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Women & Young Members Excellence Committee

Organises

यशस्विनी - An IDOL- Live Webinar



CA. Priti Paras Savla
Chairperson, WYMEC, ICAI



CA. Ravi Kumar Patwa
Vice Chairman, WYMEC, ICAI



SUSTAINABLE WELLBEING BLUEPRINT

Supriya Pednekar





SUSTAINABLE WELLBEING BLUEPRINT SUPRIYA PEDNEKAR

ABOUT

SUPRIYA PEDNEKAR

FOUNDER, HAPPINESSQUO | AUTHOR | SPIRITUAL
SCIENTIST | CA with 18+ years of professional work
experience

- **Sustainable Wellbeing Coach**
- **Facilitator:** World Happiness Academy
- **Awards:**
 - **FSIA Real Superwoman Award**
 - **WIRC Star Woman Award**





SUSTAINABLE WELLBEING BLUEPRINT
SUPRIYA PEDNEKAR



“To empower professionals and business owners worldwide to embrace sustainable wellbeing and cultivate work-life harmony through Conscious Living”



“Creating a world where everyone can thrive mentally, physically, emotionally, and spiritually one mindful step at a time”



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SUSTAINABLE WELL-BEING



What is Wellbeing?

Wellbeing is a multifaceted concept that goes beyond simply being free from illness. It reflects how we feel about ourselves and our life — our overall quality of life.

Key Components of Wellbeing:

Physical Wellbeing

Staying active, healthy habits, balanced nutrition, and a fit body.

Mental Wellbeing

A positive mindset, stress management, and mental equilibrium.

Emotional Wellbeing

Resilience, inner peace, and way of healthy emotional expression.

Social Wellbeing

Building strong relationships, feeling connected, and contributing to society.

Financial Wellbeing

Feeling secure, managing money wisely, and planning confidently for the future.

Spiritual Wellbeing

It's about living with purpose, aligning with your core values, and finding meaning in everyday life.




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WhySustainable?


Wellbeing isn't a 30-day challenge — it's a lifelong companion.

 *Quick fixes fade. Sustainable habits stay.*


Life is dynamic – your approach should be adaptable.

 *What works during vacation may not during work pressure.*
→ *Sustainability adjusts, not collapses.*

The goal is not perfection, it's consistency.

 *Small steps done regularly > Big leaps taken occasionally.*


You're not looking for a break from life, but a better way to live it.

 *Wellbeing should walk with you, not pause everything else.*

Sustainable = Personalized.

 *What works for you may not be trending — and that's okay.*

Your routine should energize, not exhaust.

 *If it's draining, it's not sustainable.*

It's about building joy, not adding pressure.

 *The best wellbeing practices are the ones you look forward to.*



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The Wheel of Life





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SUSTAINABLE WELL-BEING **CHALLENGES**



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Life Situations that may bring challenges on the personal front



Financial
Stress



Relationship
Struggles



Health
Problems



Parenting
Challenges



Grief
and Loss



Home
Environment
Issues



Other challenges on the work front



Overwhelm: Managing intense workloads that lead to high stress and burnout.



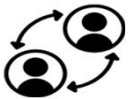
Work-Life Harmony: Balancing career demands with time for family, hobbies, and self-care.



Anxiety Triggers: Coping with uncertainty and pressure in fast-paced work environments.



Communication Barriers: Struggling to express needs or concerns across personal and professional relationships.



Motivation Dip: Feeling disconnected or uninspired in day-to-day work.



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Goal Clarity: Difficulty in setting or pursuing meaningful personal and professional goals.



Need for Recognition: Seeking genuine acknowledgment for efforts and contributions.



Physical Wellbeing: Finding time and energy to maintain health alongside work.



Procrastination Patterns: Tackling delays that hinder productivity and progress.



Job Security: Facing uncertainty in a constantly changing job landscape.



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Career Growth: Looking for roles that align with both growth and purpose.



Change Resilience: Adapting to evolving roles, structures, or expectations.



Inclusive Culture: Desiring a respectful, diverse, and equitable workplace.



Emotional Resilience: Building inner strength to bounce back from setbacks.



Positive Outlook: Holding onto optimism despite everyday challenges.

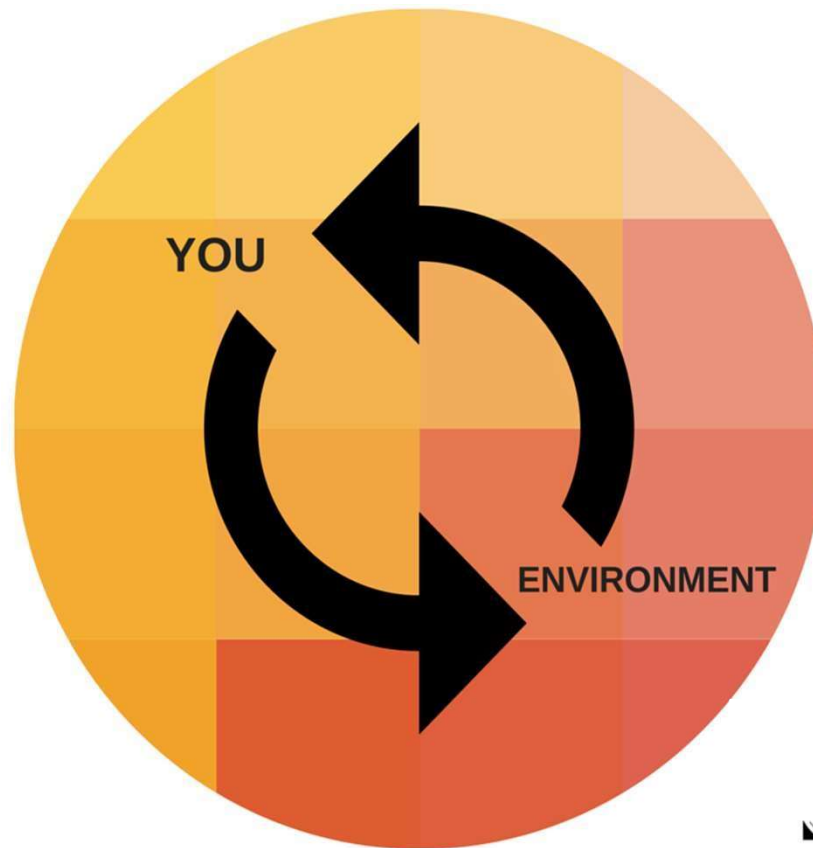


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Components of Life



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WHAT IS STATE???



