



COMMUNITY OF IMMUNITY



Shirish P. Sebastian

WHERE
TO
START
?

LEARN TO UNLEARN



Health is a state
of complete physical,
mental, and social
well-being and
not merely the
absence of disease
or infirmity.



PERCEPTION



SCIENCE OF LIFE



 Shirish P. Sebastian



SELF
CONTROL



Shirish P. Sebastian



**CLARITY
OF
THOUGHT**



APPETITE



SLEEP



**Your Immune
System is
determined by...**



Preventive Health Measures to

BOOST IMMUNITY

Self Care Guidelines by Ministry of AYUSH



**Drink warm
Water
throughout
the day**



**Daily practice
of Yogasana,
Pranayama &
Meditation
for at least
30 minutes**



**Use spices like
Turmeric,
Cumin,
Coriander
and Garlic
in cooking**

A close-up photograph of a woman's hand holding a clear glass filled with water. The woman is wearing a green tank top. The background is softly blurred, showing what appears to be a window with natural light.

WARM WATER

**PRAYER , GRATITUDE
POSITIVE AFFIRMATIONS**



MINDSET

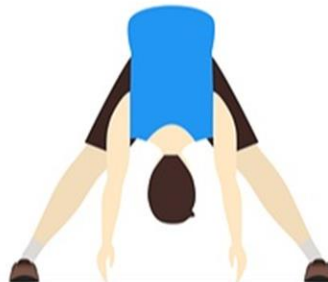
CONNECT WITH NATURE



just breathe



STRETCH



R
E
A
D



YOUR REAL WORLD



**ELEMENTAL
BALANCE**

**90MIN
60MIM**

READ

**BREATHE &
STRETCH**



YOUR VIRTUAL WORLD



PLAN 'E-FASTING'

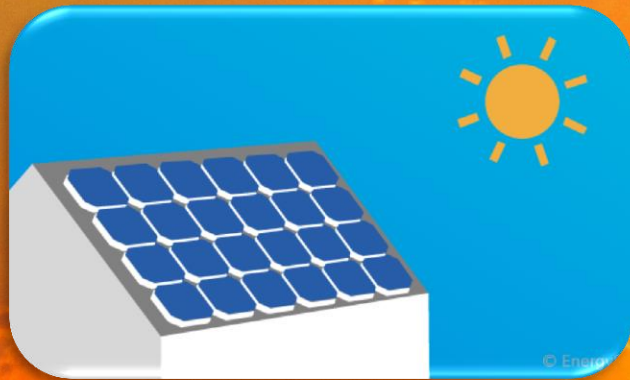


DREAM
BIG

SET
GOALS

TAKE
ACTION

WE ARE THE SUNRISE PEOPLE, GOOD MORNING IS OUR SONG!



WHO IS THE BENEFICIARY ?



WHAT IS PLASMA THERAPY AND HOW IT WORKS

Plasma therapy involves transfusing plasma retrieved from the blood of people who have recovered from Covid-19 into people suffering from the disease

Covid-19 patient **Recovered** **Plasma** **Covid-19 patient**

- Once a person recovers from Covid-19, he/she develops antibodies, found in plasma or liquid part of blood
- These antibodies target the virus and the patient is cured
- Extremely simple process. Only plasma is retrieved from the donor's blood and the rest of the blood is returned

Blood Donation!

