



# Wellness Offerings

# Table of Contents

---

About Us	3
Our Team	4
Our Offerings	5
Element X	5
Kokoro	6
Internal Alchemy	7
Guided Visualization & Music	8
Personal Resilience	9
Our Facilitators	10

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# About Us



Research and evidence-based learning and development organization.



Partner with corporations, policy-makers, universities and educational institutions.



Interdisciplinary team advancing 21st-century relevant higher-order cognitive and experiential skills.



Expertise in human resources, psychometric assessments, behavioral education, communication and experiential learning.



Headquartered in New Delhi, with operations in the MENA region, we have worked with multiple industries across the APAC, Middle East, Europe and America.

# Our Team

## THE WELLNESS TEAM



**Vikram  
Badhwar**  
Founder &  
Chief Consultant



**Rashid  
Ansari**  
Master  
Facilitator



**Yasser  
Bilgrami**  
Master  
Facilitator

## OTHER TEAM MEMBERS



**Malati  
Vasudeva**  
Lead  
Consultant



**Priyanka  
Kumar**  
Lead  
Consultant



**Blessin  
Varkey**  
Master  
Facilitator



**Sumal A.  
Varghese**  
Lead  
Consultant



**Monica  
Mahendru**  
Master  
Facilitator



**Dr. Sina  
Fakhroddin**  
Master  
Facilitator



**Ekta  
Anand**  
Master  
Facilitator