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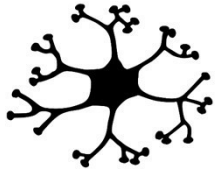
WHAT IS STATE AT ANY GIVEN MOMENT STATE OF





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WHAT IS STATE AT ANY GIVEN MOMENT STATE OF



**80 BILLION
NEURONS**

+



**60 TRILLION
CELLS**

OR

PSYCHOLOGY + PHYSIOLOGY



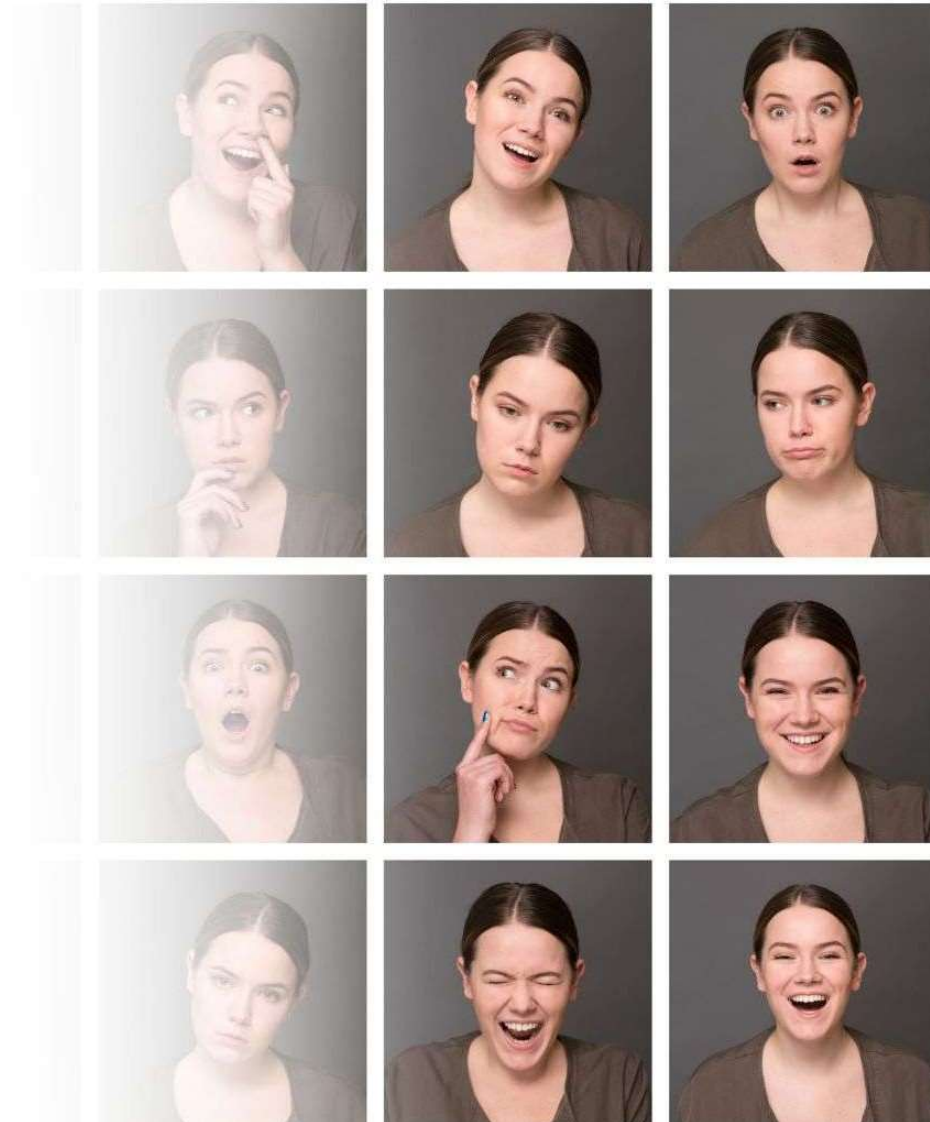


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TYPES OF STATE

1. POSITIVE OR RESOURCEFUL:

Peace, Happiness, Joy, Confidence, Clarity,
Certainty, Good health, Love.





