

SNEHA SAGAR

2022-2023

INNER WHEEL CLUB OF SAGAR UNIQUE SAGAR

DISTRICT NUMBER-318

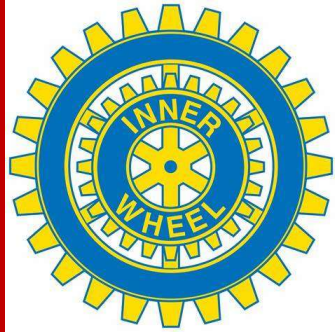
CHARTER NUMBER-6292

Editor & Web Coordinator

Mrs Snehalatha Vinay Prasad

April Projects





President

Mrs.Poornima Guruprasad



Secretary

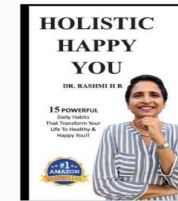
Mrs.Shashikala Ashwathnarayan



Project-18



Our club conducted women's health program to our club members. Our recourse person Dr. Rashmi H R spoke about women's physical fitness and mental health in the name of Holistic Happy you.



ABOUT ME

Mother of 2 healthy & happy teens. Has 20+ years of experience in different verticals. Her clients include couples, individuals, parents, teens, and families

MY MISSION

To Empower & Enable 1 Lakh people to achieve Fitter Body & Healthy Mind to lead a Holistic Happy Life.

CONTACT INFO

Mobile: 9880862096
Email: rashmihr09@gmail.com
dr.rashmihr - YouTube, Instagram, LinkedIn, Facebook



DR. RASHMI H R

DOCTOR
PSYCHOLOGIST
AUTHOR
NLP COACH
NUTRITIONIST
SOUND HEALER
HOLISTIC LIFE COACH
FITNESS FANATIC

EDUCATION QUALIFICATIONS

BDS from KIMS Medical College, Bangalore
MBA in Human Resource Management
PGDC&G in Psychological Counseling & Guidance
MA in Psychology

SIGNATURE PROGRAMES

1-2-1 Personalized Mentoring & Coaching for All

Coffee Katta (Women Support Group)
Every Tuesday 4:00 to 5:00 PM

5:00 AM Holistic Fitness Club
Monday to Saturday 5:00 to 6:00 AM

6:00 AM Holistic Fitness Club
Monday to Saturday 6:00 to 7:00 AM

Holistic Fit You
Unleash the Power of Mind

Holistic Transformed You
Unleash the Power Within You

Holistic Happy You
Live a Life Designed by You

CURRENT WORK POSITIONS

Therapist at CultFit

Consultant at Harsha Ramaiah Hospital

Family Counselor at Clear Your Minds

Family Counselor at Shristi Special Academy

CONCLUSION

every emotion has a story to tell

Hope you all like this small attempt by our president Mrs.Poornima Guruprasad and team, to reach out to all you lovely ladies every month.

**Thank you
Snehalatha**