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

Dnyaneshwar V Nerkar

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

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support@dnyaneshwarnerkar.com

talktogyan@gmail.com

+91 9422787588

Linked In: **https://bit.ly/3vRxJ5m**

https://dnyaneshwarnerkar.com/

Growth-Focused Workshops and Sessions

Digital Wellness: The need of the hour

Concentration: The key to success

Empowering yourself through SWOC analysis

Unlocking the secretes of Emotional Intelligence

Stronger Together: How NLP Can Improve Peer and Teacher Relationships

Universal Human Values : Do they really matter?

Proficient in Marathi, Hindi, and English

Profile

With a rich corporate background spanning almost 2 decades, 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 evangelist, alongside being a Certified Life Coach, and Certified NLP Practitioner, my mission is to aid entrepreneurs, working professionals, students 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 throughout India at various forums and esteemed organizations.

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

- Indian Institute of Technology Bombay (IIT Bombay)
- Maharashtra State Faculty Development Academy (MSFDA)
- MIT ADT & World Peace University (MIT Group of Institutions)
- College of Engineering Pune (COEP)
- Dr A P J Abdul Kalam Technical University, Uttar Pradesh
- FLAME International University
- DES Pune University
- SVKM NMIMS GLOBAL 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
- City Pride International School
- Anurada Group of Institutes, Chikhali, Dist - Buldhana
- Sanskar Dnyanpeeth, Khamgaon
- St. Vincent Pallotti College of Engineering & Technology, Nagpur.
- Brihan Maharashtra College of Commerce (BMCC), Pune
- Institute of Management and Career Courses (IMCC), Pune
- Pune Vidhyarthi Griha's (PVG) College Of Engineering And Technology
- Pimpri Chinchwad Education Trust (PCET)
- Asha Foundation and G H Raisoni institute of business management, Jalgaon
- 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
- IBM
- 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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Proficient in Marathi, Hindi, and English

Contributions and Achievements

- Digital Wellness Evangelist (**Delivered 150+ Digital Wellness sessions so far across India**)
- Trainer: FDP, Digital Wellness Train-the-Trainer Program
- Author of an acclaimed E-Book - "Focus Mastery"
- International Speaker
- Former Industry Expert – Board of Studies for Computer Applications stream in BMCC (A reputed autonomous college in Pune)
- Facilitator & Trainer – VIHASA (Values in Healthcare – A Spiritual Approach) by The Janki Foundation, UK
- Trainer: Living Values Education Foundation Workshops by ALIVE, Geneva
- 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)
- Certification in Mental Health Program by Mental Health Education Inc., Orlando, Florida
- FDP Certification in "Inculcating Universal Human Values in Technical Education" by AICTE (All India Council for Technical Education)
- 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