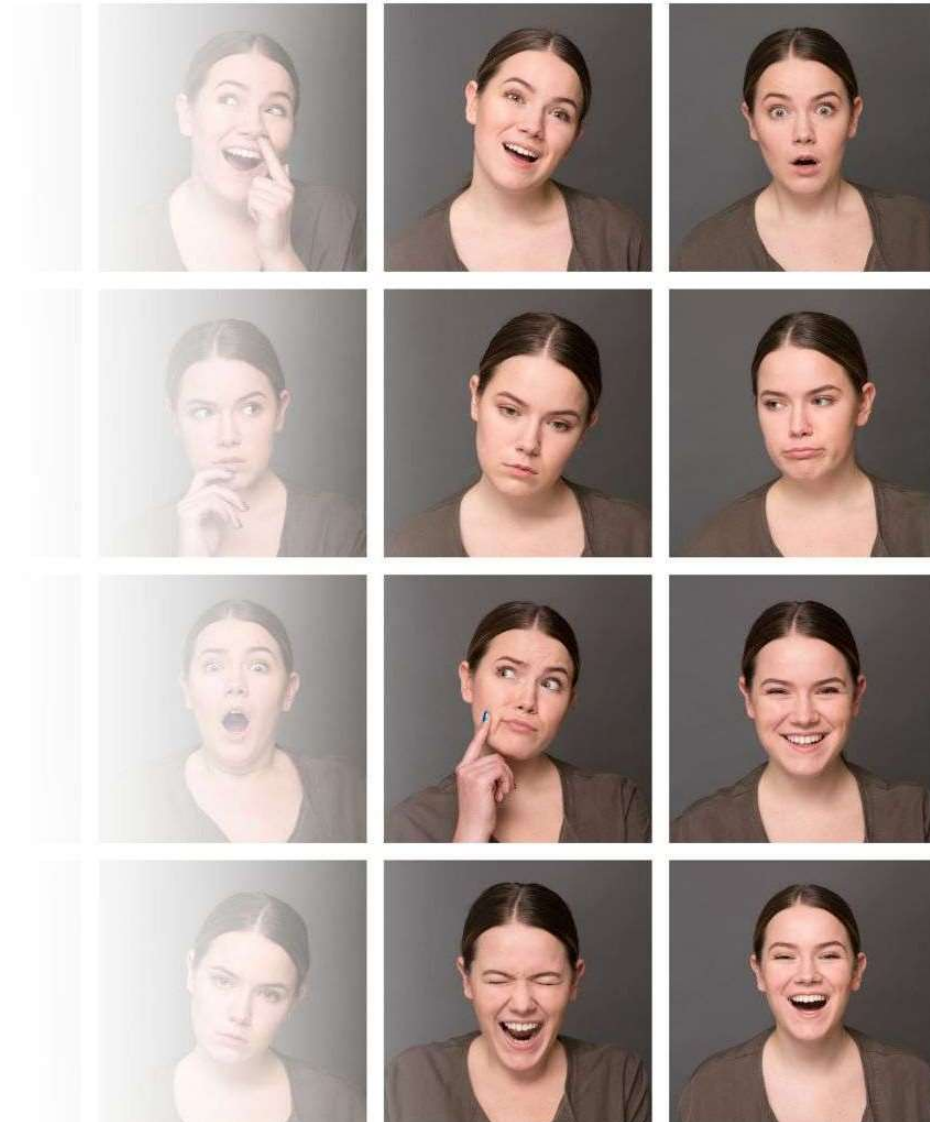
TYPES OF STATE

1. POSITIVE OR RESOURCEFUL:

Peace, Happiness, Joy, Confidence, Clarity,
Certainty, Good health, Love.

2. NEGATIVE OR UNRESOURCEFUL STATE:

Stuck state, Unresolved issues, Conflicts, Bad
memories, Abuse, Phobia, Fear, Hurt, Guilt,
Grief.











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Thoughts & the Negativity Bias



Thoughts & the Negativity Bias

-  **Mind's Activity:** We think ~60,000 thoughts daily, mostly repetitive and unconscious.
-  **Repetition Trap:** 90–95% of today's thoughts are the same as yesterday's.
-  **Negativity Bias:** The brain is **wired to focus on threats** — negative thoughts stick more than positive ones.
-  **Survival Instinct:** This bias evolved to **keep us safe**, not necessarily happy.
-  **Emotional Impact:** One negative comment can **override** multiple positive ones.
-  **Thought Loop:** Negative thoughts trigger stress responses, which reinforce the bias.



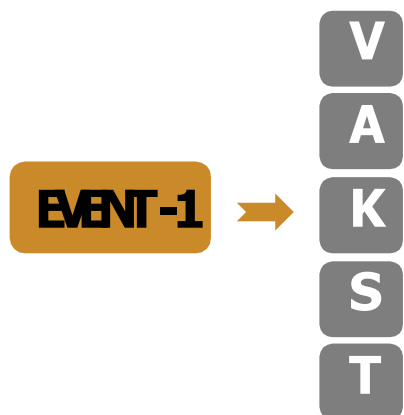
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EVENT-1



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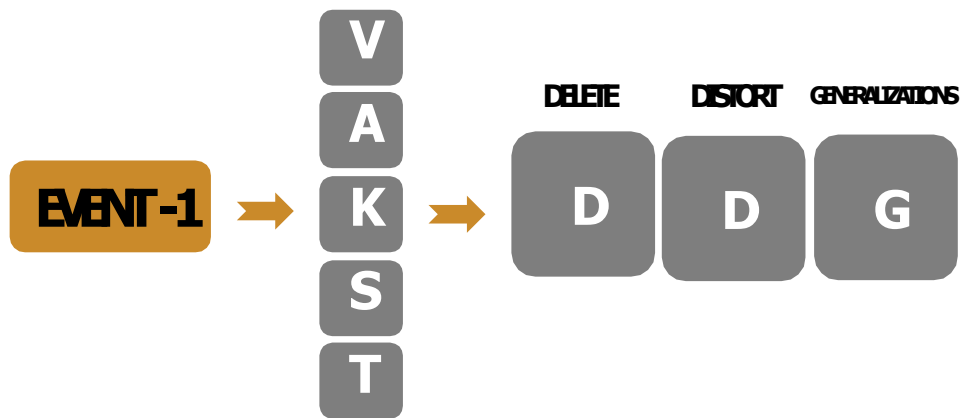
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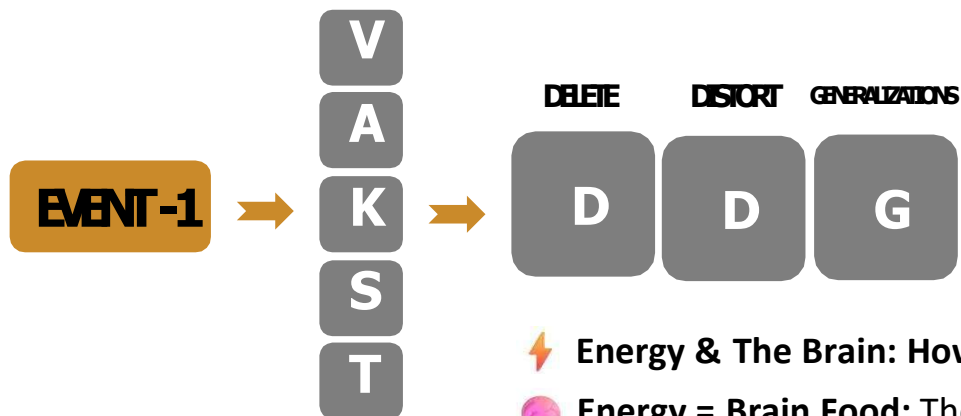
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⚡ Energy & The Brain: How It Saves Effort

🧠 **Energy = Brain Food:** The brain consumes a lot of energy and constantly seeks to conserve it.

🔄 **Efficiency Mode:** To save energy, the brain simplifies information — not always accurately.

✗ **Deletion:** It **ignores** certain inputs that seem 'irrelevant' to focus on what feels important.

