



Beyond Boundaries

*Rekha
Chaudhari*

Global Wellness Ambassador

Leader in Women Empowerment & Rural Skill Development

Inspiring Philanthropist

Wellness Crusader

Motivational Speaker

Wellness Tourism Pioneer

Beauty & Wellness Queen

Business Leader in Premium Beauty/Spa Products



OLWE & Zep Foundation



Dr. Rekha Chaudhari, a social entrepreneur has transformed the lives of more than a thousand tribal and rural young men and women through OneLine Wellness Education (OLWE). She has provided them with free-of-cost expertise and employment in various high-end luxury spas, salons and luxury hotels across India.



Her efforts with ZEP Foundation provides financial opportunities to rural women. Her pioneering concept 'Mahila Adhavade Bazar' (women's weekly market), has become the biggest attraction among the Bachat Gat (self-help groups) and also for consumers who patronize homemade products and artisan work.

Making India Proud with Mothers Touch

Dr. Rekha Chaudhari has revived the long-lost Indian traditional mother and child-care tradition and rituals to suit modern mothers and children.



This patented concept of Dr. Rekha Chaudhari has got her global recognition with Harvard University, John Hopkins and Oxford University accepting her research on the Indian prenatal traditions, which is published on the WHO platform.

She has created a social business model around this concept promising 60,000 job opportunities for women in the villages of India.



Founder of World Digital Detox Day

A visionary leader, Dr. Rekha has foreseen the challenge ahead for mental health, which led her to start the WORLD DIGITAL DETOX DAY in June of 2019.



Through this initiative, she aims at bringing together thought leaders from various industries like wellness, healthcare, government, technology, and education to spread awareness on the healthy and appropriate use of technology.

Dr. Rekha has been successfully leading this movement in India and creating mass awareness besides drawing the government's attention to the cause.



Creating Health Awareness with Global Wellness Day



Dr. Rekha Chaudhari initiated the GLOBAL WELLNESS DAY celebration in India in 2015, which is being successfully celebrated with over six lakh followers today.

She is being strongly supported by the ministries of various states especially Rajasthan and Maharashtra with the Honorable Chief Minister Shri Ashok Gehlot and Honorable Chief Minister Shri Devendra Fadnavis, commending her untiring efforts in making health and wellness a way of life.

Pioneer in Wellness Tourism

Understanding the potential of India in wellness tourism, Dr. Rekha Chaudhari has been creating awareness around it in India since 2008. The Kerala Wellness Tourism Board had invited her as an advisor too. She was also invited to speak about wellness tourism in Maharashtra where she could gather a huge response from her show.

Dr. Rekha has represented India internationally, showcasing how India is the best destination when it comes to wellness and well-being lifestyle. In 2007, she was awarded 'Goa the Best Wellness Destination' by the Government of China, when she was invited as a wellness personality for the India Wellness Tourism in the China Fashion Week. Her initiative the World Wellness Weekend (India's Wellness Tourism Week) focuses on wellness tourism in India.

Covid Times Initiatives as a Social Worker



Dr. Rekha Chaudhari actively got engaged in various social welfare activities to mitigate the problems arising out of the pandemic especially for the economically challenged section of the society.



Mask Creation for Livelihood

She initiated the mission Parasmani, through which she has been motivating more than 50,000 people by guiding and inspiring them on the importance of mental health and physical well-being through 250+ WhatsApp groups.

Mission Parasmani

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Outreach Operation of an App on Covid-19 Mitigation

Leading the international alliance on behalf of UK India, she along with Aarogyam UK, successfully worked for the outreach operation of an app developed by the University of Warwick UK, which monitors and mitigates the Covid-19 cases.

Study on Ayurveda Boosting Immunity during Pregnancy

During Covid-19, Dr. Chaudhari conducted a joint study on the frequency and type of use of Ayurveda, Indian herbal medicines, during pregnancy for immunity and it was published by the University of Warwick, UK.



Industry Welfare Activities

Along with other wellness industry leaders, she drew the attention of the MSME government towards the industry's issues and motivated many players to get themselves registered in the MSME sector.

Business Continuity

Through the IPBWA, an industry body formed to reduce the COVID19 impact, she worked towards the business continuity of the wellness industry professionals and with the restarting of the industry trained and educated the entire industry (approx. 25 lakh people), along with experts from the industry, on the new beauty and wellness hygiene guidelines.

Felicitated as a Times Covid Warrior



Dr. Rekha Chaudhari was felicitated as a Times Covid Warrior in July 2020 for her contributions towards the society and her dedication towards making a difference during the global pandemic Covid -19.

Online Wellness & Caressaa Day Spa



Founder and Managing Director

Apart from being a social entrepreneur, Dr. Rekha Chaudhari is also the Founder and Managing Director of Online Wellness (the one-stop destination for world-class beauty and the wellness industry), and Caressaa Luxury Spa in Juhu, Mumbai.

