



 **VISION :**

“Scientific technology and evidence based International Standard affordable Preventive care wellness centers across the world to serve freedom of pain and diseases to human kind”

Dr. Shilpa Desai's
C4 Integrated Wellness Pvt. Ltd.
Complete concept of care to cure

“To create Atmanirbhar Bharat we need to create first Swashthya Nirbhar Bharat”



Dr. Shilpa N. Desai
MD And Founder
Ph.D. Health Psychologist and wellness expert

Dr. Shilpa Desai is an established health psychologist, scientist & Wellness expert with over two decades of experience in bringing holistic wellness to people of all ages. Known for her contributions in the Public healthcare & Hygiene with Scientific result oriented Wellness, she founded, C4 Integrated Wellness, a company that works on the concept of offering Complete Care to Cure solutions. Her belief that “a healthy mind residing in a healthy body, is the core to happy and successful living”, has been the guiding principle of her revolutionary work. Her active contributions are highly regarded in the industry. Thus, She is also a part of several groups as a Trustee and Board Member. She Promote “**Atmanirbhar Bharat**” by her project consultation to create new innovation to make life sustainable. She has extended her vision to “**Swashthya Nirbhar Bharat**”. **She has been appointed as Covid Officer for VIVO –IPL 2021 , Mumbai by MCA .**

A prolific writer and researcher, Dr. Desai has published several papers on healthcare in journals of international repute. For her work in healthcare and aesthetics fields she has been recognized across the globe. Some of the awards she has recently received are; “*Fastest Growing Leaders 2018*” by Asia One in Singapore, “*Champion of Fitness for 2017-2018*” by Economic Times, “*Maha Ayush Bhushan Outstanding Achievement Award*” for Pioneering Research in Naturopathy by Ayush Ministry 2018-2019, “*Women*



Leaders in Health Care" recognized by Medgate Today for *Leading 40 Women Entrepreneurs in the Healthcare industry in India*.

Additionally, she received the "*Best Speaker*" award at the Anti-aging Medicine & Research Conference - INDOMEDICON 2018, and "*Best Research Award*" for Advancing Naturopathy Research for the Global Community Award in France.

Impressed with her inspiring journey, she was invited to deliver a TED Talk at a TEDx event in Mumbai. A PhD in Health Psychology, Dr. Shilpa Desai has positively influenced the lives of thousands of individuals by making healthcare mainstream, and is driven to do a lot more in the years to come.

PROFESSIONAL DOSSIER

Doctorate Research Expertise – Ph.D.

Global warming life style Wellness Expert

Public Health Life Style Research Invention For 1000 Students.

Intervention Extended To Family And School Teacher And Staff.

Conducted intervention program in **M.K.E.S English school (British Council) Mumbai**.

Project Title "GO-IN-GREEN" Exchange with British Council.

Respiration and merging capacity of an individual with environment .

ASSOCIATIONS AND SIGNIFICANCE WORK

- Managing Director – C4 Integrated Wellness Private Limited.
- CEO & Founder – Complete Concept Counseling Centre



Founder – World Wellness Federation” *Swashthya Nirbhar Abhiyan*”

- World Wellness Federation is headed towards providing a solution for a large scale population by uplifting villages and creating job opportunity by strategy of population by potential. WWF motive is to identify the significant gap between the primary health facility and the population. We are losing ground in the fight for living and surviving. WWF has a design, a well-directed long term strategy which benefits human kind with good health and discipline. WWF insight is to help people with our knowledge, skills and our access to technology and formulations to enable them to take control of their own health globally.
- Wellness defined as “ The science where all school of medicine come under one roof to serve human kind by preventive science to achieve goal of healthy living.”
 - We have already conducted 1000+ Numbers of Financial Freedom Workshop specially for Women across Maharashtra state with our present sister concern .
 - Working for 4lack self-help group in Maharashtra state*10 thousands Anganwadi sevika in Maharashtra State And more than 10k women entrepreneurs in India

- Covid 2019 IDPP – Infectious Disease Prvention Program – Devised by Dr Shilpa Desai with visionary strategy & Management ,Program of Sanitization & Deep cleaning Project .
- MSME Award 2021 – By EDU Talk “ The Real Super Women Award “Top 100 Women of INDIA.
- SRPF - State Reserve Police Force : Sports and injury management association and training to 19 team of Indian and International Sports and mental health management.
- MSP – Maharashtra State Police : international Sports skills training with mental health management.
- Maharashtra State Police Archery training to Monali Jadhav (World Ranking 9) for Archery, International Competitive training.
 - Arti Patil Swimmer -2020 - Khelo India University Games (Odisha) - 2 Gold, 2 Silver, 4 Bronze
 - **Total National Medals - 30**