🔄 **Distortion:** It **alters reality** to fit existing beliefs, emotions, or assumptions.

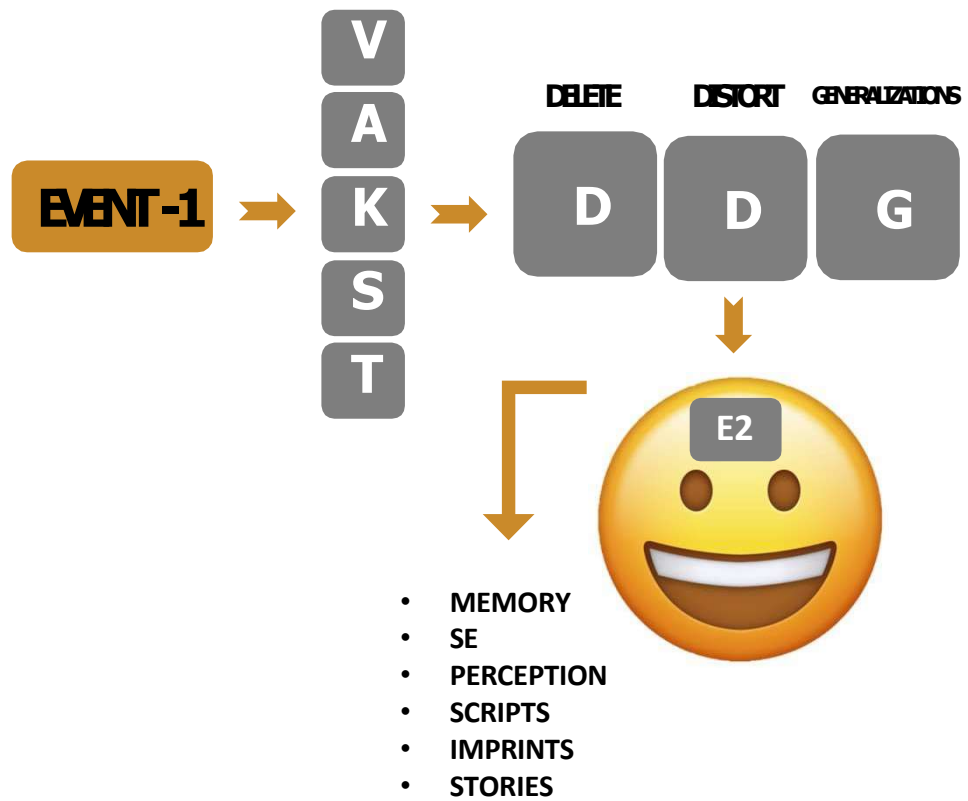
🧩 **Generalisation:** It **draws broad conclusions** from limited experiences or past patterns.

💡 **Result:** Our perception is often a **filtered version** of reality — not the truth itself.



