

# MIGHTY MINDS

**Health, Career and  
Spiritual Guidance**

**MIGHTY MINDS**



*Where science meets spirituality  
and choices become clear.*

**Dr. Namita Deshmukh**

Doctor | Life Coach | Tarot Reader |  
Career counsellor



**MIGHTY MINDS**



# DR. NAMITA DESHMUKH

## *Health, Career and Spiritual Coach*



Medical doctor (MBBS, MD Community Medicine) with 12+ years of academic experience, committed to holistic well-being, personal growth, and transformative education. As an MMC-accredited speaker and ICF-accredited Life Coach, I uniquely blend science, emotional intelligence, and spiritual insight to empower conscious and aligned living.

Academically accomplished (merit holder, Dhirubhai Ambani Scholar), my professional background includes mentoring research, public health work, 23 international publications, 6 copyrights, 3 books, and soft skills training as a certified Master Trainer (NIST, 2023). I am pursuing a Master's in Health Professions Education and a leadership credential from the London School of Business Administration, reflecting my dedication to lifelong learning.

My Life Coaching guides professionals, students, and leaders in healthcare, education, and management through burnout, self-doubt, career transitions, and identity shifts. My compassionate yet strategic, reflective yet results-driven approach offers a grounded space for clarity and progress.

Integrating spiritual tools and ancient wisdom with modern coaching, I am trained in Vedique Nutrition and professional tarot, providing intuitive guidance for health, career, and life purpose. This unique blend of scientific and metaphysical understanding addresses the intersection of logic and soul.

I offer structured life coaching, intuitive clarity, and personal transformation to align your head, heart, and habits for true growth and becoming your authentic self.



**MIGHTY MINDS**

**SERVICES**



# OUR SERVICES



## 1. PREVENTING CHRONIC DISEASES WITH DIET

Your food is your medicine. I offer personalized nutritional guidance to help prevent and manage chronic conditions like diabetes, hypertension, and obesity. Learn how to eat right for longevity and vitality. My approach includes:

### ANTI-INFLAMMATORY DIETS

Reduce inflammation and boost immunity.

### GUT HEALTH & DIGESTION

Heal your gut for overall well-being.

### DETOX & CLEAN EATING

Eliminate toxins and restore energy.

### WEIGHT MANAGEMENT PLANS

Sustainable and balanced nutrition for weight control.

### MINDFUL EATING & EMOTIONAL WELLNESS

Understand food's connection to mental health.

### SUPERFOODS & HERBAL REMEDIES

Integrate nature's best healing foods into your diet.




# OUR SERVICES

## 2. HOLISTIC DIAGNOSIS:

*Disease, Chakras & Emotions*



Get a comprehensive assessment of your health beyond just physical symptoms. I help you 

- Identify underlying emotional imbalances affecting your health.
- Understand the mind-body connection in disease manifestation.
- Analyze chakra blockages and energy misalignments.
- Create a personalized healing plan integrating medical and holistic practices.

# OUR SERVICES

## 3. CAREER COUNSELING & LIFE COACHING

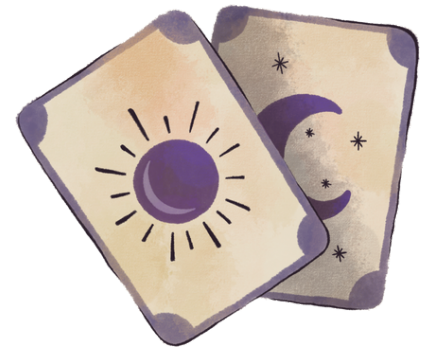


Feeling stuck in your career?  
Need clarity on life's big decisions?  
With a structured and insightful  
approach, I help you:

- Analyze your personality to align with your ideal career path.
- Select the right academic or professional stream based on your strengths.
- Create a step-by-step roadmap for career advancement and success.
- Overcome limiting beliefs and boost confidence for professional growth.

# OUR SERVICES

## 4. TAROT READING & SPIRITUAL INSIGHTS



Seeking answers?

My intuitive tarot readings provide guidance on :

- Career growth and business success.
- Financial prosperity and abundance.
- Pregnancy, new home, and major life transitions.
- Identifying and removing energetic blockages.
- Crystal recommendations for healing and manifestation.
- Connecting with your spiritual team for deeper insights and protection.

# OUR SERVICES

## 5. COUNSELLING AND GUIDANCE TO DEAL WITH

- Anxiety, depression, mood disorders, exam phobia, Internet addiction
- Children and adolescent behavioural problems
- Premarital, marital and interpersonal relationship issues



# OUR SERVICES



## 7. GARBHSANSKAR FOR PREGNANT WOMEN

A holistic approach to prenatal care, combining ancient wisdom with modern science. Includes:

- **PRENATAL MEDITATION**

Promoting physical and emotional well-being.

- **FETAL BONDING TECHNIQUES**

Enhancing mother-baby connection.

- **NUTRITIONAL GUIDANCE FOR PREGNANCY**

Supporting maternal and fetal health.

- **POSITIVE AFFIRMATIONS & MUSIC THERAPY**

Encouraging a stress-free pregnancy.

- **ENERGY HEALING**

Ensuring holistic harmony for mother and baby.





