

ANIL KUMAR JHA

W E L L N E S S C O A C H



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📍 Manas Yoga Sansthan
202-C, Pocket- C, Siddhartha
Extension, New Delhi-110014

PROFILE

Managing Director of Manas Yoga Sansthan having 30+ years of experience. We have helped 0.5M+ clients who met 97% of their long-term fitness goals and 100% of their short-term objectives, reporting a 100% satisfaction rate with our coaching services. We help you achieve your corporate wellness goals, for a happier and healthier workforce.

SKILLS

- Yoga, Pranayama & Meditation
- Fitness Programs
- Wellness Programs
- Positive & Sustainable Lifestyle
- Healthy Weight Management
- Health Education
- Mental Health Development
- Strength Training
- Yoga & Accupresure Therapy

EXPERIENCE

- Planned and monitored programs and impact on client physical and mental well-being.
- Program conducted for PSU's such as NTPC, NHPC, PowerGrid, ONGC, BHEL etc. all over India -Offline & Online modes.
- Regular visiting faculty & Coach respectively at Power Management Institute-NTPC, PFC, Delhi Tax Bar Association, National Institute of Sports Patiala etc.
- Guided Personal Mentors to CMD's of multiple PSU's /Organisations.
- Conducted seminars on Art of Living and Stress Management along with best ways to deal with them.
- Design and Conducted Fitness classes firmed upto clients expectations.
- Online coaching services to customers dealing with chronic conditions including depression and anxiety.
- Yoga classes conducted for diplomats of Sweden, Cyprus, Italian, American & Staff of Brazil embassy.
- Imparted over 50+ online trainings during COVID 19 pandemic.

FEATURED ON

- Yoga & Health (1995)
- Yoga & Mental Health (1996)
- Yoga Therapy (2000) 15th August, DD-I Evening Live Show
- Yoga Demonstration, Metro Channel (2001)

PROGRAM TOPICS

- Secrets of Managing the Mind for Positive Thinking.
- Happiness & Well Being
- Life Style Management
- Art Of Healthy Living
- Positive Work Culture
- Stress Management
- Planning for retirement
- Inner Development for Outer Transformation.
- Unlocking the Secrets & Science of Happiness.
- Great Workplace Habit & Manners.
- Changing the way you Think to Fulfill Our Purpose.
- The Art of Sustainable Lifestyle
- Work Life Balance
- Basic Medical Facts Everybody should Know.