Gold - 8 , Siver - 10, Bronze - 12

1. Article on Mental health – Mumbai Mirrior

<https://mumbaimirror.indiatimes.com/others/health-lifestyle/being-alpha-person-is-key-to-better-sleep/articleshow/75770325.cms>



2. Article on Sports IN TOI – Mumbai Mirror

<https://mumbaimirror.indiatimes.com/coronavirus/news/dealing-with-lockdown-a-mental-challenge-for-athletes-says-expert/articleshow/75116282.cms>

Significance achievement and Awards.

- C4 Integrated Wellness is awarded as “Fastest Growing Brands 2018” by Asia One in Singapore, Research by United Research Services.
- Dr. Shilpa Desai MD of C4 Integrated Wellness is awarded as “Fastest Growing Leaders 2018” by Asia One in Singapore, Research by United Research Services.
- Declared “Champion of Fitness for 2017-2018” by Economic Times.
- Declared “Recommended Product of the year” at Ayush Ministry Awards and received “Ayush Bhushan Award 2018-2019”
- “Most Healing Environment for Treatment” award by 8th MT India Healthcare Awards 2018.
- “Women Leaders in Health care” by Medgate Today Magazine for leading 40 Women Entrepreneur in Health Industry in India.
- Awarded Best speaker for Antiaging Medicine & Research conference at “INDOMEDICON 2018”
- Presented and won Best Research Award at FRANCE, On Naturopathy Medicine Research Award for Advancing Naturopathy Research for GLOBAL COMMUNITY. 2014 July.
- Presented oral prize paper presentation on “Right to Live Healthy” At International Conference on Yoga & Naturopathy-2014 December
- AWARD OF EXCELLENCE for outstanding performance towards Yoga and Naturopathy by INO “
- RJPBCS (January - March 2013) Research Centre of Dr. Khataov (Pediatrician), Mumbai. “To study effect of Natural Diet on Hemoglobin of children age group 2 - 6 yrs. – positively link to global warming.”
- Awarded from Rotary Club and Inner Wheel Club for the Best project of the year – project CAREER IN SIGHT
- Awarded “ Jhansi ki Rani ” - Banaras Hindu University – Kashi

Association with NGO



- NGO Ratna Nidhi honorary association as Mental health Expert
- Zeap Udyogini Under Savitribai Phue Mahila Vikas Mandal Appointment As Advisor On Zhep Forum .
- NGO Light of Life training under 16 girls and under 16 boys Soccer training at (International Standard coaching from London) at Khalapur Karjat.
- Conference President of Shri JYT University – INDO MAURITIUS ECONOMY REVITALIZING ECONOMICS- PIONEERING INNOVATIONS.
- Speaker INDOMEDICON 2018 – Antiaging Medicine & Research Conference 2018
- Addressed 500 participant’s for Pre & Post Nutrition and Hydration in partnership with “The Goregaon Sports Club” for GSC Marathon, Mumbai.
- Done Injury Management for athlete’s in recent marathon held by The Goregaon Sports Club (GSC) Mumbai.
- Maharashtra state vocational guidance and career education - Executive Committee Member.
- Americas world’s best youth soccer club Rush Academy– Consultant Health Psychologist
- Trustee of ANJALI FOUNDATIONS (N.G.O), INDIA
- President- Knowledge News, International Journal of Naturopathy and Yogic Science (ISSN-2231-0160), Delhi.
- Member of BOMBAY PSYCHOLOGICAL ASSOCIATION (B.P.O), INDIA.
- WNF –Committee Member of World Naturopathy Federation. FRANCE
- ICNM - Board Member – International Congress of Naturopathic Medicine. FRANCE
- Knowledge News (ISSN-2231-0150) , An International Journal of Idea, Core Committee Board Member.
- Wild Woods Resort, Karnataka – Health and Spa Consultant.
- The Holiday Studio, Mumbai – Associate partner.
- Samruddhi Seva Foundation, Nasik & Mumbai President Education & wellness



Our Awards



Our Associations With the Sports Institutions



Building Dreams, Creating Champions



Our Associations With Educational Institutes and Corporates





NGO ASSOCIATION



Dr Shilpa Desai Foundation World Wellness Federation (SWashthya Nirbhar Abhyan)



SIGNIFICANT ACHIEVEMENTS IN LIFE STYLE RESEARCH :

- Presented and won Best Research Award at FRANCE. On Naturopathy Medicine Research Award for advancing Naturopathy Research for GLOBAL COMMUNITY July 2014.