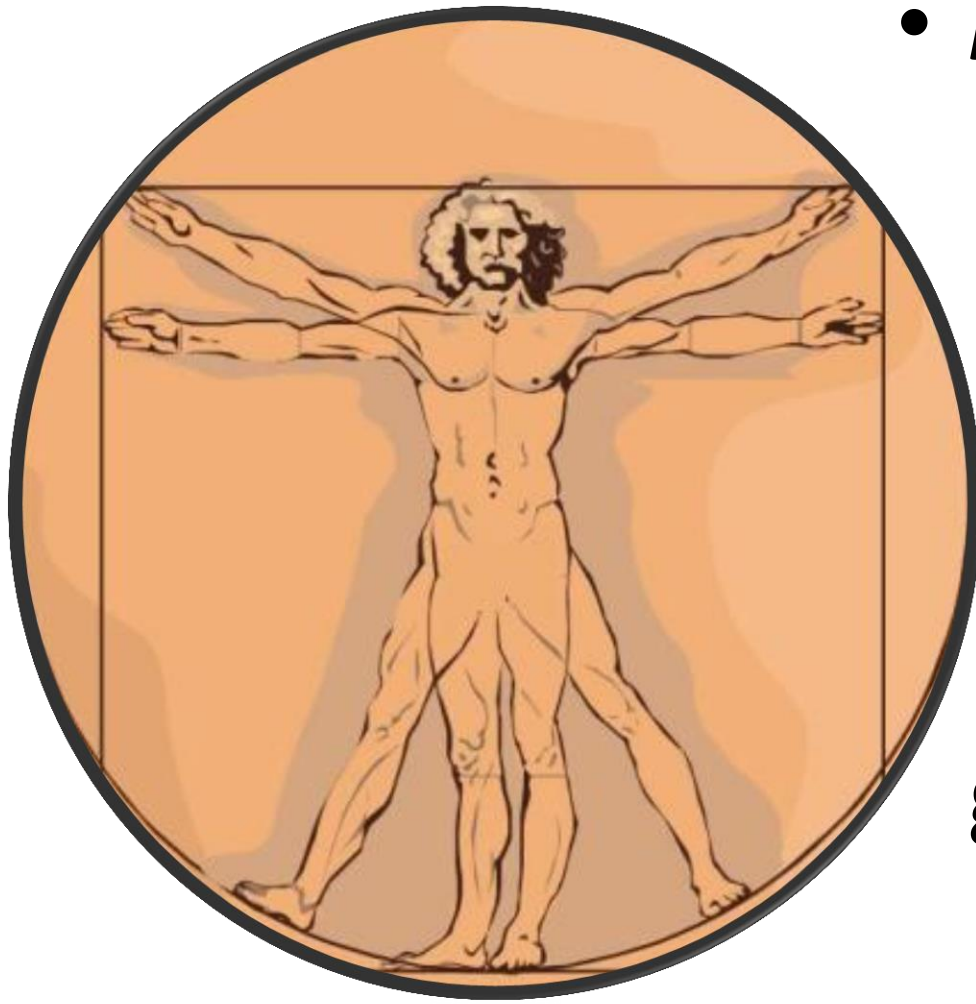
EAT

FAST

Who
Are
you

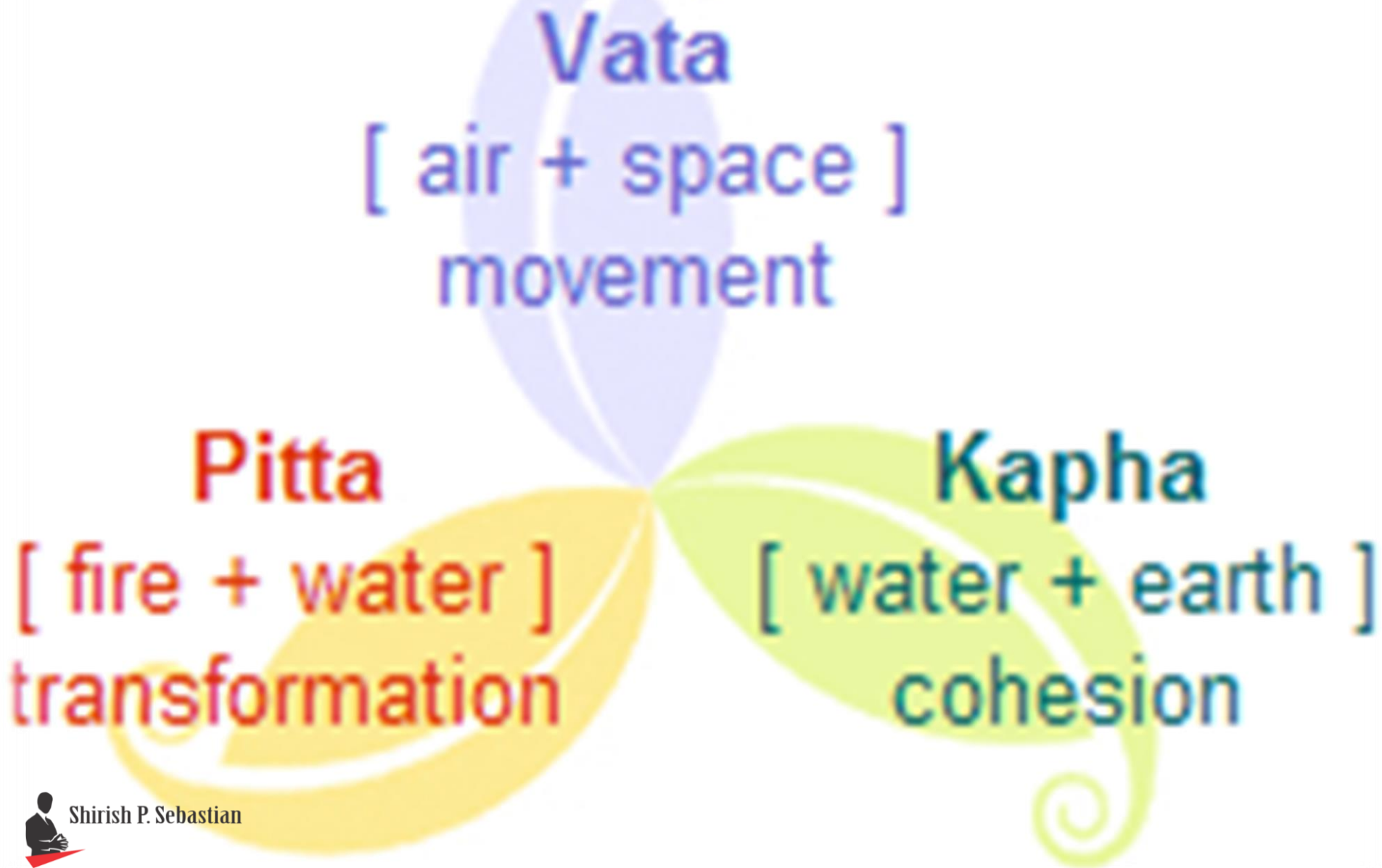


Prakriti: Your Constitution



- ***Prakriti*** is your basic constitution. It is determined at the moment of conception and relates to your genetically inherited physical and emotional qualities.

TRI-DOSHAS



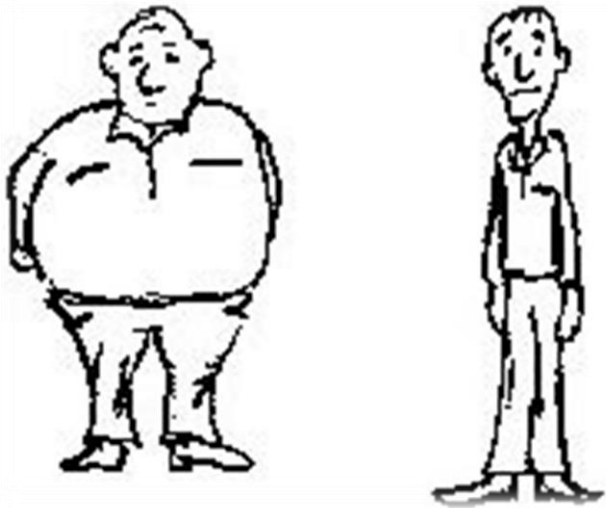
*KNOW
YOURSELF.*

SELF- PRAKRITI ASSESSMENT

	Vatta	Pitta	Kapha
<u>Total</u>			

Tick mark which ever is applicable to you.

