



Crack the Wellness Code
— INDIA —

STATUS REPORT INCEPTION TO PRESENT

(LAST UPDATED ON 31ST MARCH 2026)

**MY CRACK THE WELLNESS CODE FOUNDATION
(INDIA CHAPTER)**

PREPARED BY:

**DR GARGEE GOPESH & JITEN GAUTAM
DIRECTORS**

APPROVED BY:

**WG. CDR V.K. KALA (RETD)
MANAGING DIRECTOR**



Way2Fit 2022



Ayurveda 2.0 2023



स्वस्थ बचपन-खुशहाल जीवन 2024



Global Happiness Forum 2024



Global Happiness Forum 2025



TiE Global Summit 2026

ABOUT

THE JOURNEY SO FAR

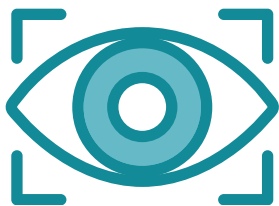
Journey So Far: Started as an experiment on 21 Jun 2020. We registered "My Crack the Wellness Code Foundation" as a Section 8 Company under Companies Act on 29 Jul 2022 With Corporate Identity Number U85300RJ2022NPL082911, PAN Number AAQCM0490H and TAN Number JPRM12581C. We are an Indian Chapter of CWC Global in Silicon Valley Co-founded and chaired by Mr Naren Bakshi.

The company Board comprises Mr Naren Bakshi (Chairperson), Wg_Cdr V K Kala (Retd.) (MD) and Mr Vijay Mehra (Director). We are glad to have advisor panel comprising Mr. IC Aggarwal, Mr. Kamal Sethia, Mr Vikram Karnavat. Dr Sanjay Runwal supports us as Strategy Advisor.

We got Section 80 G and Section 12 A approvals under the Income Tax Act. We are registered for undertaking CSR activities vide reg no. CSR00095762 dated 12 Aug 2025.



OUR VISION & MISSION



To positively impact the lives of 5 million Indians by August 2027 by inspiring them to embark on a wellness journey.



Improve India's global Wellness Index ranking by promoting mind-body wellness using the mantra: Educate – Inspire – Empower – Impact.

KEY FOCUS AREAS

Comprehensive School Health Program (CSHP)

3000+ Children Reached Directly
15,000+ Individuals Impacted Indirectly
10 Schools Covered

CHILDREN

The objective of running the comprehensive School Health Program is to integrate health education into the school curriculum, empowering children with the knowledge and tools they need for a healthier future. Some salient points are:

- We provide workbooks, nutrition mats, training aids, educative models, related audio visual materials, quizzes, teachers training and frequent monitoring of the program. Besides we also conduct parent engagement sessions.
- Set up wellness corners in schools equipped with blood pressure instruments, weighing scales, and height and weight charts.
- Organize medical health and wellness camps.
- The progress of the Program is assessed through the annual test data, case studies and feedback reports.
- This program, led by Dr Gargee Gopesh, is likely to expand to many more schools in the next academic year.



Vimukti Sanstha



SBVM School, Hapur



Geeta Bajaj School



KCZ Sr. Sec. School, Jaipur



Pardada Pardadi Educational Society

KEY FOCUS AREAS Contd..

SENIORS

200+ Seniors | 3 Senior Institutions

The Objective is healthy aging by enhancing senior's quality of life through structured programs that promote physical health social connections, emotional support, and sensitizing towards legal, financial, and technical matters.

- Conducted interactive sessions at Krishna Dham Senior Citizen Home and Jeevan Jyoti Old Age home.
- Plan to extend it to large Residential Communities.
- Dr. Gargee Gopesh and Sharad Kamra have designed programs for seniors.



Jeevan Jyoti Vridh Ashram, Jaipur



Krishna Dham Vridh Ashram, Jaipur



Manpura Machedi, Jaipur



Banasthali Vidyapith

Youth & Workplace

- We have delivered holistic wellness programs across educational institutions and corporate environments, focusing on mental well-being, resilience, and productivity.
- Sessions have been conducted at leading institutions and organizations, supported by structured, impact-driven frameworks.
- Led by experienced experts, the programs ensure a research-backed and practical approach to well-being.