Global Authority

As an International Entrepreneur and a Global Authority in the Beauty, Spa & Wellness industry, she has been contributing with her technical and professional expertise to further enrich the industry.

International Collaborations

Her Wellness work at the National and International level has led her to be part of important social initiatives at the Global level.



Digital Wellness Initiatives



Women in Leadership Initiatives



First Indian Wellness Personality to Be Awarded a Doctorate

Dr. Rekha Chaudhari is the First Indian in the Wellness Industry to be honoured and awarded with the Philosophiae Doctor Honoris Causa by Sorbonne University, France.



Dr. Rekha's contribution starting from those in rural India to the metropolis and the international arena and the impact of her social and entrepreneurial work drew the attention of the global community. It is her ardent passion for her work in the beauty and wellness industry, her research work and national and international patents, her ceaseless efforts towards the development of the youth and women, and her pioneering business leadership in the wellness sector that led her to be selected for the International Doctorate Degree.



Honoured & Recognized



- ☆ Regional Director of the Global Mentorship Program
- ☆ Global Wellness Ambassador – GWD
- ☆ Managing Director RCNC Wellness Tourism India Pvt. Ltd.
- ☆ Governing Council Member of Beauty & Wellness Sector Skill Council – CII
- ☆ FICCI Wellness Committee Member
- ☆ Mentor Council – Ministry of Labor & Employment
- ☆ Wellness Tourism of India – NICHE Committee
- ☆ Panelist of Global Honorary Board Advisors for CIAC
- ☆ NYKS- Advisory Board at Ministry of Youth and Sport
- ☆ Managing Director RCNC Wellness Tourism India Pvt. Ltd.



Invited as a Speaker



Various news channels, business platforms, associations, and print media have invited Rekha Chaudhari to address huge audiences from 500 to 5000. Some of these are...

- ☆ Harvard University
- ☆ John Hopkins
- ☆ Oxford University
- ☆ The Global Wellness Summit
- ☆ Cosmoprof, India
- ☆ Cosmoprof International
- ☆ Governing Body Member
- ☆ Global Spa Summit
- ☆ Global Mentorship Program
- ☆ Maharashtra Health & Wellness Tourism
- ☆ World Digital Detox Day
- ☆ World Wellness Weekend
- ☆ Skill Summit, Nagaland
- ☆ Urja Event, Kolhapur
- ☆ Maharashtra Institute of Technology Dadasaheb Phalke Intl. Film Festival
- ☆ Magnetic Maharashtra
- ☆ Ministry of Youth Affairs & Sports, Delhi
- ☆ Ministry of Youth Affairs & Sports, Mumbai
- ☆ Ministry of Youth Affairs & Sports, Pune
- ☆ Rural Development Dept. Govt. of MAH
- ☆ District Kurukshetra, Government of Haryana
- ☆ CII - Skill India & FICCI Wellness
- ☆ WIMA, The Association of Women Entrepreneurs/Industrialists of Maharashtra
- ☆ Loksatta Viva Lounge
- ☆ International Seminar of Well-Being, Autistic Thai Foundation
- ☆ Women Entrepreneurship Summit
- ☆ Somaiya College, SP Jain, Symbiosis & many more

National & International Awards

- ☆ Dada Saheb Phalke Award, 2019
- ☆ The Philosophiae Doctor Honoris Causa Award by Sorbon University, France, 2019 – The First Indian Wellness Personality gets honoured by French University
- ☆ The Mumbai Achievers Award, 2019
- ☆ The V Awards by Golden Pyramid Entertainment, 2019
- ☆ IBG Women Appreciation Award, 2019
- ☆ The Uttkarsh Award, 2018
- ☆ Nehru Yuva Kendra Sangathan, Ministry of Youth Affairs & Sports, 2018
- ☆ Iconic Leader of the Year, 2018
- ☆ Asia Spa Award, 2018-2019
- ☆ International Face of the Year, 2017
- ☆ Wellness Entrepreneur, 2017
- ☆ Vogue Beauty Award for Best Skin Care, 2017
- ☆ Vogue Beauty Award for Best Company, 2017/16/15
- ☆ Pillar of Hindustani Society - TACCI Award, 2016-2017
- ☆ Swayamsiddha Puraskar, 2016
- ☆ Beauty Polis, 2016
- ☆ BNI Award for Best Spa, 2016
- ☆ Global Wellness Entrepreneur Award by Beauty Polis, 2016
- ☆ Swayamsiddha Puraskar Award, 2016
- ☆ BNI Award for Best Spa, 2016
- ☆ Wellness Initiative Award Indian Health Wellness, 2015
- ☆ Asia Spa Award for Best Spa & Natural Products, 2015
- ☆ Wellness Initiative Award (IHW), 2015
- ☆ Indian Health & Wellness Summit Award, 2014
- ☆ Asia Spa Award for Best Brand, 2012
- ☆ Indian Salon Award, 2012
- ☆ Innovative Therapy Award, 2010
- ☆ Asia Spa Award for Best Products, 2010
- ☆ Leaders of Tomorrow, 2011
- ☆ Geo Spa Award for Innovative therapies for novel rope massage, 2011
- ☆ Best Tourism Personality, 2007



Praise from Industry Leaders



Hon. Min. Shri Nitin Gadkari

Minister of Road, Transport & Highways, MSME, GOI

Your book will not only act as a source of knowledge, it will also be a reference point upon which a new industry can flourish. This will positively impact lives rural women & new mothers.