Body Frame



- V = Thin, bony, tall or short
- P = Medium, balanced
- K = Large, broad

Weight



- V = Lean
- P = Medium
- K = Over weight



Skin

- V = Dry, rough.
- P = Soft, oily, warm.
- K = Thick, moist.

Hair



- V = Dark, dry, curly
- P = Soft, oily, silky
- K = Thick, wavy

Teeth



- V = Big, uneven
- P = Moderate, yellowish
- K = Strong, even, white

Appetite

- V = Variable, small
- P = Good, regular
- K = Slow and steady



Thirst

- V = Variable
- P = Excessive
- K = Minimal



Elimination

- V = Dry, hard, constipated
- P = Soft, loose
- K = Thick, normal



Urine



- V = Frequent but sparse
- P = Yellow, copious
- K = Infrequent, average

Sweat



- V = Minimal
- P = Profuse, pungent in odor
- K = Slow to begin, heavy

Sleep



- V = Light, disturbed, minimal
- P = Sound, moderate
- K = Heavy, excessive



Speech

- V = Rapid, hoarse voice
- P = Sharp, cutting, loud
- K = Slow, harmonious



Activity

- V = High, restless, mobile
- P = Moderate, directed
- K = Minimal, slow



Mind

- V = Restless, curious
- P = Aggressive, clever
- K = Calm, slow



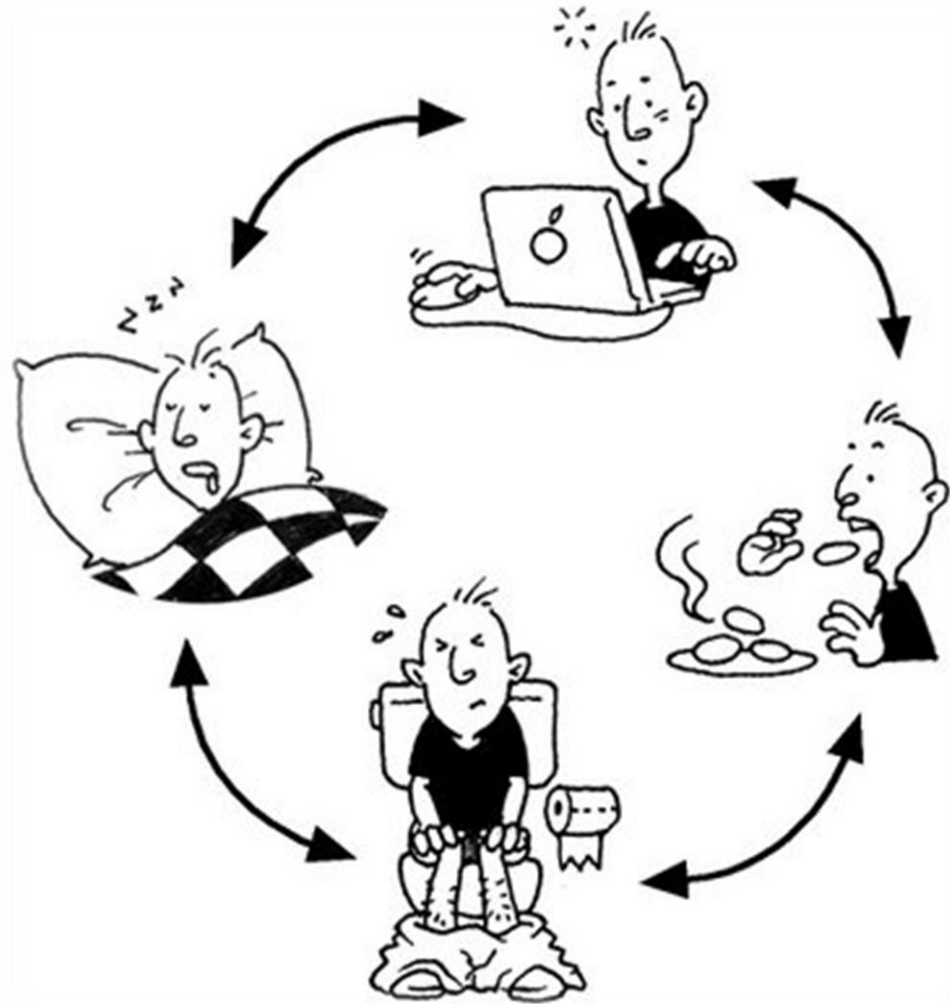
Memory

- V = Short term
- P = Sharp, good
- K = Long term



Routine

- V = Dislikes
- P = Enjoys planning
- K = Adaptable, tolerates



Faith

The word 'Faith' is written in a highly decorative, flowing cursive script. The letters are interconnected, with a large, elegant loop at the end of the word. The word is centered within a white rectangular box that has a thin, light gray border.

- V = Erratic, changeable
- P = Fanatical
- K = Steady, devoted



Dreams

- V = Frequent, fearful
- P = Fiery, violent, vivid
- K = Romantic, calm



Opinions/Moods

Are you sure?

☒

Yes

☐

No



- V = Variable, fluctuate
- P = Expresses forcefully
- K = Changes slowly





- V = Poor, spends rapidly
- P = Moderate, buys luxuries
- K = Rich, thrifty

Hobbies



- V = Travel, art, philosophy
- P = Sports, politics, luxuries
- K = Serene, leisurely types





- V = Simple, sparse, snacks
- P = Requires regular meals
- K = Gourmet, luxury, fatty



Creativity

- V = Original, fertile
- P = Technical, scientific
- K = Entrepreneurial



Sensitivities



- V = Cold, wind, dryness
- P = Heat, sun, fires
- K = Cold, damp, humidity



Temperament



- V = Nervous, insecure, shy
- P = Determined, motivated
- K = Conservative, resilient

	Vatta	Pitta	Kapha
<u>Total</u>			

**SO IF YOUR SCORE IS
MORE ...**

V = VATA PRAKRUTI

P= PITTA PRAKRUTI

K= KAPHA PRAKRUTI

VATA QUALITIES

- Creativity
- Enthusiasm
- Freedom
- Generosity
- Joy
- Vitality
- Travel Fund
- Tag them along for trainings
- Short term goals