- **AWARD OF EXCELLENCE** for outstanding performance towards **Yoga and Naturopathy by INO.**
- Presented oral prize paper presentation on **“Right to Live Healthy”** at **International Conference on Yoga & Naturopathy – December 2014**
- Presented paper on **“Physical Education and Sports Science”** at National Conference Organized by **Global Human Research & Welfare Society.**
- Presented article paper on **“female infanticide”**
- Presented research paper at international conference at Rajasthan on **“Issues and Challenges in Higher Education”**
- Presented research paper and awarded for the **BEST PRESENTATION** at national conference, the topic was **RECESSION AND ITS IMPACT ON FAMILY** at **SSVP Management College, Dhulia.**
- Presented research paper on the topic of Naturopathy and Yoga-Recent research Trend **JINDAL NATURE CURE INSTITUTE.**
- Presented experimental research paper at seminar on **‘Society, Politics and Climate Change’** held at **N.L. College, Mumbai** in 2013.
- Successfully handled cases of **Acute Respiratory Diseases.**
- Developed Organic Food & Recipes, having a Brand Name **“SHILPA’S EARTH MAGIC”.**
- Conducting Discover Your Self (DYS) Educational Programme by giving 100% results.
- Organized for **Career Aptitude** for Three Hundred Students in **JDT High School, Kurar Village, Malad.**
- Conducted for 1500 Degree Student of Science faculty in R. J. College, Ghatkopar topic was **Quotient – Aptitude**
- Organized Seminar - **“LIFESTYLE AND YOU”** for **DTSS college**, conducted for entire Junior college.
- International Conference at Banaras Hindu University – 2016.
- National conference at Banaras Hindu University – 2016.
- Chairperson - International and National Conference at Banaras Hindu University.



Research Paper Published

- Entire Research Journal (May 2012)

“Child Abbreviation & Parental Behaviour.” E –Research Journal (ISSN 9075-5020), Vol-02, Issue-4.

2 International Research Journal (July 2012)

“To study Parental Awareness related to Physical Fitness of Children Age group 10-12 years - Positively link to ‘Global Warming’ - presented on “Physical Education and Sports Science”- (ISSN-2231-0150) - ‘KNOWLEDGE NEWS’ Vol-002, Issue 002, Pg no-359-362.

3. RJPBCS (January-March 2013)

“To study effect of Natural Diet on Haemoglobin of Children Age group 2 - 6 yrs. – Positively link to Global Warming.” (ISSN 0975 – 8585) January-March 2013, Vol. 4, Issue 1, Pg. No. 1165

4. International Research Journal KNOWLEDGE NEWS (Jan 2014) – Female Infanticide - Selected For January 2013 Publication (ISSN-2231-0150), Vol. 004, Issue-1, Pg. no-7-10.

5. The International Institute for Science Technology and Education (IISTE) American Journal (Jan -2013)

“A study of the transitional state of vernacular student at Jr. College level” - selected for publication.

Work shop Given till date:

- ISE British Council –Work Shop on “**Health & Generation**” for parents and children for **N.L High School, Gujarati Medium-2013**

- Visiting faculty at

- Parera Children Hospital As Health Psychologist. (2011-12)
- Vinayaka Maternity and Nursing Home General Hospital. (2009-2013)

Khatav Child Care and Research Centre. (2011-12)

- DTSS College- Career Orientation Programme for Junior and Degree College.
- J DT High School- Career Aptitude and lifestyle programme for 300 students.
- SNTD Mahila College, Malad - Aging Gracefully for B.A and M.A students with faculty.



