

Reflections 2024

& Horizons 2025

The power of reflections is in looking back to look forward!

Happy and **WELLthy** new year! We take this opportunity to reflect on our success, milestones and lessons learnt in 2024, and more importantly on the roadmap for 2025.

In 2024, we embarked on an ambitious goal to build a strong, vibrant and a collaborative multi-dimensional wellness platform, and we accomplished some crucial milestones. We successfully redefined wellness with a new narrative and highlighted the benefits of multi-dimensional wellness, forged best-in-class partnerships, overhauled our flagship advisory **WELLthy**, and celebrated small victories along the way. And we now carry forward the learnings, achievements, and momentum into 2025, to embrace greater possibilities.

WCI's greatest triumph lies in its power of collaboration. In 2024, we were instrumental in securing strategic partnerships with the best wellness brands and individuals in India. We plan to further deepen our commitment with many more diverse partners in 2025. Our partnerships and collaborations are not just focused on business goals, they are about creating sustainable ecosystems that foster and amplify multidimensional wellness. 2025 will also see WCI leverage its vast reserve of research materials, opinion pieces and other resources to engage members and help improve their wellness quotient. By leveraging on insights from 2024, we will strengthen and expand our advisories, programs and services across newer segments and communities.

Huge thank you to our wonderful team, and to our distinguished partners, mentors, and supporters, for being part of this amazing journey. Let's make 2025 a year of ambition, growth and impact. Together, we will continue to create a brighter future through WCI.

TOGETHER, WE ARE THE WE IN WELLNESS!

Hetal & Abhishek

FOUNDERS, WCI



WELLthy
by WCI



Wellness is the cornerstone of success, whether personal or organizational, and we want to empower you and unlock your full potential. In 2024, we launched our flagship advisory **WELLthy** in 4 unique modules to cater to a diverse set of client requirements: **Workplaces**, **Women**, **Juniors** and **Seniors**. These modules have been specially designed to create impactful and transformative solutions, keeping in mind the unique characteristics, requirements and challenges of each of these communities.

Explore our thoughtfully curated **WELLthy** modules - [HERE](#)

WELLthy Workplaces



WELLthy Workplaces is our most popular program where we offer a highly consultative and a personalised approach for recalibrating workplace wellness strategies that are seamlessly integrated into business goals, to promote a healthy, motivated, and a productive workforce. Our multidimensional modules are designed to create a culture of wellness that fosters business as well as employees' success, by addressing unique challenges of a diverse workforce.

The benefits of a well-curated wellness strategy are far-reaching. They lead to improved employee health, higher engagement, reduced absenteeism, and enhanced productivity. A robust wellness program also enhances employer branding, helping organizations attract top talent and retain valuable employees. As the future of workplace wellness continues to evolve, WCI will remain at the forefront of supporting businesses of all sizes to implement strategies that prioritize wellness of their workforce. If your organization is looking to enhance or recalibrate its workplace wellness, do connect with us, and let the magic begin!

Read our latest blog on how to craft the perfect strategy for workplace wellness.

[Read blog](#)

WELLthy Women



WELLthy Women is a bespoke and a thoughtfully curated program focussed on addressing and supporting the unique needs and challenges that women face throughout different stages of their life, to empower them to live healthy, fulfilling, and balanced lives. Women force have distinct requirements, and our meticulously crafted modules equip them with relevant skills, resources and knowledge to take charge of their overall wellness, so that they can thrive in both their professional and personal lives.

We believe that prioritising women's multi-dimensional wellness will not only benefit them but also their families, workplaces, communities, and the society at large. When women are supported in their overall wellness, they are better able to contribute meaningfully to the world around them, breaking down barriers and creating a just and an equitable society.

WELLthy Juniors



WELLthy Juniors program focuses on supporting wellness for children, teens and adolescents in order to nurture and equip their growing minds with resources, knowledge, skills to ensure the very best for their childhood and formative years. Our modules cover a wide range of categories that foster physical, mental, financial, intellectual, digital, environmental and social wellness, ensuring their well-rounded growth and development. After all, healthy mind and a healthy body is the most impactful gift we can bestow our children and students with!