PITTA QUALITIES

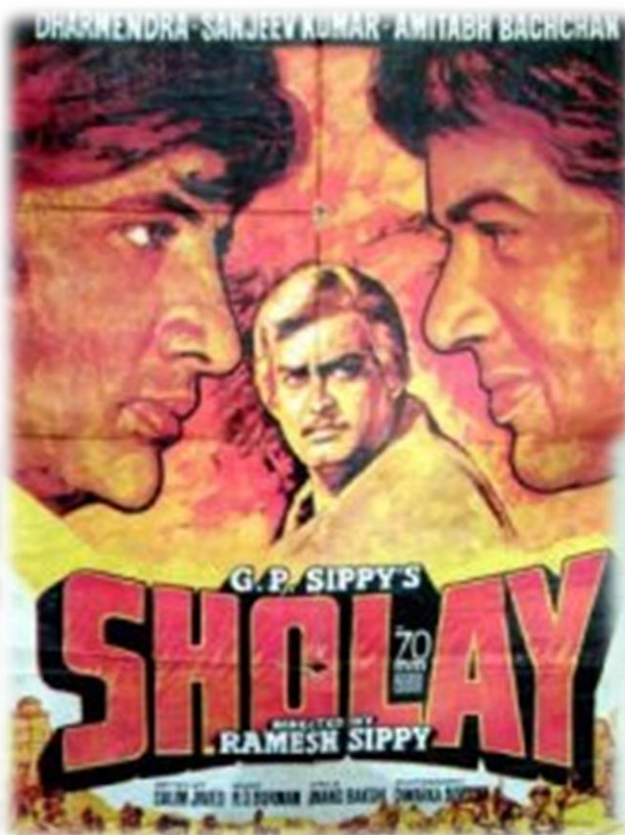
- **Ambition**
- **Concentration**
- **Confidence**
- **Courage**
- **Enthusiasm for knowledge**
- **Happiness - Intelligence**
- **Complete Product knowledge**
- **Leadership activities**
- **Put them on stage**
- **Intermediate goals**

KAPHA QUALITIES

- **Caring**
- **Compassion**
- **Contentment**
- **Faith**
- **Patience**
- **Stability - Support -
Tenderness**
- **Background of
the Company**
- **History of the
Industry**
- **Testimonials**
- **Stable income
plan**
- **Future security**



Vatta



Pitta



Kapha

Kapha

Pitta

Vatta



the 6 tastes



EATING

O

R

D

E

R

1 sweet {earth & water}

2 salty {water & fire}

3 sour {earth & fire}

4 pungent {fire & air}

5 bitter {air & space}

6 astringent {air & earth}



NO SUGAR

**KICK
YOUR
SUGAR
ADDICTION**



Shirish P. Sebastian





**FAST
FOOD**



Missing taste in our
Daily Diet ???



॥ अन्न हेच पुर्णब्रम्ह ॥



"Let food be thy medicine
and medicine be thy food."

- Hippocrates

Genesis 1:29 *"See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food.*

Fruits to be our food and leaves as our medicine.



NUTRIENTS

MISSING

FROM YOUR DIET



LOW HEMOGLOBIN LEVEL?

common

Vitamin B12

Food sources of
vitamin B12:



12

Eggs, meat, poultry,
shellfish, milk and
milk products



Vitamin D3

The body makes vitamin D when it
is exposed to Ultraviolet (UV) rays from the sun.

FOOD SOURCES:

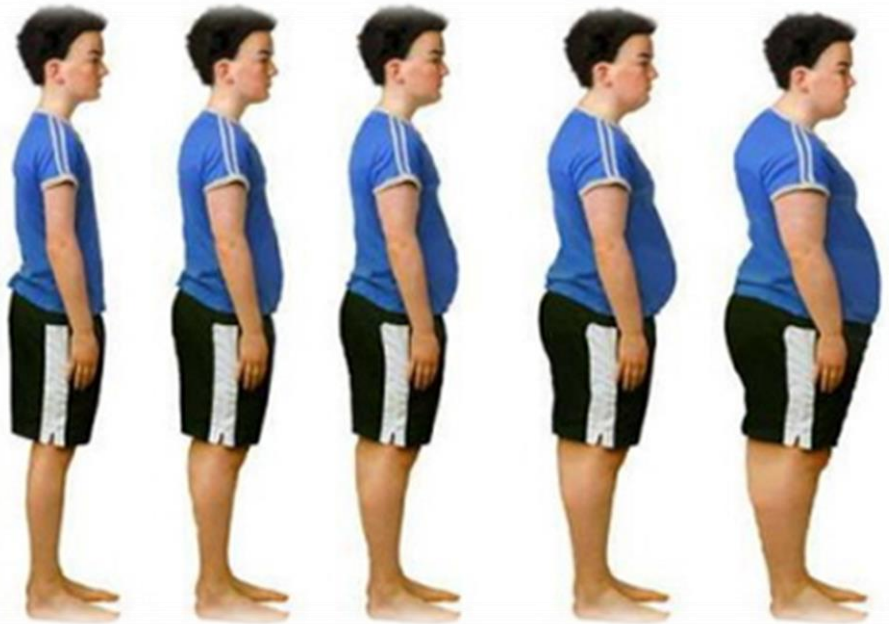
Cheese
Margarine
Butter
Fortified Milk
Healthy Cereals
Fatty Fish