Hon. Min. Shripad Naik

Union Minister of State for Defence and AYUSH

She has helped preserve some of our ancestral & amp; traditional methods that have proved to be effective throughout the ages. Mothers touch will be a go-to source for new families pursuing an in wellness lifestyle.



Susie Ellis

Chairman, Global Wellness Institute, United States

She caught my attention because she seemed to be the one person in India who was stepping up to help spread the message of spa, beauty, and wellness throughout the country.



Smita Thackeray

Indian Social Activist and Film Producer

She is undoubtedly one of the most passionate, ambitious, and driven women. She is zealous about her work and her unstoppable drive is simply fascinating.

Student Testimonials



No one has done anything for us till today. Even our parents couldn't do for us as much as Rekha Ma'am has done.

Sonam Deore

Team Member at OLWE



Now I am independent with a good job and I can take care of my son's future too. I'm immensely grateful to Rekha Ma'am.

Ratna Pimpale

Enrich Salon, Surat



My 3 years graduation degree couldn't help me earn even Rs. 1,000/- while the three months training from Rekha Ma'am has helped me earn Rs. 30,000 per month.

Kavita Suryavanshi

Truefitt & Hill Salon



Rekha Ma'am gave me a platform to earn well enough to give my children a good lifestyle and education. I am very grateful to her.

Priyanka Salunkhe

Enrich Salon, Mumbai



Life has completely changed for me. There was a time I lived in my village working hard in the paddy fields.

Mahima Valvi

Beautician and LPG Therapist at
Caressaa Day Spa



Being from the interiors of a village, I could never have made it till here. She has made the impossible possible.

Shradha Kasar

Tricho Therapist at Richfeel
Hair Clinic

Media

Open**SPEAK**
Email : openspeaknews@outlook.com ENL No. MAHENG/2016/54894

Iekha Chaudhari Awarded Philosophiae Doctor Honoris Causa by Sorbon University, France

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htcity LIFESTYLE

Celebrating wellness and promoting social empowerment

John A. Lachar is a professor of psychology at the University of North Carolina at Charlotte. He is also a past president of the American Psychological Association and the American Psychological Society. He has published numerous articles in the field of psychology and is the author of several books, including *Psychology of the Adolescent* and *Psychology of the Adult*. He is also a past president of the American Psychological Association and the American Psychological Society.

CHILDRENS SPEAKS
WITH CONFIDENCE
COMMUNICATING HER
PASSION FLUENTLY
THROUGH HER
VARIOUS FAVORITE TOYS

Through the concept of *Utsukushi* Williams they reaffirmed on the current landscape of American poetry that it also has something to say about living a good life.



400 *Journal of Management*

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આગામી જાહેર કાર્યોના આગ્રહને કારણે સરકારે વિદ્યુત, પાણી, ગેસ અને અન્ય સેવાઓના પાયાના ભાડામાં ઘટાડો કરી દેવાનો નિર્ણય લીધો છે. આગામી ૧૦ વર્ષોમાં આગામી જાહેર કાર્યોના આગ્રહને કારણે સરકારે વિદ્યુત, પાણી, ગેસ અને અન્ય સેવાઓના પાયાના ભાડામાં ઘટાડો કરી દેવાનો નિર્ણય લીધો છે.



આવી વિગતો
અમદાવાદ અમાલકો
સિવિલ સ્ટેશન બોરો
દ્વારા 'અમાલ' પુસ્તક
અપીલવામાં

THE ECONOMIC TIMES
ET Panache
**CELEBRATING THE
CHANGE MAKERS**

Times Power Women and Men - West 2019 celebrated the achievers who made it their mission to serve society



From France's *Figaro* & *Le Monde* to the *New York Times*, the book is powered by French news stories underlining the importance of the issue through the author's firsthand experience. The book and the *Figaro* & *Le Monde* are published in collaboration.

The group was granted by its members the status of a *cooperativa de trabajo* (workers' cooperative) under the laws of Spain, and those of France, was approached by the French



Supporters





Rekha Chaudhari

My constant companions have been my hard work and endeavor to reach out to people and positively impact lives so that every individual can unleash their potential and lead an independent, fruitful, and healthy life.

~ Dr. Rekha Chaudhari

Address

Janki Kutir, Juhu Church Road, Near Prithvi Theatre,
Juhu, Mumbai - 400049 Maharashtra, India.

rekha@onlinewellness.com