WELLthy Seniors



WELLthy Seniors program is a heart-warming celebration of elderly wellness, focused supporting and enriching them with resources and knowledge for their active and safe ageing. There are various modules on geriatric support across all categories of health and wellness. The endeavor is to engage and empower our seniors to age comfortably and gracefully, with vitality, dignity and opportunities to live their lives to the fullest.

OUR KEY MODULES

Our modules are thoughtfully curated in collaboration with eminent partners and industry experts to address diverse and unique facets of wellness, to ensure a healthier, happier and well balanced life for all of us.



FITNESS



NUTRITION



ERGONOMICS



PHYSIOTHERAPY



YOGA



EYE YOGA



**DETOX &
NATUROPATHY**



**MENTAL WELLNESS
& SUPPORT**



SLEEP



**DIGITAL
WELLNESS**



HEALTH CAMPS



**HEALTH TALKS
BY EXPERTS**



WOMEN HEALTH



POSH



CPR



**FINANCIAL LITERACY
& PLANNING**



**WILL
MAKING**



**TRAINING &
COACHING**



**TEAM BUILDING
EVENTS**



DEI



CSR



**E - WASTE
RECYCLING**



**CARBON
MANAGEMENT**



**SOCIAL MEDIA
MARKETING**



& MANY MORE ..

Read more about our Partners & Collaborations - [HERE](#)

BLOGS & INSIGHTS

Stay informed on the latest trends and updates, with our specially curated resources to explore diverse perspectives and know-how from the world of wellness.



WORKPLACE WELLNESS

Learn the perfect strategy for workplace wellness with practical tips and a fun quiz on workplace lingo!

[READ MORE](#)



THE GOLDEN PATH TO FINANCIAL WELLNESS

Our most appreciated blog: Investment trends & fun trivia on India's golden obsession.

[READ MORE](#)



NO WOOMEN IN THE BOARDROOM

Addressing the men-women disparity in the corporate world & more.

[READ MORE](#)



WHERE THERE IS WILL, THERE IS A WAY!

Not made your will yet? Learn what it is, why it matters, and how to draft it effortlessly!

[READ MORE](#)



AN APP A DAY.. KEEPS WORRIES AWAY!

Step into the world of wellness where journey to better health is just a tap away!

[READ MORE](#)



EMBARKING ON PATH OF PREVENTIVE HEALTHCARE

Unlock preventive healthcare with actionable resolutions.

[READ MORE](#)



WHAT ON EARTH (DAY) IS WRONG WITH YOU?

Reflecting on environmental crises and the steps we must take to act now!

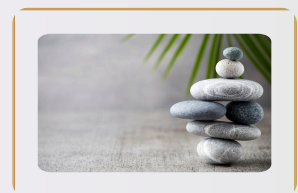
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FOOD FOR THOUGHT

You just cannot miss this spine-tingling truth about modern nutrition and how to decode the labels!

[READ MORE](#)



WELLNESS REIMAGINED

What is Wellness? A state of being, or a journey to self-enrichment?

[READ MORE](#)

Do read our insightful blogs and other resources - [HERE](#)

WHY CHOOSE WCI?

WCI is building the largest multidimensional wellness community and platform.

We take immense pride in our consultative approach, distinguished partnerships and bespoke programs, that are perfectly crafted to integrate wellness initiatives with business goals.

We have been successfully empowering our clients and communities to prioritise and elevate their wellness quotients for harnessing organisational success and growth.

So what are you waiting for? Sign up now and elevate your wellness like never before!

LETS GET SOCIAL!



WEBSITE



WCI.ORG.IN

LINKEDIN



WCI Wellness
Community India

INSTAGRAM



WCI_INDIA

HOW TO REACH US?

Write to us whether it is to inquire, participate, advertise, partner, sponsor, CSR, or for any other cause close to your heart!



CONNECT@WCI.ORG.IN



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◆ **TOGETHER WE ARE THE WE IN WELLNESS** ◆