**MIGHTY MINDS**

# WORKSHOPS



# WORKSHOPS FOR ORGANIZATIONS & STUDENTS

1. **Soft Skills Development** – Communication, leadership, and teamwork.
2. **Emotional Intelligence** – Managing emotions, empathy, and resilience.
3. **Holistic Health Approach** – Integrating mind, body, and spirit for overall well-being.
4. **Mindfulness & Stress Management** – Techniques to enhance focus and reduce anxiety.
5. **Improving metacognitive skills, focus and study strategies for enhancing academic performance.**
6. **Spirituality & Health** – Understanding the link between spiritual practices and physical/mental health.
7. **Nutrition & Productivity** – How diet influences energy and mental clarity.
8. **Self-Healing & Energy Work** – Techniques to heal yourself naturally.
9. **Nutrition & Non-Communicable Diseases** – Preventing and managing chronic illnesses through diet and lifestyle.
10. **Mindfulness for Children (Ages 9-15)** – Helping young minds develop focus, emotional balance, and stress resilience through mindfulness techniques.
11. **Guided Meditation and Prayer Sessions** – Structured sessions for relaxation, focus, and emotional well-being for all age groups.
12. **Crystals for better home, career and healing.**
13. **Soul Map** – Prakriti + Psychometric + Tarot Fusion for Purpose Discovery.
14. **Eat According to Your Element"** – Dosha-Based Diet for Busy People
15. **The Wellness Wheel** – Integrating Mental, Physical, Emotional & Spiritual Health.
16. **Brain Fuel** – Food, Focus & Habits That Help You Top Exams .



# **MIGHTY MINDS**

# **PACKAGES**



# Holistic Health Packages

## FOR CHILDREN (AGES 9-15):

- ✓ Mindfulness & Emotional Regulation
- ✓ Nutrition for Growth & Brain Development
- ✓ Building Confidence & Self-Expression
- ✓ Energy Cleansing & Chakra Balancing
- ✓ Academic Focus & Stress Reduction



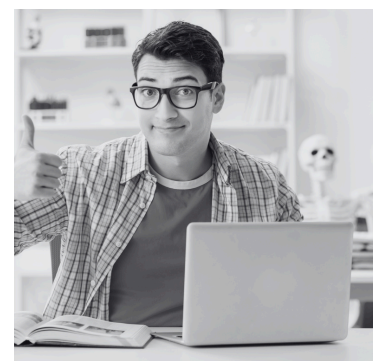
## FOR YOUNG ADULTS (AGES 14 AND ABOVE):

- ✓ Career Counselling & Personality Analysis
- ✓ Stream Selection & Career Roadmap
- ✓ Stress Management & Emotional Intelligence
- ✓ Nutrition for Productivity & Mental Clarity
- ✓ Spiritual Alignment & Crystal Recommendations



## FOR ADULTS (AGES 18 AND ABOVE):

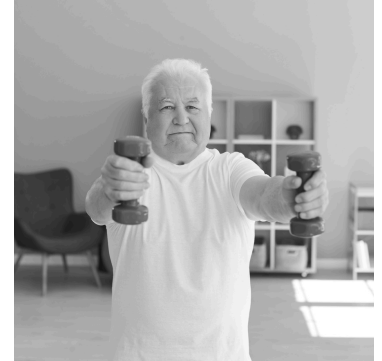
- ✓ Preventing Chronic Diseases with Diet
- ✓ Work-Life Balance & Stress Reduction
- ✓ Holistic Health & Energy Alignment
- ✓ Tarot Insights for Career & Relationships
- ✓ Chakra Healing & Emotional Detox
- ✓ Guided Meditation for Mental Clarity



# Holistic Health Packages

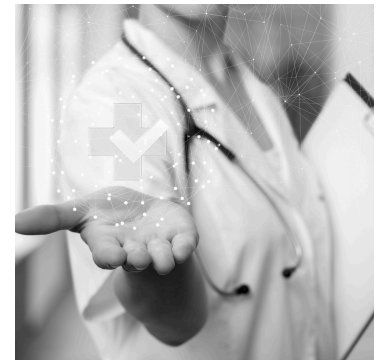
## FOR SENIORS (AGES 40+):

- ✓ Managing Health through Diet & Lifestyle
- ✓ Emotional Healing & Spiritual Growth
- ✓ Tarot Guidance for Life Transitions
- ✓ Mindfulness & Meditation for Longevity
- ✓ Chakra Realignment & Energy Healing



## WOMEN'S SPECIAL PACKAGES:

- ✓ Hormonal Balance & Women's Health Nutrition
- ✓ Fertility, Pregnancy & Postpartum Wellness
- ✓ Emotional Healing & Intuition Development
- ✓ Tarot Guidance for Relationships & Prosperity
- ✓ Self-Care & Stress Relief Practices
- ✓ Garbhsanskar for Expecting Mothers



### WHY CHOOSE ME ?

- ✓ Medical Expertise – Science-backed health strategies
- ✓ Life Coaching – A holistic approach to success
- ✓ Spiritual Guidance – Intuitive insights for clarity
- ✓ Personalized Support – Tailored plans just for you



**Book your consultation today and take the first step toward a healthier, more fulfilling life.**



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Amravati, Maharashtra



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[www.lifecoachnamita.com](http://www.lifecoachnamita.com)

**MIGHTY MINDS**

*Your journey to wellness, success, and  
self-discovery starts here!*