

CORPORATE WELLNESS WORKSHOPS

Healthy Employees. Thriving Business.

with **Dr. Nipun Choudhry**

Healthcare Leader & Wellness Expert

Entrepreneur | Hospital Administrator | Medical Doctor

Wellness & Lifestyle Specialist | Motivational Speaker



15+

Years Experience

15,000+

People Trained

65+

Research Articles

15+

National TV Features



Evidence-based wellness for modern workplaces

Dr. Choudhry is a medical doctor, hospital administrator and lifestyle medicine specialist, with experience spanning medical education, corporate wellness and healthcare leadership.

1



Leadership Wellness & Resilience

Stress, focus, burnout prevention and high-performance habits.

2



Employee Wellness & Lifestyle

Nutrition, movement, preventive health and sustainable daily habits.

3



CPR, First Aid & Emergency Preparedness

Hands-on life-saving skills and workplace emergency response.

OUR CORPORATE CLIENTS



WAHISONS®
Enhancing Life...



MGS
HOSPITAL



RELIANCE



EICHER
MOTORS



HONDA
MOTORS



Dr. Nipun Choudhry

Corporate Wellness |
Healthcare Leadership

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About Dr. Nipun Choudhry

Dr. Nipun Choudhry is an alumnus of Harvard Medical School and BITS Pilani, former leader of academic programmes at Indraprastha Apollo Hospital, Advisor Academics for Sarvodaya Hospitals, and Co-Founder of Impact Paramedical & Health Institute.



8 years

Headed Medical Education at Indraprastha Apollo Hospitals, New Delhi

15,000+

Individuals trained across 100+ organisations

65+

Research articles in national and international journals

1000+

Corporate and healthcare workshops delivered

15+

National television features as a health and wellness expert



Professional & Academic Profile

Healthcare leadership

Indraprastha Apollo Hospitals: Consultant Academics & Chief Hospital Administrator. Earlier hospital administration roles include Maharaja Agrasen Hospital, Batra Hospital and Sri Balaji Action Medical Institute.

Academic & editorial

Editor-in-Chief, Sarvodaya International Journal of Medicine; Managing Editor, Apollo Medicine Journal; editorial board role with Curies; examiner and academic coordination roles.

Books & education

Handbook on Wellness and Lifestyle (Vol. 1-3), Handbook on Human Anatomy and The Wellness Guide. Also associated with healthcare education through IPHI.

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Three Signature Offerings

Customisable programmes for modern organisations.



01

LEADERSHIP WELLNESS & RESILIENCE

For leaders and managers navigating stress, performance pressure and decision fatigue.

- Stress management
- Mindfulness & focus
- Work-life balance
- High-performance habits

BEST FOR

Best for: CXOs, managers and leadership teams

FORMAT

Formats: keynote | 90-minute workshop | half-day masterclass

02

EMPLOYEE WELLNESS & LIFESTYLE

Practical sessions that help teams build healthier habits and sustained energy.

- Nutrition & healthy eating
- Fitness at work
- Preventive health awareness
- Energy & habit building

BEST FOR

Best for: employee wellness days, HR wellbeing programmes and large teams

FORMAT

Formats: talk | interactive workshop | half-day or full-day programme

03

CPR, FIRST AID & EMERGENCY PREPAREDNESS

Hands-on workplace safety training for rapid response during medical emergencies.

- CPR demonstration
- Basic life support
- Choking response
- First aid essentials

BEST FOR

Best for: offices, factories, schools, hospitality and support teams

FORMAT

Formats: practical training | demonstration | custom batch training

Additional workshop themes

Wellness & Health

Stress Management & Mental Health

Nutrition & Weight Loss

Work-Life Balance

Preventive Health Awareness

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Wellness in Action

Selected corporate wellness and emergency training engagements.



Leadership wellness workshop - L&T



CPR & first aid training



Hands-on CPR demonstration



Corporate CPR / first aid - Manesar



Stress management programme - Wahisons



Wellness & lifestyle management - leadership team

Trusted by / associated corporate teams

Corporate training experience across leadership, sales, wellness and emergency preparedness.

OUR CORPORATE CLIENTS



Professional highlights

- Harvard Medical School & BJTS Pilani alumnus
- Advisor Academics - Sarvodaya Hospitals
- Co-Founder - Impact Paramedical & Health Institute
- Corporate wellness, mental health, nutrition and CPR programmes
- Interactive workshops, group activities and flexible delivery

Ready to invest in your team's health?

Let's design a customised wellness experience for your organisation.

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