**Vidushi  
Chadha**  
Facilitator



**Rohit  
Mehra**  
Facilitator



**Shambhavi  
Pande**  
Projects &  
Content Lead



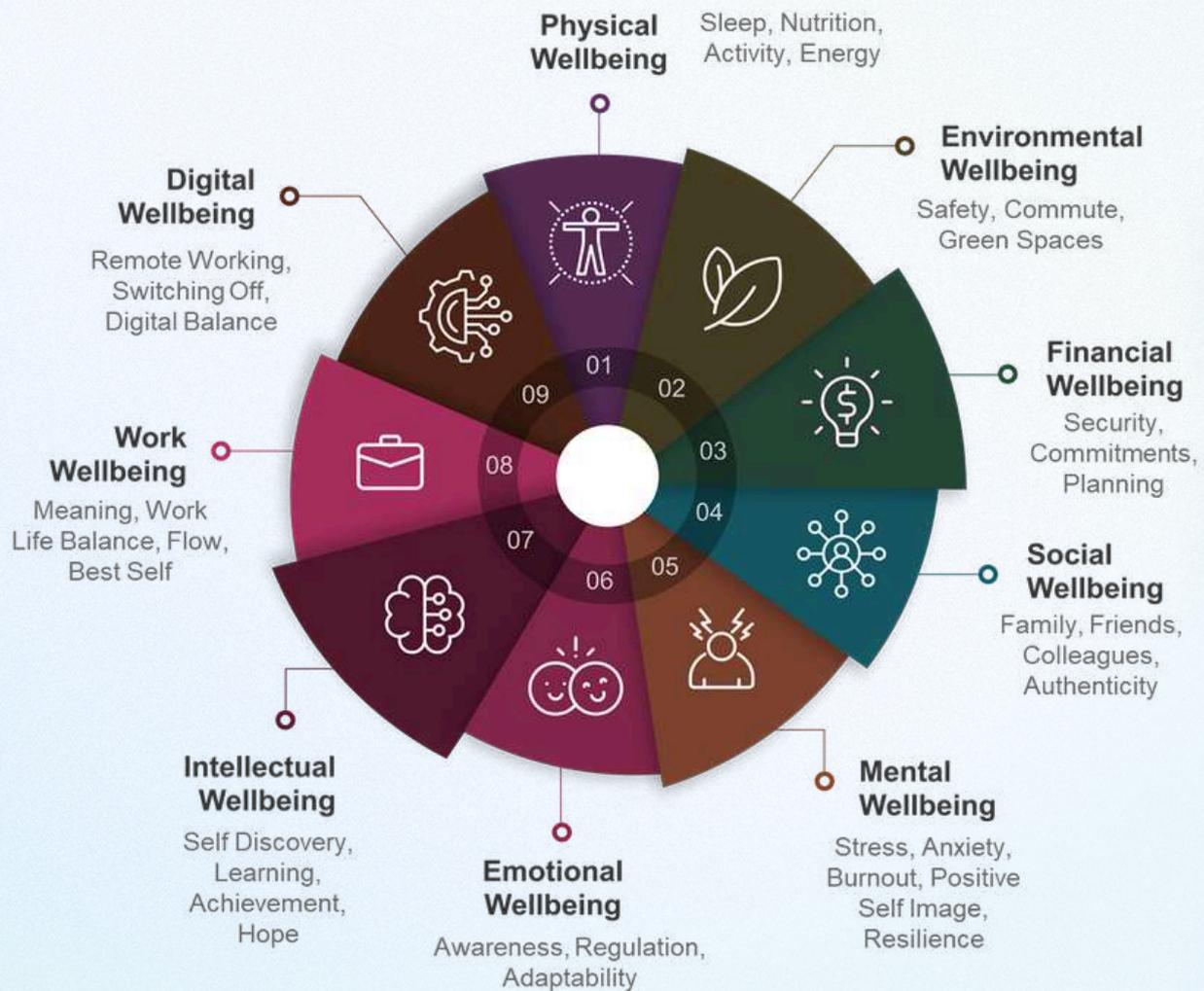
**Pallavi**  
Design  
Consultant



**Dr. Keya  
Bardalai**  
Associate Director -  
Projects & Learning

Our Offerings

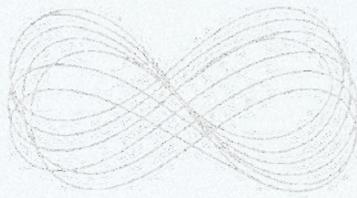
# Element X™



**ELEMENT X™** is a self-report assessment that enables individuals, teams, and organizations to maintain an awareness of their overall workplace wellbeing via an integrated framework consisting of 9 elements and 36 sub-drivers, thereby providing an extremely comprehensive and contemporary view of wellbeing.

## Our Offerings

# Kokoro



**Minimum Duration:** 3 hours

**Tailored Experience:** Customisable to address specific wellness needs

**Intimate Setting:** Group size limited to 25 participants

**Format:** Engaging, in-person interactive session



Helps forge 'breath-mind-body' connection and brings an inner calmness



Ensures that your 'Chi' flows unobstructed



Remedies **blood pressure problems, anaemia, joint diseases, asthma, gastric disturbances** and other disorders

### BENEFITS OF KOKORO



Increases **blood circulation and activity of the glands** such as the adrenal, pituitary, and thyroid



Works on the various **musculo-skeletal alignments and neurological pathways** of the body