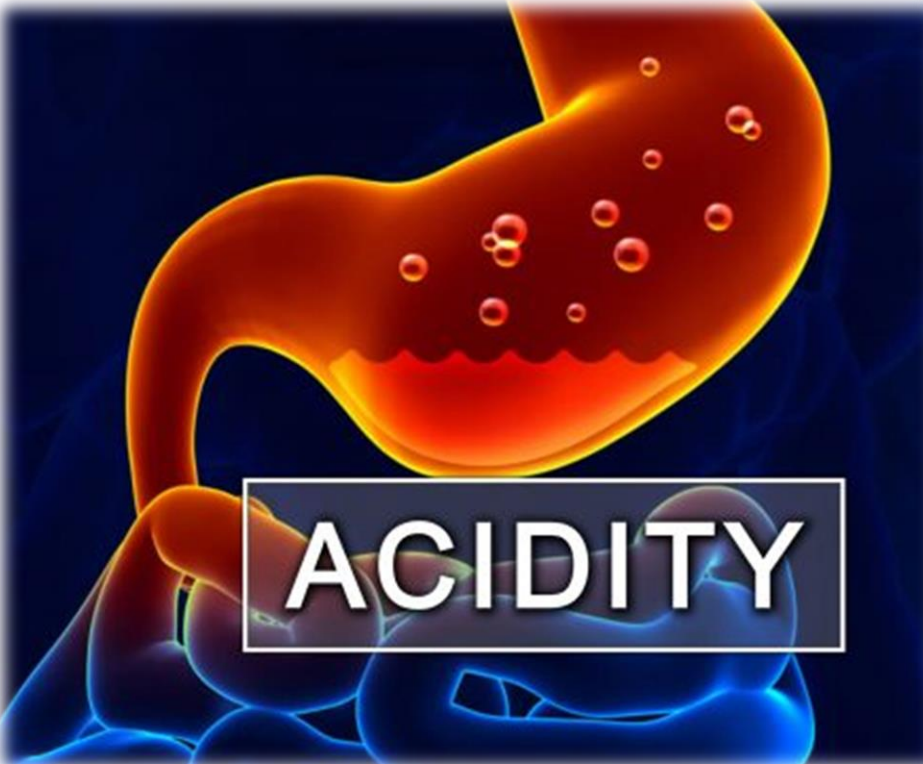


IGNORANCE



PCOS SYMPTOMS





ACIDITY



INFERTILITY



sedentary lifestyle



STRESS

Thyroid

Obesity

PCOS

Heart Disease

Anxiety

Diabetes

Hormonal Imbalance

Cancer

Hypertension

Processed Food

Unhealthy Diet

Stress

Inactivity

Lack of Sleep

Lack of Socializing

Smoking & Alcohol



PARENTING



PORTION / POSHAN



WE NEED SUPPLEMENTS !



WE NEED FOOD SUPPLEMENTS !



Nutritional Supplements in your diet,
adjuvant to your medication and
supports the body to heal naturally.



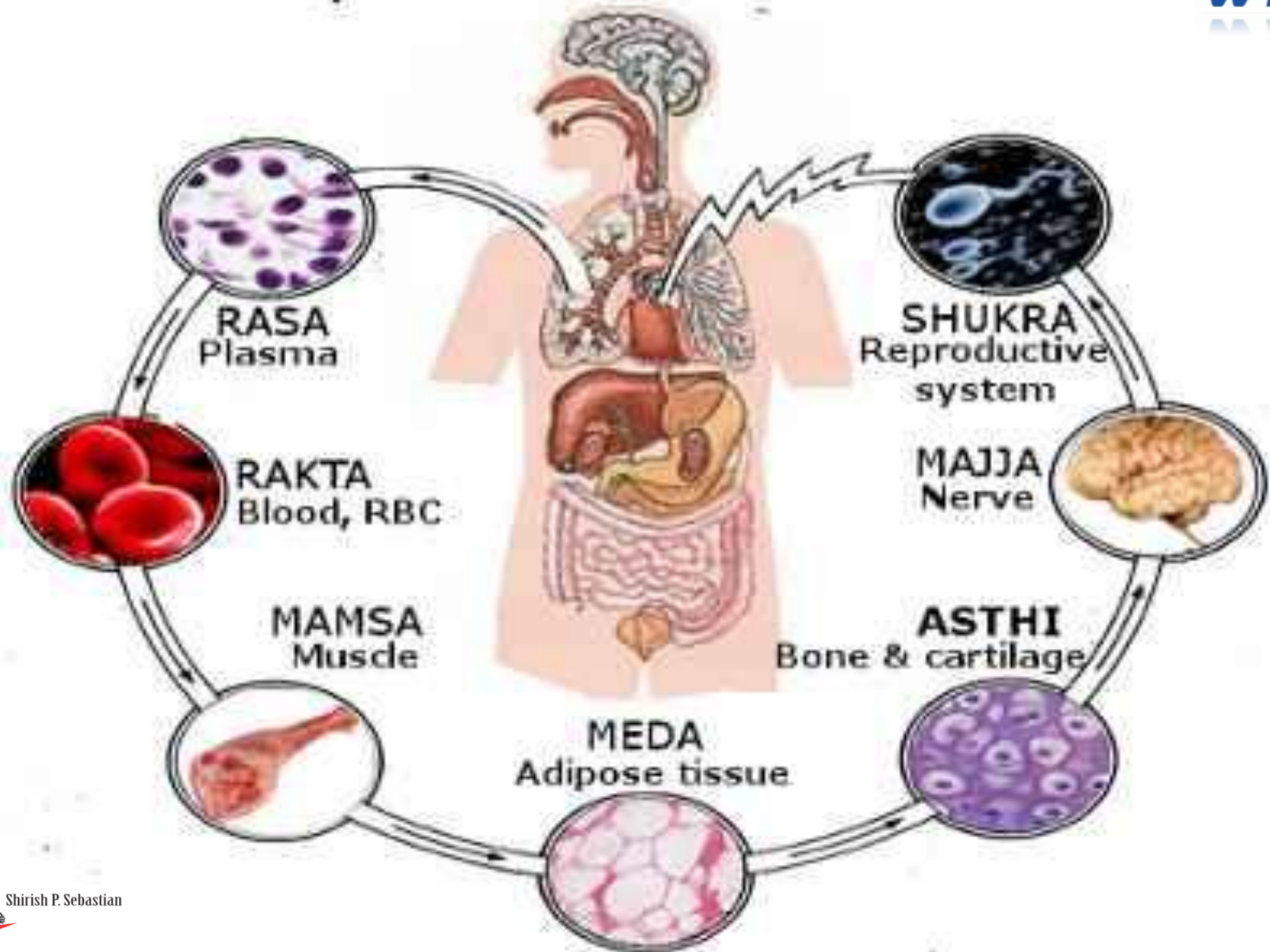
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NATURAL

