that will have a very big impact on every aspect of our life.

In recent years concepts of 'Wellness' and 'Lifestyle' have emerged as the two important branches of the health tree. Since explosion of industrialization and technology has been taking place at a rapid pace, the lifestyles of people have changed drastically without a choice. This has obviously affected their natural well being and due to this, today, the whole world is heading towards an epidemic of lifestyle diseases that are badly affecting people in their prime ages of their lives.

The only way of controlling and preventing these epidemics is by increasing awareness and motivating them to incorporate healthy lifestyle and Wellness in their lives. Wellness e-university is a constructive step forward in this direction.

We must also note that taking a giant step forward the Wellness industry has completely transformed and positioned itself into a Wellness revolution drawing attention of every health-conscious individual. As a result, the new Wellness revolution explosion has greatly accelerated the need and opportunity for more and more Wellness entrepreneurs, both locally and globally.

This is truly a golden opportunity for all the experienced as well as fresh Wellness professionals and entrepreneurs, who understand that wellness is a new movement, a revolution, rather than a single health item of food or alternative medical treatment. It has opened up enormous demand for local Wellness entrepreneurs providing them with the workplace Wellness programs in their own communities, say, for instance, starting a weight loss program for their employees or smoking cessation sessions.

Meanwhile, Wellness revolution has also created a great demand for committed academic institutions that can engage themselves in the intellectual distribution of every aspect of Wellness. With the launch of Noni Wellness e-university, we celebrate the fact that Wellness Revolution has entered the next stage, creating a perfect storm of opportunities for people to proactively participate and amass massive wealth from this trillion-dollar industry.

For us at Wellness e-university, offering these unique 'Wellness' and 'Lifestyle' courses at an affordable cost is like a taking a giant step forward in increasing the opportunities in the field of Wellness and Lifestyle and the phenomenon of Wellness to the masses and doing incredible good for new Wellness entrepreneurs.

## Noni Wellness e-University

Noni Wellness e-university is an online university that offers a wide range of 'Wellness' and 'Lifestyle' courses to all health conscious individuals across the globe.

Noni Wellness e-university is an open university that offers unique tailor-made short-term as well as long-term Certificate and Diploma Courses through both offline (classroom and correspondence) and online mode, currently in English language. All courses are carefully designed to suit every student's personal as well as professional need.

Noni Wellness e-university offers value-for-money courses enabling students to choose from a wide range of Wellness topics. The courses are designed in such a way that the lifestyle and Wellness needs of every individual, right from a common man to an elite-class professional or a businessperson, are kept in mind. Through these courses, we intend to bring to your doorstep a high-quality 'Wellness' and 'Lifestyle' awareness with an easy and simple approach. The courses are reasonably priced enabling students from every economic group to participate.

Noni Wellness e-university is a major milestone offering 'First Mover Advantage' as it is committed to create true heroes of Wellness Revolution early. Whether you are an experienced wellness campaigner looking to add something more to your wellness knowledge or an enthusiastic fresher, looking forward to grab the opportunities in this field, these courses will provide you the right inspiration and information needed to capitalize the wellness and lifestyle opportunities. We hope, you will choose a career in the emerging trillion-dollar wellness industry by choosing a course offered by us, that suits your needs best.

Empower India Movement of Chennai, India, manages Noni Wellness e-University through a well-qualified faculties headed by Prof. Dr. P.I. Peter as its Registrar. The university is expected to affiliate to a leading American university, shortly.

## Courses Offered

### 1. Introduction to Wellness (Basic)

? Course Type	:	Short Term Certificate Course
? Study Mode	:	Online (www.wellnessuniversity.in)
? Course Duration	:	Open (Not exceeding 6 months)
? Course Fees	:	IRs.1000/- (US \$ 25)
? Eligibility	:	Open for all

### 2. Wellness Entrepreneurship (Basic)

? Course Type	:	Short Term Certificate Course
? Study Mode	:	Online (www.wellnessuniversity.in)
? Course Duration	:	Open (Not exceeding 6 months)
? Course Fees	:	IRs.3000/- (US \$ 75)
? Eligibility	:	Open for all

### 3. Wellness & Lifestyle Course (Advanced)

? Course Type	:	Short Term Diploma Course
? Study Mode	:	Offline (Correspondence)
? Course Duration	:	6 Months
? Course Fees	:	IRs.10,000/- (US \$ 250)
? Eligibility	:	Min. 10+2; Open for all

### 4. Diploma in Cellular Nutrition Therapy (DCNT) (Advanced)

? Course Type	:	Long Term Diploma Course
? Study Mode	:	Offline (Correspondence)
? Course Duration	:	One Year
? Course Fees	:	IRs.10,000/- (US \$ 250)
? Eligibility	:	Min. 10+2; Written Entrance Test

# More courses to follow shortly!



## How to Apply ?

Visit and click on the link Apply. Furnish your personal details and select the course you would like to enroll for. Take a print out of the confirmation of your Online Application and send it with the course fees to our office at Chennai, India.

Payment must be sent by Demand Draft in favor of 'Noni Family Wellness Trust' payable at Chennai in Indian Rupees. You will also have the option of paying by Credit Card online, shortly.

Your Student User Name and Password (for online study mode) and Study Material (for offline study mode) will be sent to you within 15 working days from the date of receipt of your payment followed by its process.