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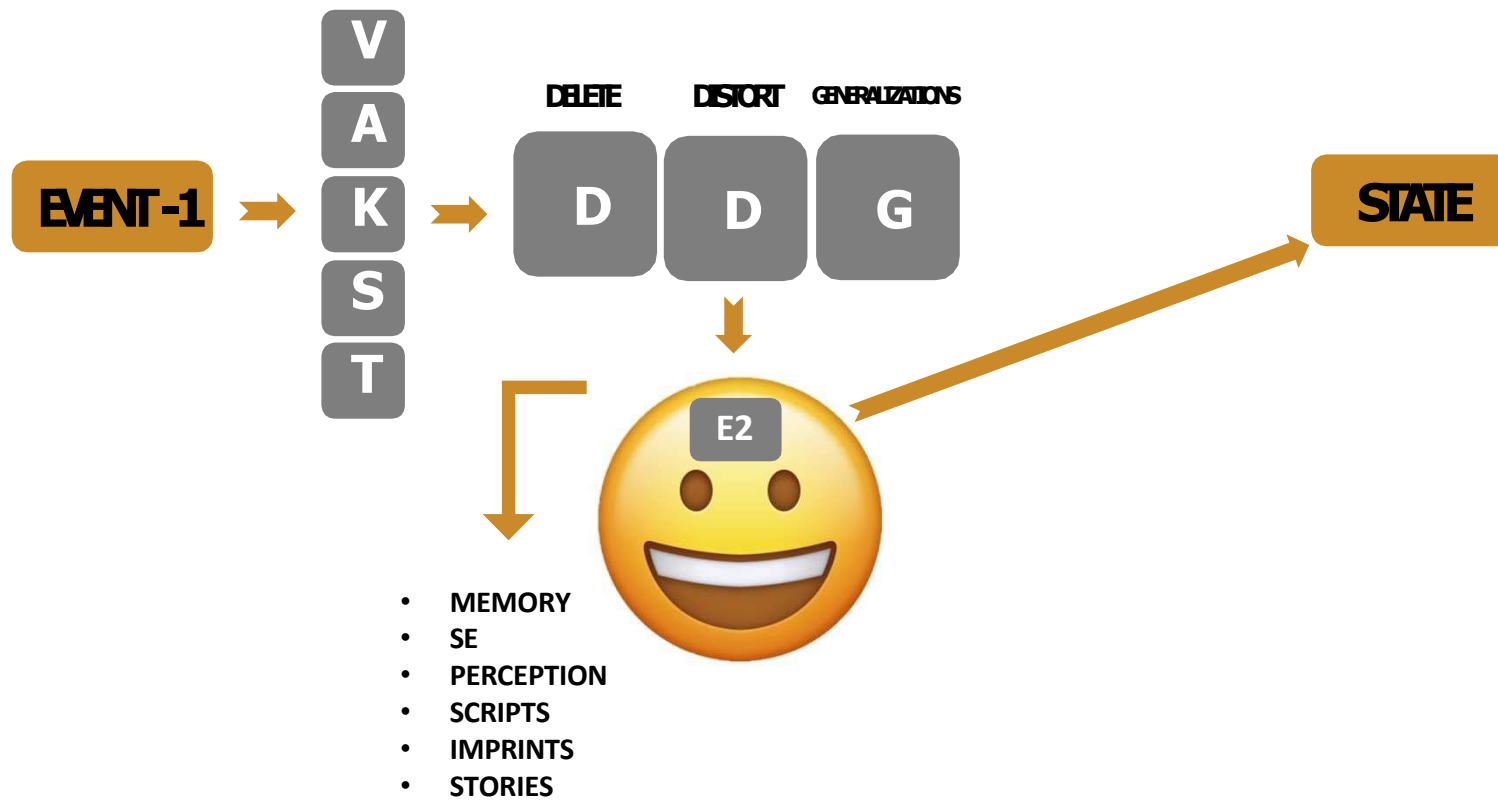
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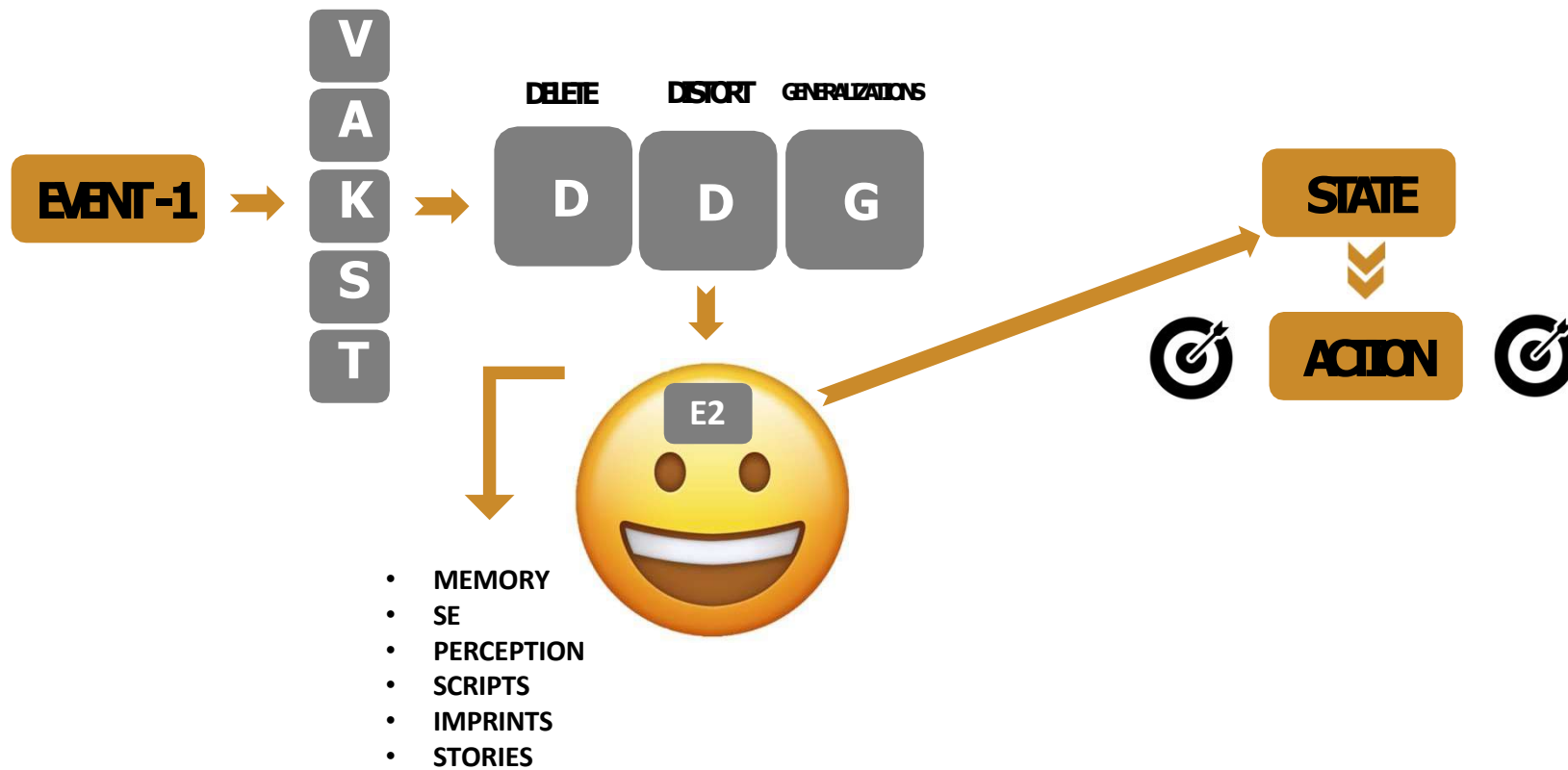
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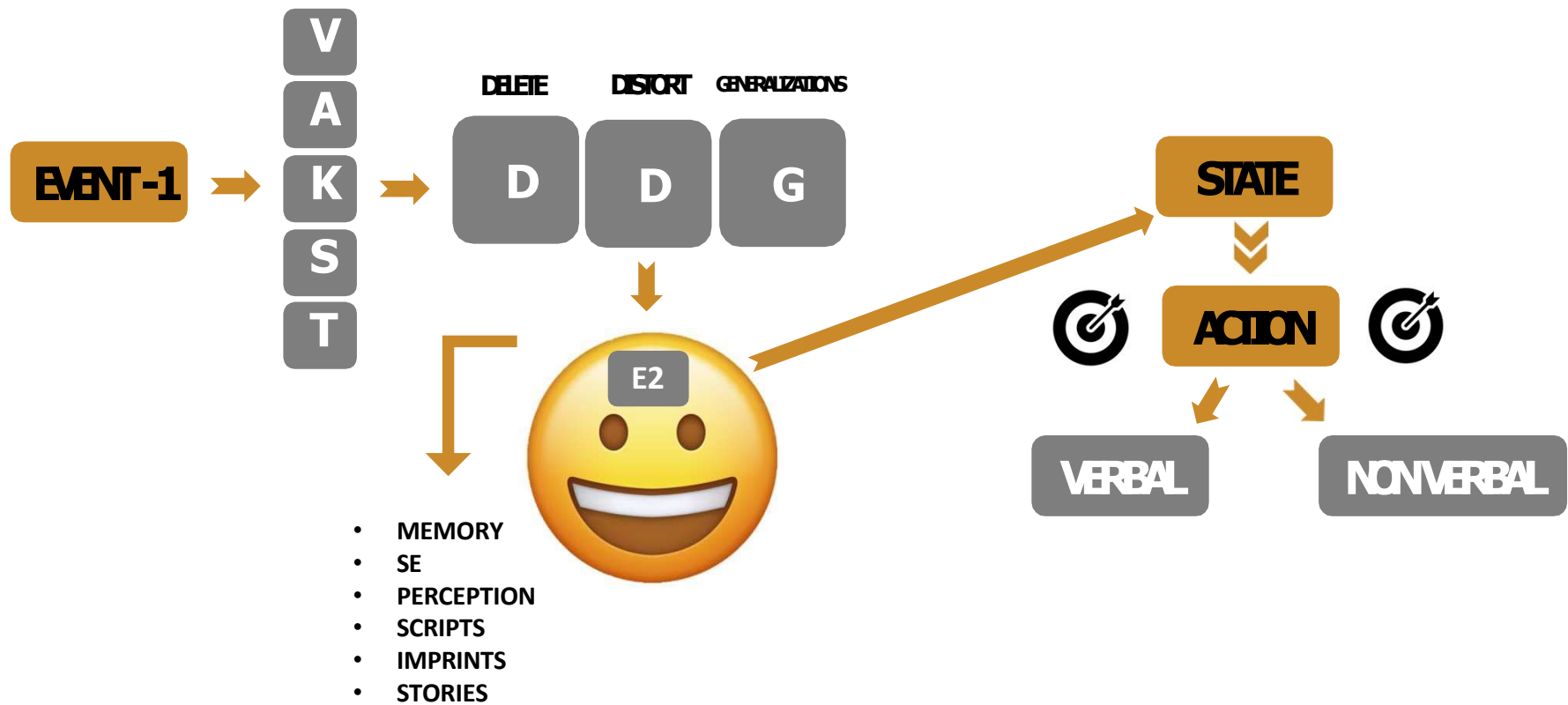