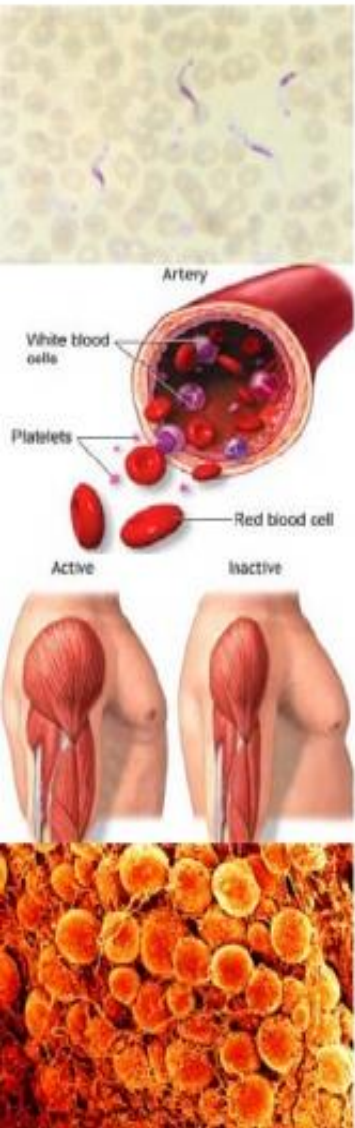
ECONOMICAL



Ayurveda Seven Dhatus



BODY NOURISHMENT



**1. Rasa
(Plasma)**



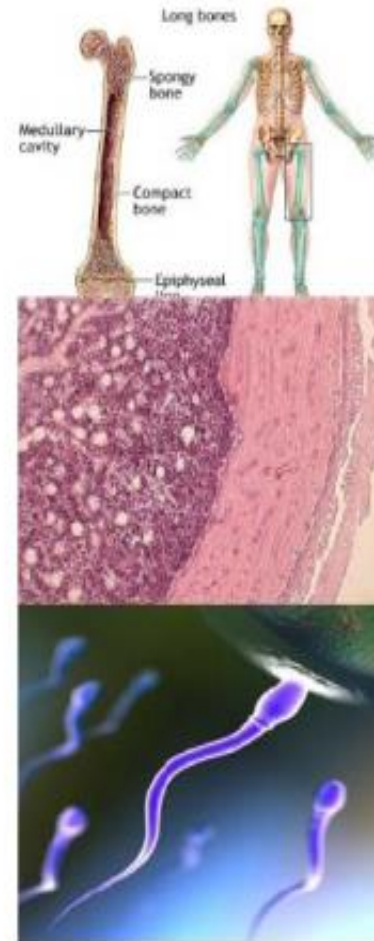
**2. Rakta
(Blood)**



**3. Mansa
(Muscles)**



**4. Medas
(Fats)**



**5. Asthi
(Bones)**



**6. Majja
(Bone marrow)**



**7. Shukra
(Reproductive
tissues)**



Ojas

8 Branches of Ayurveda – Ashtang Ayurveda



Sr. No.	Types of Chikitsa	Treatment
1	Kayachikitsa	General Medicine
2	Shalakyatantra	Ophthalmology
3	Shalyatantra	Surgery
4	Agada Tantra	Toxicology
5	Bhutvidya	Psychiatrics
6	Vajeekaran	Diseases of genital organs
7	Kumaryabhyatrya tantra	Pediatrics
8	Rasayana Chikitsa	Geriatrics (Science of Anti-aging)

Rasayan nourishes all the tissues

Rasayan Properties

R
A
S
A
Y
A
N

A
C
T
I
O
N

➤ **Antioxidant .**

➤ **Nutritive**

➤ **Adaptogenic**

➤ **Immunomodulatory**

➤ **Anti-Aging**

➤ Nourishes and maintains the cell life (Neutraceutical action).

➤ Encourages the growth of new cells (Regenerative action).

➤ Prevents recurrent infection, expelling the damaged cells (Immunomodulatory action).

➤ Eliminates the toxic metabolites and pollutants (Antioxidant action).

➤ Maintains the balance between mind and body (Adaptogenic).

- RASA (plasma)
- RAKTA (blood)
- MAUSA (muscles)
- MEDA (fat)
- ASTI (bones)
- MAJJA (bone marrow)
- SHUKRA (sperm/ovam)
- OJAS (immunity)



Rasayan acts at the sub-cellular level.

“Even the incurable diseases respond well through rasayan chikitsa.” Dhalana

R A S A Y A N

ADAPTOGEN

NUTRITIVE

**IMUNO-
MODULATOR**

ANTI-AGING

ANTI-OXIDANT

AMLA



**GANODERMA
REISHI**

RASAYAN EFFECT...



RASAYAN EFFECT...



 Shirish P. Sebastian

ORIGINATOR OF COMMUNITY OF IMMUNITY



The ability to know
how to think
is far better than knowing
what to think!



