



**Swastha Nari, Sashaktha Bharat**

**INTERNATIONAL  
WOMEN'S  
DAY**



**This Women's Day, we embrace a powerful truth:**

**Swastha Nari, Sashaktha Bharat ( Healthy Women, Empowered Bharat).**

When a woman is healthy, her family, her community, and her nation thrive. Your health isn't a luxury or a "to-do" for later. It is the very foundation of your life. You cannot lead, create, or care for others if your own tank is empty.

Today, we shift the focus from **"self-sacrifice"** to **self-investment**.

# The 3 Pillars of Your Health!



## Physical Strength

### Physical Strength:

**Your body is your vehicle.** Prioritize healthy, balanced food, suitable activities, and regular health screenings.



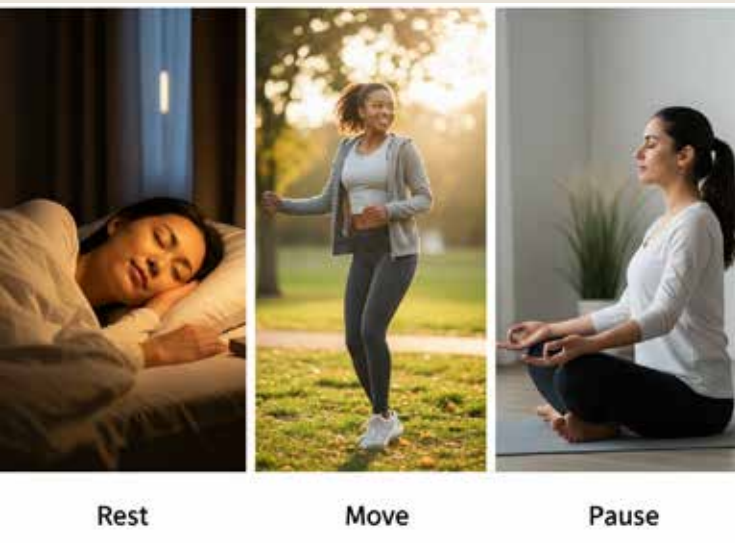
## Mental Peace

Resilience starts in the mind. Learn to say **No** and set firm **boundaries**.



## Collective Growth

Seek the company of motivating people. When women support women's health, we build a stronger, more **unstoppable India**.



Rest

Move

Pause

### Rest

Adequate deep sleep is necessary to keep your circadian rhythm perfect.

### Move

30 minutes of any physical activity you enjoy.

### Pause

10 minutes of silence or deep breathing to reset your nerves.

**The Bottom Line:** You are the heart of the nation. To keep the nation strong, you must first keep yourself healthy!



For doubts and queries, please reach out:  
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