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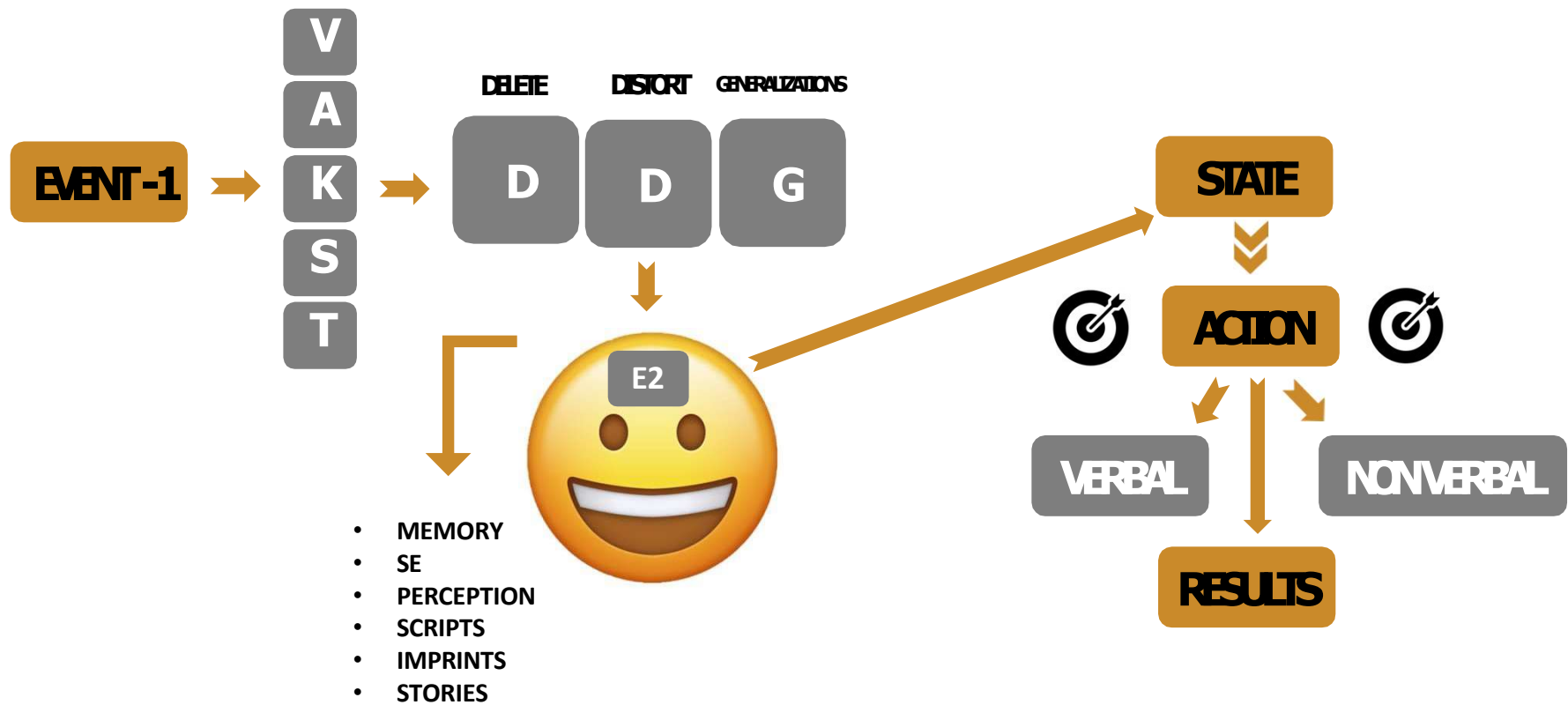
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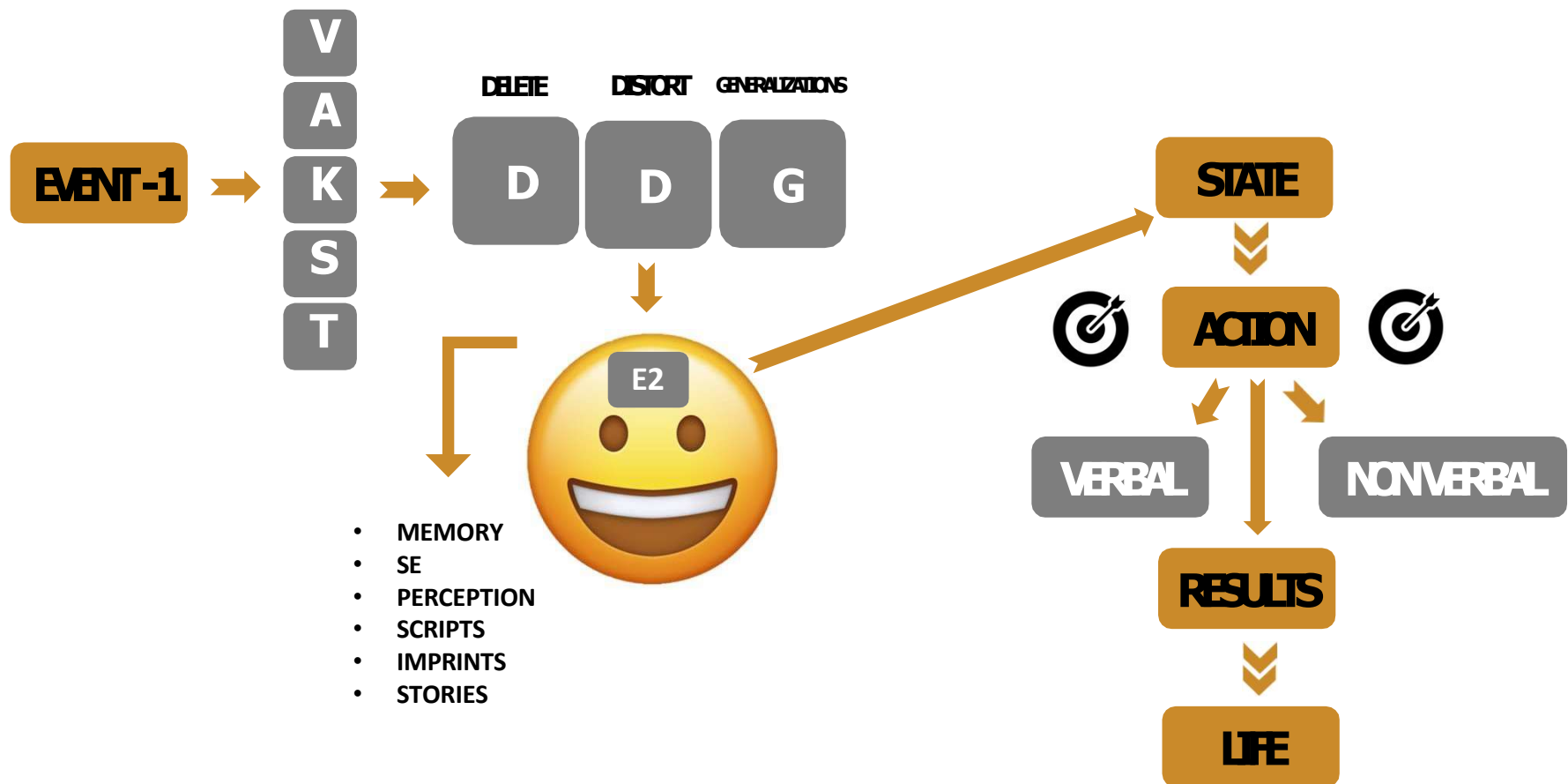