Shirish P. Sebastian

**Winning Team Education System
Presents**



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NEGATIVITY POSITIVITY

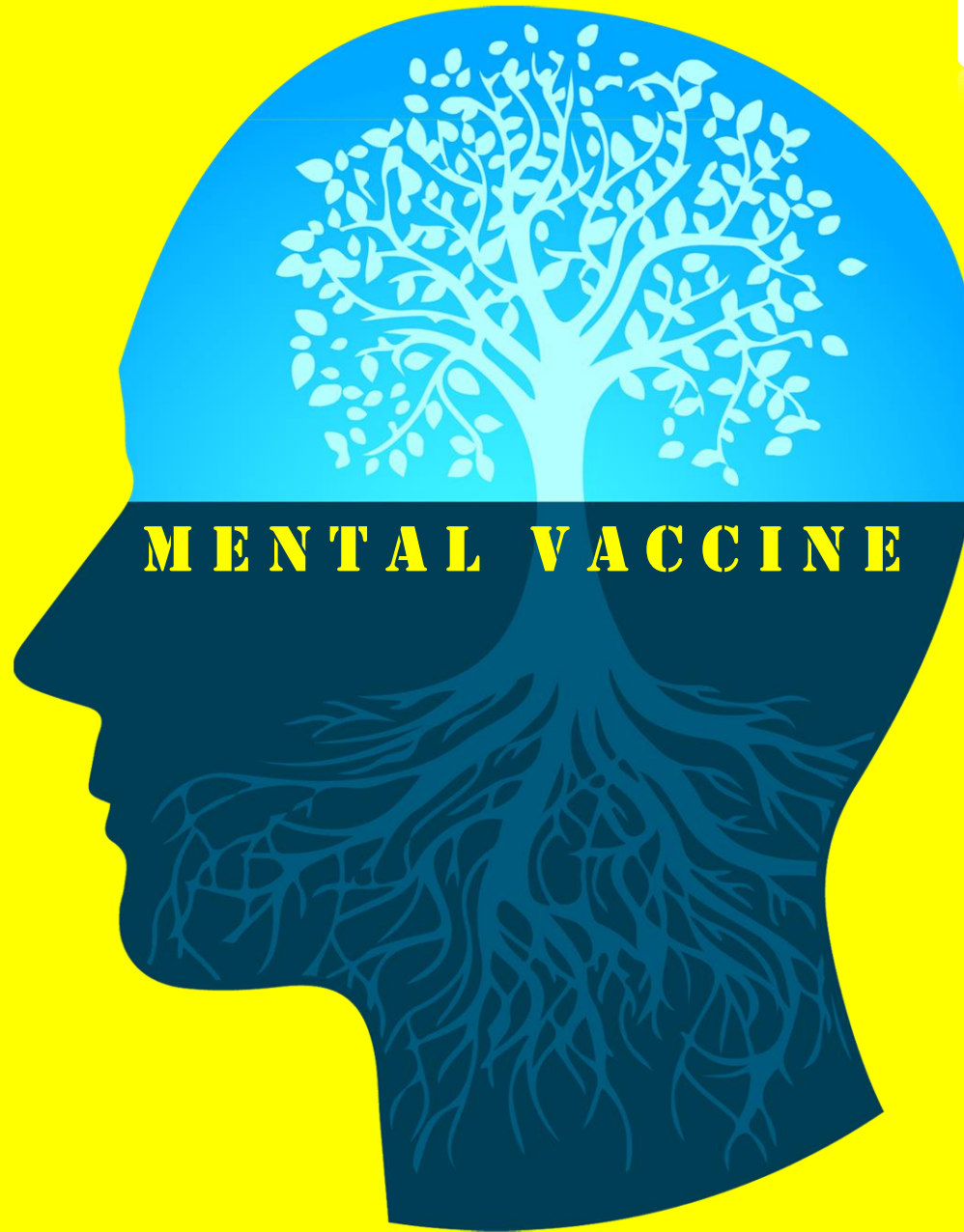
IMMUNITY SICKNESS





Herd immunity : *the resistance to the spread of a contagious disease within a population that results if a sufficiently high proportion of individuals are immune to the disease, especially through vaccination.*

As of now, No Vaccine for Covid-19.





CHALO BANAYE EK NAYA SAMAAJ...



Preventive Health Measures to **BOOST IMMUNITY**

Self Care Guidelines by Ministry of AYUSH



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Water
throughout
the day**



**Daily practice
of Yogasana,
Pranayama &
Meditation
for at least
30 minutes**



**Use spices like
Turmeric,
Cumin,
Coriander
and Garlic
in cooking**

**DRINK
ONLY
WARM
WATER**

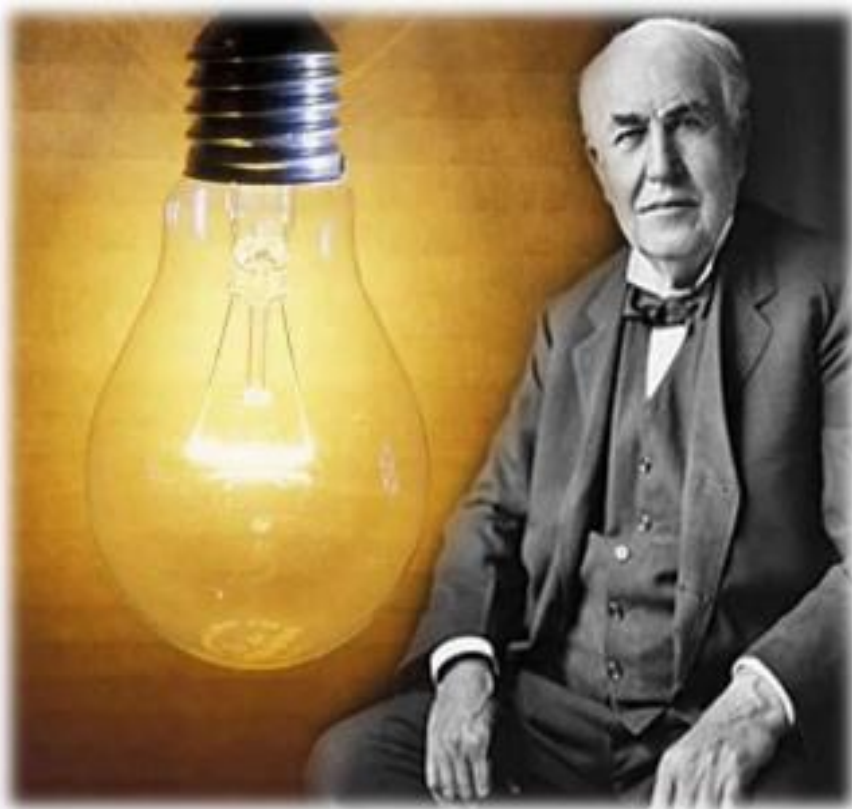




DAILY MEDITATION

The doctor
of the future
will no longer
treat the human
frame with drugs,
but rather will
cure and prevent
disease with
NUTRITION.