- State Bank of India- Organized a talk on Decode Health for employees.
- Organised for M Tarun Diamond company employee upliftment program.
- Goregoan Sports Club – Personality Development Program for members.
- New York Bank- Organised Programme for Employee.
- Rajasthani Mahila Mandal- Upliftment Program for more than 1500 women.
- Inner Wheel – Sanskar college, seminar on Career and education for Jr. & Sr. College
- Goregaon Sports Club – Seminar on Education, Sports & Career Overseas for it's members.
- Dahisar Rotary Club – “De-code” Health for it's members.
- **Naturopathy life style for staff and B.A and M.A Students of Mahila S.N.D.T College, Malad west, Mumbai – 2016**
- **Maharashtra State Vocational Education Board (MSVEB)– Work Shop On Naturopathy and yoga Based Life Style for Officers – DECODE NATURE – 2015**
- **“S P Jain Institute of Global Management”** work-shop of **“CODE I”** to more than 115 Industrialist from all over India.
- **Workshop on Naturopathy “ CODE – I ”**
- **“Allied Services”** Fitness camp for **“Vibgyor”** staff- Goregaon west.
- Workshop on Fitness through **NATUROPATHY**
- Organized for **Career Aptitude** for three hundred students in **“JDT High School”** Kurar Village, Malad (W) Mumbai.
- 300 Students workshop for Health and Hygiene on basis of Naturopathy.
- Conducted for 1500 Degree Student Science faculty in **“R. J. College”**_Ghatkopar topic was **“Quotient – Aptitude”**
- Naturopathy Workshop as carrier.
- Organized for seminar - **“Lifestyle and You”** for **“D T S S College”** Kurar Village, Malad (W) conducted for entire Junior college.
1600 Junior College students Lifestyle and You on Naturopathy.
- Appointed as administrator counsellor in **ASPEE GROUP OF SCHOOLS.**
Aspee Group and Nutan School Naturopathy life style from:-2006 to 2012.
- Appointed as a research consultant for developing organic recipes for **ECO FARMS (INDIAN)** As Naturopathy consultant – Develop recipes with organic vegetables and cereals and develop herbal products in life style diseases i.e. Cardio vascular and diabetes.



- From 2005-2012 working as family Consultant, Diet & Counselling **CELLO WRITING INSTRUMENT Pvt. Ltd.** Consult them through Natural Life style from diet.
- Conducted Programme cum workshop for **ASPEE GROUP OF COMPANIES**
- Working as a Sole Counsellor for a **SHREE NUTAN KELVANI MANDAL SCHOOL**
- Stress Management Programme for P-Ward school Principal's Department of Education, Mumbai
- Conducted ISO teachers training workshop.
- Conducted a workshop Especially for Doctor's & Professionals.
- As consultant Naturopath with a physician & a surgeon for 2 years.
- Given lectures on yoga and nutrition.
- Dealt with Acute cases of pulmonary fibrosis, Ulcerative colitis & Epileptic Children.
- Work shop on "**LIVE-ON QUOTIENT**" with Jr. College. Behavioural training for excellence, academics, relationships, communication, leadership.
- "Live on" programme at corporate level.
- Given ISO certified training to teachers on 'Human Touch' programme.
- Project on various topic like DISCOVER YOURSELF & PVG (Purpose, Vision and Goal) Training
- Taken workshop on various topic like
 - Nutrition in daily life
 - Grow healthy with age
 - Healthy Body Vs. Healthy Mind
- Operating "**GO IN GREEN**" awareness club especially for children & parents with paediatrician **Dr. Susan Fernandes.**
- **Go-IN-GREEN** –Good Health Programme Of **NATUROPATHY** with **NIN –Ayush Ministry of Health Sciences. Govt. of India.**
- Resource person for **PRASHIKSHAN OF KISHORI VIKAS**, Swami Vivekananda Trust, Maharashtra and Goa State. Trained 200 teachers for Female Education Enhancement programme.
- NSCI (National Sports Club Of India) : Seminar on Scintific Sports approach and Marathon
- CCI (The Cricket Club of India) :
 - One Day Workshop On fitness screening and health Management.
 - Prevention of disease and Health Management Seminar on medicine free life and our generation.



- MSP (Maharashtra State Police : One day seminar on Health 360 Physical and mental health in daily life. 'Breath to Live'.

CONTACT DETAILS

Address : **C4 Integrated Wellness Private Limited.**

World Trade Center Clinic

7 / 1, Center One, World Trade Center,

Cuffe Parade, Mumbai – 400005. Maharashtra. India.

: (Mob.)+91 9820465528 (Tel.) 022 22150340 / 22150350

Juhu Clinic

B/402, Dhruv C.H.S., Gulmohar Road no.1, Plot no. 60-61,

JVPD, Juhu, Mumbai - 400049. Maharashtra. India.

(Tel.)022 26200277 / 26200278

Website : www.c4integratedwellness.com.

E-mail: shilpa@c4wellness.com, c4integratedwellness@gmail.com

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