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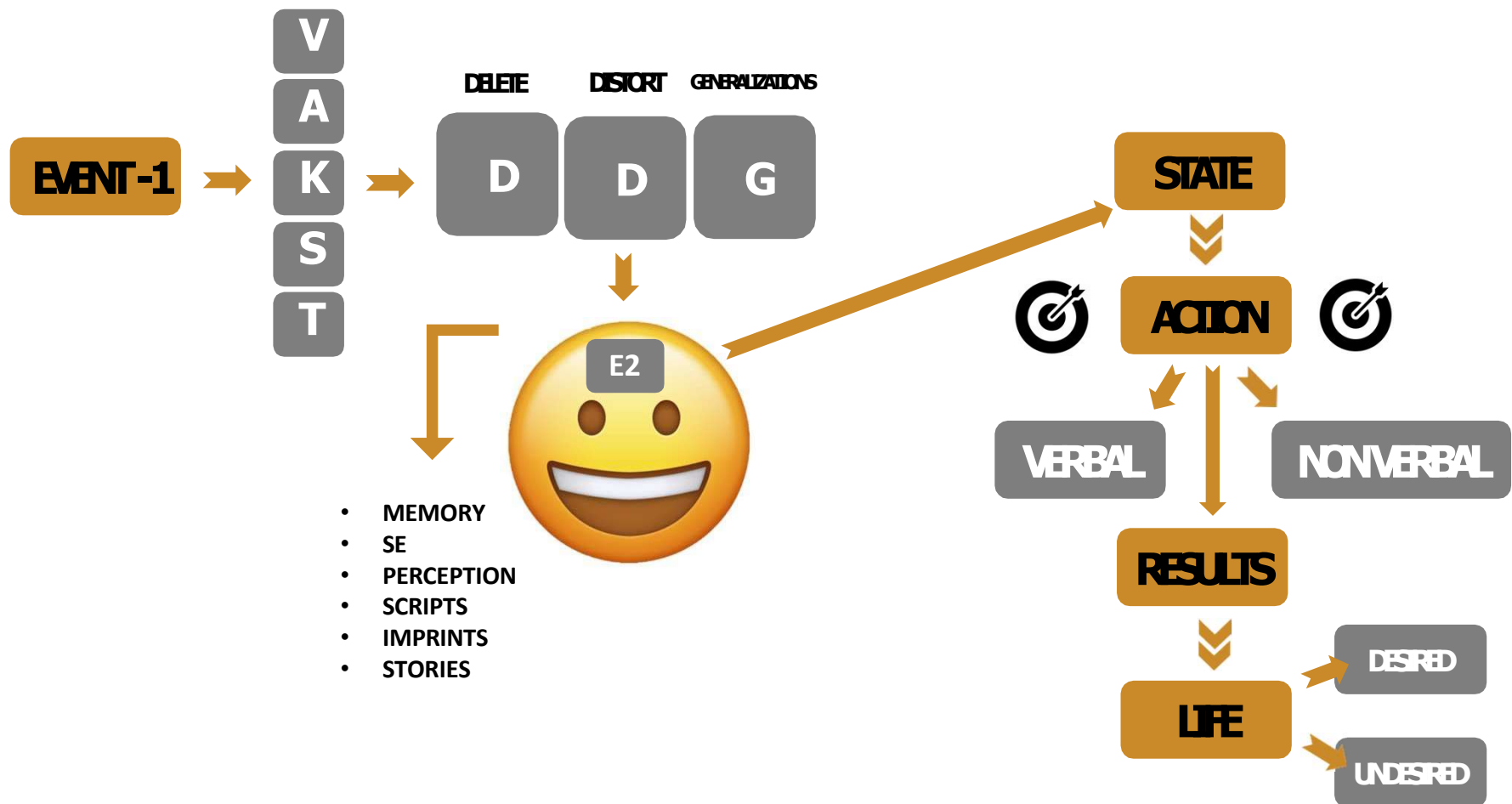
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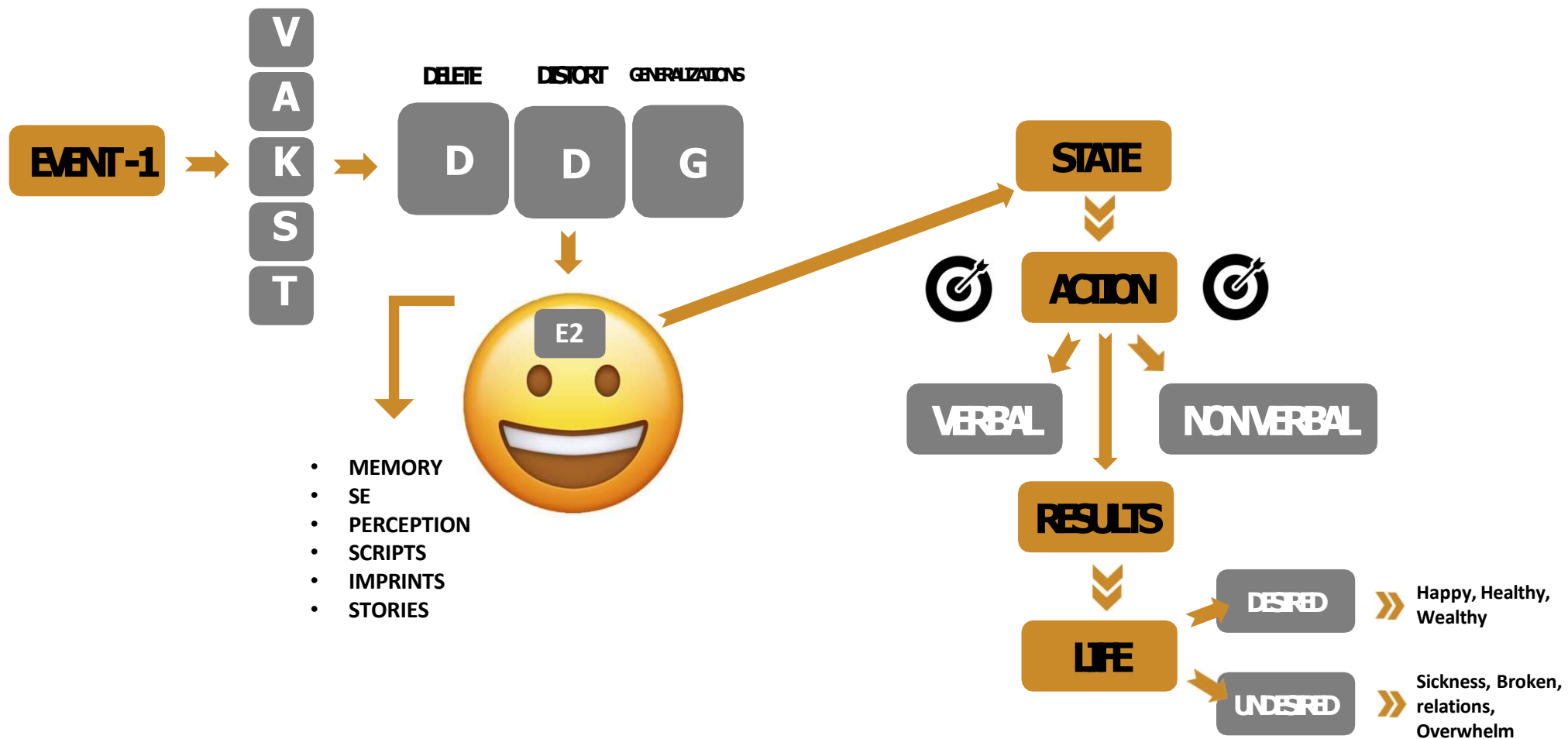
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MIND AND BODY ARE ONE SYSTEM