Thomas Edison



Shirish P. Sebastian



Winning Team
The Team of Champions

Health & Wellness Think Tank



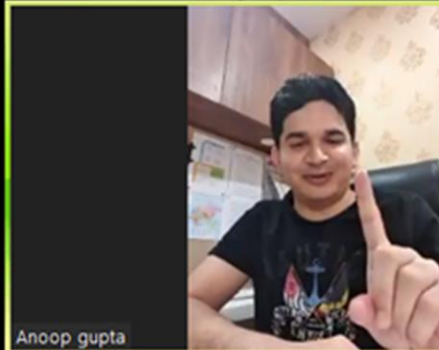
SP Bharill



Shirish Sebastian



Madan gopal Rai



Anoop gupta

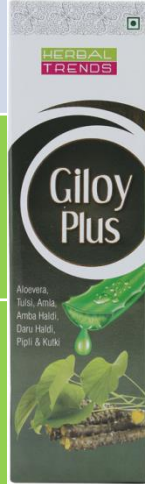


Pallavi Chobhe





FAMILY IMMUNITY BOOSTER DAILY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
BASIC PACK				VESTIGE BEST DEALS		
						
SPIRULINA		AMLA	CURCUMIN	PANCH TULSI		GILOY PLUS
2 CAPSULES - DAILY						

FAMILY IMMUNITY BOOSTER DAILY

Mon

Tue

Wed

Thu

Fri

Sat

Sun

PREMIUM PACK



**GANO
COFFEE**



BEST DEALS
**PANCH
TULSI**



**SPIRULINA AMLA CURCUMIN SEABUCKTHORN
COCONUT OIL/ GANO COFFEE PANCH TULSI GILOY PLUS**

2 CAPSULES - DAILY



U A E



FAMILY IMMUNITY BOOSTER DAILY

Mon

Tue

Wed

Thu

Fri

Sat

Sun

**FLAXOIL SPIRULINA AMLA COLUSTRUM
RICE BRAN OIL**



2 CAPSULES - DAILY



BODY IS THE BEST DOCTOR!

THE NEW SHADES OF HEALTH
INTRODUCING VESTIGE HEALTH CARE IN A BRAND NEW LOOK

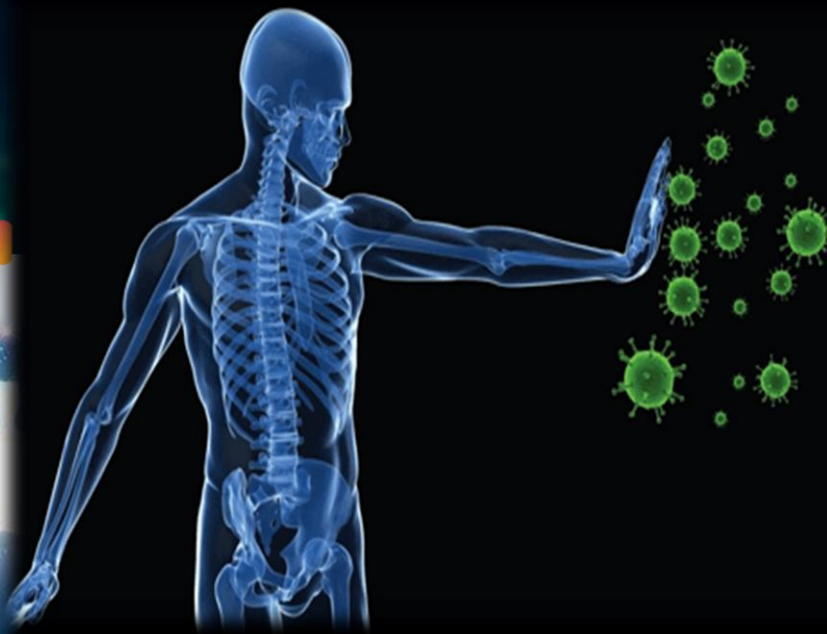
GRAB YOUR PACK OF HEALTH NOW!



WITH NEW PILFERAGE PROOF PACK

EARN MORE WITH NEW PV:BV RATIO OF 1:18

POWER SYNERGY MEDITATION

SUPPLEMENTS / MEDITATION STRENGTHENS IMMUNITY.

COMMUNITY OF IMMUNITY



ELEMENTAL BALANCE

WATER

90/60MIN

SUNRISE

NUTRITION – SELF CONTROL - SLEEP

WHO ARE YOU?

E — FASTING

FOOD SUPPLEMENTS

LIFE STYLE

EAT – FAST

DONATE BLOOD

TASTE

EATING ORDER

FREE FROM SUGAR

PRAYER / GRATITUDE / AFFIRMATIONS

Preventive Health Measures to

BOOST IMMUNITY

WE MAKE A FIRM RESOLVE!



**Drink warm
Water
throughout
the day
with
a Smile !**



**Daily
Meditation
daily
30 minutes
(Mission
Kranti Poem)**



**Immunity
supplements
daily**





COMMUNITY OF IMMUNITY



Shirish P. Sebastian

A dark grey world map is centered in the background. The country of India is highlighted in a bright, glowing yellow and orange color, making it stand out from the rest of the map.

FROM
INDIA
WITH
LOVE

#COMMUNITYOFIMMUNITY