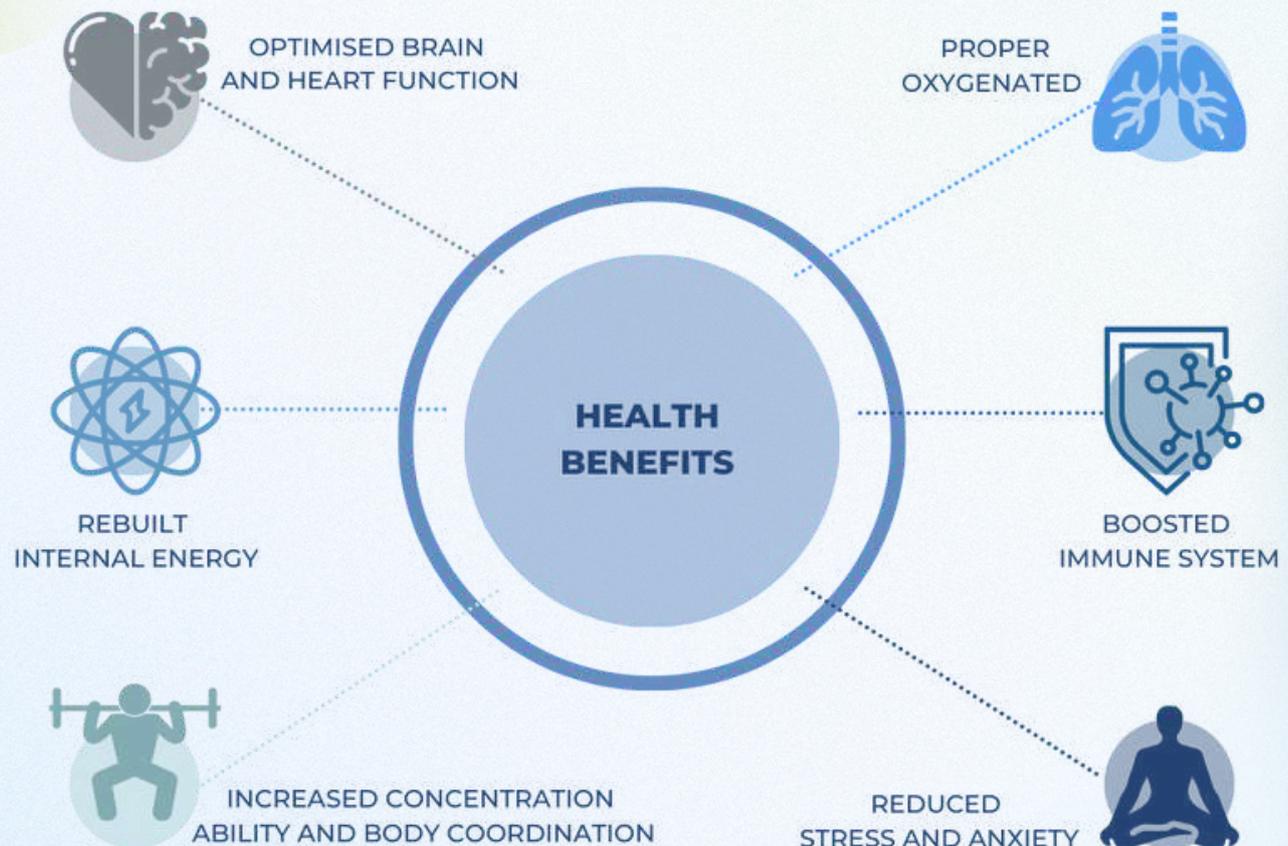


Helps to **release the stress and tension** held by the body

**Kokoro** is our unique and holistic wellness offering that allows for stress management. The intervention is based on using movement to energize, revitalize and focus the senses. This is an interactive workshop designed to stimulate participant's Emotional & Creative drivers using **Tai Chi Chuan** and **Dance your Senses** as the primary mediums. The intervention is based on the belief that the body has the keys to wisdom and healing – one just needs to be able to find and use these keys to discover the self – healing power of the body.

Our Offerings

# Internal Alchemy



**Minimum Duration:** 3 hours

**Personalised Approach:** Customisable to address specific wellness needs

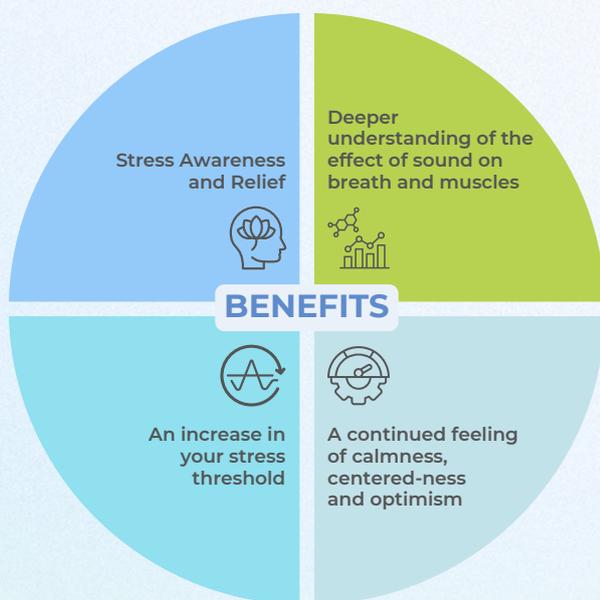
**Focused Group Size:** Limited to 25 participants

**Format:** In-person, interactive session

Internal Alchemy is a holistic wellness intervention program based on very ancient practices from China's Wudan Shan Mountains which are the home of Taoism and are directly derived from Tai Chi Chuan, Bagua Zhang, Hsing Yi Chuan and Bamboo Forest Temple Praying Mantis. **The objective of Internal Alchemy is to break the bad habits that your body has accumulated over a period of time and remold you back to your natural state of balance and wellness.**

Our Offerings

# Guided Visualization & Music



Over time, due to change in hormone levels in your body, you will experience:

- Greater vitality
- Look younger than your age
- Think more effectively
- Be more creative
- Possess deeper insights
- Be more emotionally balanced and expressive
- Be more congruent in your actions
- Increase productivity