WOMEN

The Objective is to educate women on holistic wellness:

- Conducted sessions on menstrual and reproductive health in villages around Jaipur in partnership with Jaipur Rugs Foundation.
- Conducted wellness sessions in Educational Institutions namely Banasthali Vidyapeeth, IIS University, AVM Jaipur, SBVM Hapur, PPES Anupshahar and also signed MOU with Geeta Bajaj B.Ed. College, Jaipur.
- Program Lead Dr. Gargee Gopesh has created a structured program



MNIT University, Jaipur



NAV India, Sitapura, Jaipur

WEBINARS & SEMINARS

- We conducted over 150+ impactful webinars covering diverse dimensions of wellness – including physical, mental, emotional, social, financial, technological, and legal well-being.
- The sessions were thoughtfully curated and moderated by Doctor Co Chair Dr. Rashmi Jain and our Program lead ensuring expert insights and actionable takeaways across all wellness domains.
- Through these webinars we engaged more than 100+ distinguished speakers and health champions, creating a vibrant platform for knowledge sharing and community empowerment.



Large format events where more than 300+ participants joined in person ... namely:

- Way2Fit
- Ayurveda 2.0: New Horizons with Artificial Intelligence and Integrative Medicine,
- Global Happiness Forum 2024
- स्वस्थ बचपन-खुशहाल जीवन 2024
- Global Happiness Forum 2025
- TiE 2026 – Participated as an Exhibitor and Speaker



Vimukti Sanstha



Geeta Bajaj School

- Small format in person events namely Medical Camps and parent engagement sessions in schools, women wellness sessions in Manpura Machedi.
- Expert Wellness sessions in partnership with Jaipur Citizen Forum.
- These programs were curated by CWC team members.
- Tech support for all these events are provided by Jiten Gautam & Mohd. Azhar.

[Click Here: Large format sessions are available as resource on our YouTube channel](#)

MOUs & Partnerships

MOUs signed up with:

- Tarang Health Alliance
- IIHMR University
- IIS Deemed to be University
- Indian Society for Lifestyle Medicine
- Jaipur Rugs Foundation
- Manoshala
- Rajasthan Hospital Ltd
- Geeta Bajaj B.Ed College
- 10 Schools for Comprehensive School Health Program

One of our goals was to see two chapters, East (In India) and West (USA), helping each other and collaborating on technology and social media.

We have seen action on the ground by experts from India going on the CWC global platform, and experts from the US coming to the CWC India platform.

Dr Vivek Shanbhag from US, participated in person in our annual event in December 2023.

Mr Salil Jain from CWC Global joined us in person to participate in “स्वस्थ बचपन खुशहाल जीवन” programme on 30th Nov 2024.

Dr. Louis Gallardo from Florida joined in person to participate in the Global Happiness Forum event in Aug. 2024 and Sept. 2025.

Ms Vinita Gupta from US conducted a session in Banasthali Vidyapeeth on 18th January 2026.



JAIPUR RUGS





4 MILLION+

Total views data since inception till 31 March 2026



11K+

Total attendees in webinars/seminars

REACH & SOCIAL MEDIA PRESENCE

- Thus far we have been able to deliver our wellness message to roughly four million compatriots and are on track to reach five million Indians by Aug 2027.

Social media -

- YouTbe - **15,50,354 Views** (1.5 Million)
- Zoom - More than ten thousand attendees.
- LinkedIn -More than **1500 attendees**
- Instagram and Facebook views - **3.5 Million**
- Print Media- Newspaper - **8 lakhs** through articles and news.
- TV Media - More than **3 Lakh**
- In person - More than **21,000 individuals**
- Registered Participants till date - More than **9500+ unique users**

FINANCE

- We started the wellness-related activity in India in 2020, with an experiment leading to the formation of a trust and now a foundation.
- Initial expenses were taken care of by Mr Naren Bakshi. We have so far spent roughly Rs. 2.25 crores.
- We received our first donation in Dec 2023. Since then we have received Rs 1.7 crores in donations, and we are thankful to all the donors for their benevolent contributions.
- Our proposed budget for 2026 - 27 is Rs 2 Cr, which would enable us to expand the program to a larger target segment.