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Mind and Body are One System

Managing Your State (One Event at a Time)

dz Notice

- ◆ Become aware of your thoughts & body signals
- ◆ Ask: *What am I feeling right now? What am I thinking? Is it true?*

dz Name It

- ◆ Label the emotion without judgment
- ◆ “I feel tense / anxious / irritated...” and not “I am ...”

dz Breathe

- ◆ Deep inhale → Hold → Slow exhale (x3)
- ◆ Reset your nervous system to Parasympathetic (Relaxed, peaceful and resourceful)

ts Movement helps

- ◆ Shake your hands, stretch, walk
- ◆ Release stuck energy

tf Choose

- ◆ Ask: *How do I want to feel instead?*
- ◆ Calm? Focused? Empowered?

te Anchor

- ◆ Adjust posture, smile, visualize a positive image
- ◆ Let the new state settle in



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Practice Makes Presence

Slowly, you begin to make **awareness a habit** —
To pause, observe, and **see things as they are**, not as your stress paints them.

Make Gratitude a habit, **think of what is / has been working for you**.

You start choosing a **resourceful state**,
and **respond** instead of react.

If you slip, that's okay.

Mistakes are part of mastery.

Try again next time — gently.

With time, it becomes your **attitude**.
And then, it becomes your **character**.

HQ is your Wellbeing Partner

Purpose

- To enhance wellbeing, happiness and productivity
- Our focus, enable Life-Style Changes to:
 - Life Visioning
 - Master Focus
 - Embrace Responsibility
 - Conscious Living
 - Sustainable Happiness and Wellbeing
 - Increase Productivity
 - Build Integrity

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THANKYOU