**Minimum Duration:** 2 hours

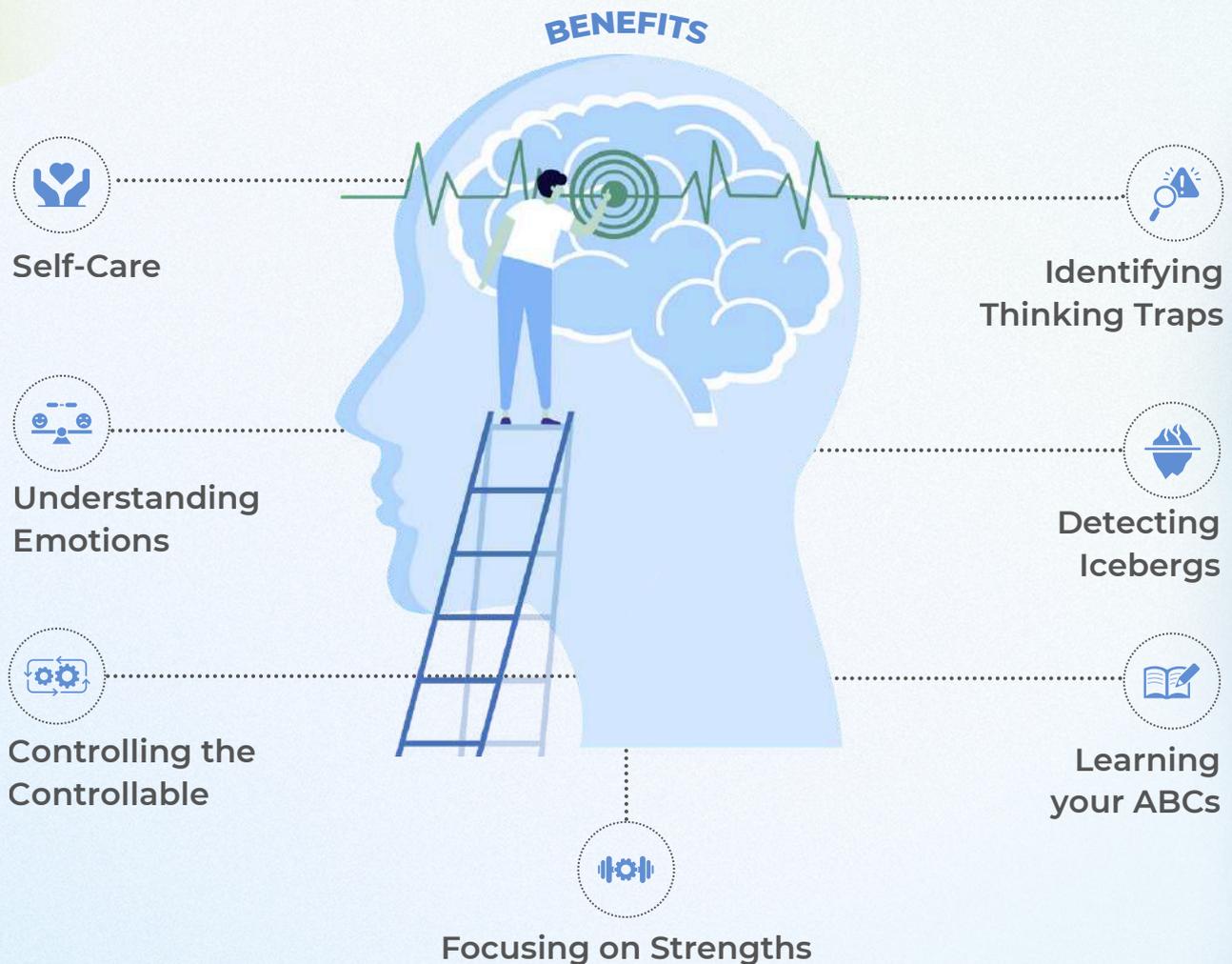
**Focused Group Size:** Limited to 20 participants

**Format:** In-person session

GVM or Guided Visualization & Music is a reflection of our continuing research in sound, visualization, and space. GVM uses binaural beats & soundscapes metered in specific frequencies and tonalities coupled with emotive visualization to stimulate different states of emotional and mental awareness.

