



**First time
in History**

Wellness Lifestyle Course

Prospectus



Noni Family Wellness Programme

From the Chairman



Dear Brothers and Sisters,

It gives me immense pleasure to announce the launch of our wellness lifestyle course.

Wellness is the integration of many different components that expand one's potential to live a quality life and work effectively and make a significant contribution to society. Wellness reflects how one feels about life as well as 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 of behavior or ways in which an individual typically lives.

The biggest benefit of wellness that has given us inspiration to bring this course to you that helps each person to see life's possibilities and live a life that is most fulfilling.

It empowers people to exercise control over their wellness destiny and accept the wellness challenge.

So come let's join hands and accept this challenge and empower ourselves with every aspect of wellness and lifestyle through this course.

With Love, Light and Power

A handwritten signature in black ink, appearing to read 'P. I. Peter'. The signature is stylized and fluid, with a long horizontal line extending from the end.

Prof Dr P I Peter

From the Course Director



Dear Family Members,

We are pleased to launch our Wellness Lifestyle Course - a step forward into the Wellness Industry.

In today's developing world, one major problem that each one of us is facing is that of poor health and poor lifestyle.

Improper lifestyle has emerged as the major killer in today's world. So, we have brought to your doorstep an easy tool "The Wellness Lifestyle Course" which would enable you to combat this growing problem.

We at Noni family are offering you a Three month complete and comprehensive correspondence course the details of which are provided in the prospectus.

So, let's walk on the path of wellness lifestyle and make our world a healthy place to live in.

Dr. Nipun Choudhry, M.D. (Physician), HHM, PPHC
Lifestyle Specialist, Apollo Hospitals, New Delhi.

Introduction

We at Noni Family are taking another step forward into the wellness industry through our wellness and lifestyle course the design of which has been prepared keeping in mind your needs. This course is an effort to bring to your doorstep a high quality wellness and lifestyle course with a very easy approach. In recent years wellness and lifestyle have emerged as the two very important branches of the health tree. Though wellness and lifestyle are at a very nascent state in our country compared to the western but the trend is fast picking its pace.

With all the industrialization and advancement occurring at a rapid pace has brought about a drastic change in our lifestyles and has affected our wellness to a great extent. This had brought about the need for increasing the awareness about wellness and lifestyle among individuals.

The world of today is heading towards an epidemic of lifestyle diseases which is mainly affecting people in their prime ages of their lives and thus the only way of controlling and preventing this epidemic is by increasing awareness and thereby motivating people to incorporate healthy lifestyle and wellness in their lives.

As a result we have put in positive approach and be a part of this big wellness industry through the introduction of this course hoping that it will benefit each one of us in some way or the other and we would be able to make this world a better place to live in as Darwin's theory states “the survival of the fittest”.

Course Prospects

Wellness is a fast growing industry linking hundreds of thousands of eager wellness revolutionaries. The advent of this new wellness industry has greatly accelerated the need and opportunity for more wellness entrepreneurs.

As the wellness revolution enters its next stage with the launch of this course, making a step forward to increase opportunities in this field and to make wellness affordable to the masses

This is a milestone to make you the true heroes of the Wellness Revolution. Whether you are an experienced wellness professional looking to add something more to your knowledge or a fresh person looking for opportunities in this field, this course will provide you the inspiration and the information you need to capitalize with this great wellness and lifestyle opportunity.

Being successful is, about making the right choice at the right time. Of course your education, your parents, and other factors outside your control play a role, but the largest determinants of success today are the choices you make.

There are many roads which lead you to success but you can choose. It is my hope that you will choose a career in the emerging trillion dollar wellness industry.

For us starting a Wellness Lifestyle Course is creating the perfect storm of opportunity to make a lot of money and to do incredible good for the new wellness entrepreneurs.

The New Wellness Revolution has increased the number of opportunities in wellness and wait for the upcoming entrepreneurs or health professionals.

A golden opportunity also awaits fresh entrepreneurs and health professionals who understand that wellness is a new movement, a revolution, rather than a single healthier item of food or alternative medical treatment.

The New Wellness Revolution has opened enormous opportunity for local wellness entrepreneurs and provide them with workplace wellness programs in their own communities, starting with weight loss and smoking cessation programme for their employees.

We are now at the start of the next big trillion dollar industry an industry that will have a very big impact almost on every aspect of our lives.

Course Objective

We hereby bring to you a course on lifestyle and wellness keeping in mind the following objectives:

- Increasing awareness about the importance of lifestyle and wellness.
- Bringing good health at your doorstep.
- Introducing this good health concept to each and every individual.
- Decreasing deaths due to lifestyle diseases.
- This course is a tiny step towards spreading the word of health and wellness and thereby making this world a better place to live in for you and for all of us.
- Last but not the least, it also serves the purpose of making you “healthy, wealthy and wise.”

Course Details

Course Duration

Duration of the course is 3 months.

These three months will include three modules namely specially compiled in very comprehensive and easy manner for all our wellness trainees.

Course fees

The course fee is Rs 10,000/- as one time down payment or Rs 12,000/- in two equal installments of Rs 6000/- each payable by Demand Draft favouring Noni Family Wellness Programme, payable at Chennai.

Course Contents

I - Module

- A. Know Your Body
 - Anatomy of Human Body
 - Physiology of Human Body
- B. Introduction to Wellness
 - From Illness to Wellness
- C. Lifestyle and Lifestyle Diseases
- D. Magical Tips

II - Module

- A. Your Diet Guide
 - Diet & Nutrition
- B. Exercise and Yoga
 - Keep Fit
- C. Obesity and Hazards of Obesity
- D. Weight Management
- E. Magical Tips

III - Module

- A. Stress Management
 - What is Stress
 - Stress Management
- B. First Aid and Safety
- C. Magical Tips



**Creating Waves of
Wellness !**

**Causing
Wellness**

Revolution !!

**Join Wellness Lifestyle Course.
to stay Healthy**

Healthy People Healthy Nation !



Noni Family Wellness Programme

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