

# "Fostering Digital and Holistic Well-being: Cultivating a Happily Focused Environment for Families, Educational Institutions and Workplaces"

## Dnyaneshwar V Nerkar

Digital Wellness & Focus Expert, Certified Life Coach, Certified NLP Practitioner, Certified Cyber Crime Intervention Officer, Author, International Speaker



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### **Growth-Focused Workshops and Sessions**

Digital Wellness: The need of the hour

Concentration: The key to success

Empowering yourself through SWOC analysis

Unlocking the secrets of Emotional Intelligence

Stronger Together: How NLP Can Improve Peer and Teacher Relationships

## **Profile**

With a rich corporate background spanning more than one and a half decade, I bring forth a wealth of experience, including a significant 7-year tenure as a co-founder. During this pivotal role, our organization aimed to democratize access to tools and technologies for the global community of then 1.3 billion individuals with special abilities.

Currently in my capacity as a Digital Wellness and Focus expert, alongside being a Certified Life Coach, and Certified NLP Practitioner, my mission is to aid entrepreneurs, working professionals and homemakers in reclaiming their focus and sovereignty. This involves overcoming (digital and otherwise) distractions and self-imposed mental barriers.

To assist individuals in regaining focus, optimizing digital consumption, and cultivating a renewed perspective on life, I regularly conduct workshops at various forums and esteemed organizations throughout India.

Additionally, I offer tailored coaching and mentoring services.

I have authored an e-book on 'Focus Mastery'. This book is receiving huge acclaim from corporate professionals, doctors, students, academicians and people from all walks of life.

## **Some of the Beneficiaries**

- MIT ADT University (MIT Group of Institutions)
- Dr A P J Abdul Kalam Technical University, Uttar Pradesh
- FLAME International University
- DES Pune University
- Dr D Y Patil Institute of MCA and Management, Akurdi, Pune
- JSPM Group of Institutes, Pune
- Academy for a better world, Gyan Sarovar, Mount Abu, Rajasthan
- Camp Education Society, Pune
- Jnana Prabodhini Prashala, Pune
- Anuradha Group of Institutes, Chikhali, Dist - Buldhana
- Sanskar Dnyanpeeth, Khamgaon
- Prabhat Kids, Akola
- Brihan Maharashtra College of Commerce (BMCC), Pune
- Modern College of Arts, Science and Commerce, Pune
- Institute of Management and Career Courses (IMCC), Pune
- Pune Vidhyarthi Griha's (PVG) College Of Engineering And Technology
- Pimpri Chinchwad Education Trust (PCET)
- Government Polytechnic, Pune
- Podar International School
- Kaveri International School, Pune
- Asha Foundation and G H Raisonni institute of business management, Jalgaon
- Swadhaa Waldorf Learning Center, Pune
- R C Patel College of Engineering and Polytechnic, Shirpur
- Kutumb Prabodhan, Samarth Bharat Initiative(RSS Leaders)
- G20-Y20 India: Initiative for Youth
- Firki – Teach For India
- National Service Scheme (Govt Program) Camp for Youth
- VDart – Digital and Business Consulting, Trichy
- Josh Software Pvt Ltd
- Winjit Technologies
- 32 Smiles Dental Hospital
- Business Network International (BNI) Pune East Chapter
- Senior Executives from TCS, Infosys, BMC Software, LTIMindtree, Emerson, Honeywell

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## Contributions and Achievements

- Digital Wellness Ambassador
- Author of an E-Book - "Focus Mastery"  
(<https://www.amazon.in/dp/B09BQS1LMV#customerReviews>)
- International Speaker
- Industry Expert – Board of Studies for Computer Applications stream in BMCC (A reputed autonomous college in Pune)
- Active participant and volunteer of a Mindful Parenting Program - an initiative by the Kaveri Group of Institutes (KGI), Pune
- Shortlisted and invited by UC Berkeley's Greater Good Science Center & Harvard's 'Making Caring Common', to participate in a focus group, to help design resources which will help youth develop the capacities to understand and care for those who are different from them, and to nurture a fairer society
- Published article in local and international magazines
- Designed and drafted 75+ typing tutor lessons for an Android App with the intention to enable blind students be independent of scribes (writers) to write their exams

## Qualification

- Post Graduation in Information Technology
- Certified Cyber Crime Intervention Officer
- Certification in Professional Ethics at Workplace
- Certified NLP Practitioner (approved by ABNLP - The American Board of Neuro-Linguistic Programming & IAPCCT)
- Certified Life Coach (approved by ICF – International Coaching Federation)
- Certified Wellness Coach (approved by IAPCCT – International Association of Professional Coaches, Counselors and Therapists)
- Volunteer Facilitator – VIHASA (Values in Healthcare – A Spiritual Approach)
- Teacher Coach Development Program by Firki – Teach For India
- Career Advisor Training Program by Jnana Prabodhini Samshodhan Sanstha
- Social Emotional Ethical Learning (SEEL) – by Tech Mahindra Foundation and Teach For India
- Developing Your Emotional Intelligence - by Gemma Leigh Roberts