Our Offerings

# Personal Resilience



**Minimum Duration:** 3 hours

**Format:** Live, interactive virtual session

Resilience is a complex psychological construct and doesn't exist in isolation. Over two decades of research in contemporary positive psychology has proven that resilience and mental toughness can be taught. Just like acquiring and mastering any other skill, building resilience and mental toughness needs significant time and effort. **Bringing together multidisciplinary thought processes, Syngrity focuses on 7 key skills to develop resilience and shifts in people's perspectives.**

## Our Facilitators

# Vikram Badhwar

Guided Visualization & Music    Personal Resilience

Vikram Badhwar is an experiential educator, communication and voice coach, keynote speaker and actor. With more than 24 years of experience, he has been using experiential methods of education since the nascent stages of experiential methodology in India. He has been a student of multiple martial systems for the last 30 years including multiple somatic studies. He started Syngrity in 2002 and has ever since, built space in the industry as a Creative Solutions Provider. He has worked across disciplines and industries for the last two decades, using positive psychology, experiential and holistic methodologies in the space of organizational learning and development. His goal is to build sustainable models that enable transformation at a personal, team, and organizational level.



### Expertise

Experiential Education |  
Communication Coaching | Positive  
Psychology Coaching | Actor |  
Musician | Martial Artist

### Experience

- Founder & Managing Director - Syngrity Transformation Solutions (since 2002)
- Chief Operating Officer - 3P Securitas (since 2015)
- National Joint Secretary for Central Association for Private Security Industry (CAPSI) (since 2020)
- Vice Chairman, Ethics & Compliance CAPSI (since 2020)
- Master Facilitator - Peach Communications (2002 - 2017)

### Theatre & Storytelling

- Trained in the Alexander Technique
- Member of Theatre Group – Mobius Strip & Catha Yatra
- Performed at NSD Festival (2013) & Kerala International Theatre Festival (2013) with Dr. Arjun Raina

## Our Facilitators

# Rashid Ansari

### Kokoro

Rashid is a renowned practitioner and teacher in the performing arts, various martial arts, and mind-body wellness disciplines. He is an international master instructor in Chinese, Japanese, and Korean martial arts and a contemporary dance instructor and choreographer. Rashid has explored Physical Theatre and Theatre Movement as both a practitioner and teacher and has served as a Movement/Tai Chi Chuan teacher at the National School of Drama. As a teacher of the performing arts, Rashid has endeavoured to integrate the diverse range of disciplines he practices, to create a methodology and a vocabulary using movement and dance, to find a pathway to self-expression and creation.



#### Expertise

Holistic Wellness | Theatre Director and Movement Instructor | Martial Artist | Choreographer

#### Experience

- Master instructor in various martial arts (1990 – Present)
- Instructor at National School of Drama
- Instructor at Elite School of Modelling

#### Certifications & Awards

- Black belt 5th Dan in Taekwondo
- Black belt 6th Dan in Judo
- Black belt 2nd Dan in Jiu-jitsu
- Black belt 4th Dan in Ken jitsu
- Master instructor in Tai Chi Chuan
- Master Instructor in Ba Gua Hsing I Chuan etc.

## Our Facilitators

# Yasser Bilgrami

### Internal Alchemy

Yasser started his journey in martial arts in the Korean system of Tae Kwon Do almost 43 years ago at the age of 10. He holds Black Belts in Tae Kwon Do and Hakko Ryu Jujitsu, is a 6th Generation practitioner of the Praying Mantis Kung Fu, and is an 8th Generation practitioner of Lam Hung Pak Mei Kung Fu. A senior level Compliance and Risk professional in the Field of Banking and Finance for the past 27 years, Yasser has been instrumental in driving business strategy. He is the Founder and CEO of a Tech Software Firm that digitizes key elements of the Islamic and Conventional Banking industry using Gen AI.



#### Expertise

Holistic Wellness via Stress Alleviation | Brain Hemisphere Alignment | Mental Focus And Clarity | Stillness Of Mind and Primo Vascular System Realignment | Fascia Work

#### Experience

- 44 years of experience in martial arts, with 30 of those years in the internal healing and martial arts of China
- 20 plus years as a teacher and mentor of martial arts
- Extensive experience in working with people afflicted with Parkinson's, Chronic Arthritis and corporate executives engaged in high-pressure work environments.

#### Certifications & Awards

- Certified Compliance Officer and Harvard Certified in Contracts Law
- Black Belt Hakko Ryu JuJitsu
- Black Belt Tae Kwon Do 6th Generation lineage Master in Hakka Southern Praying Mantis Kung Fu
- 8th Generation lineage in Lam Hung Pak Mei (White Eyebrow)Kung Fu.



# Contact Us



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