

A woman with short dark hair, smiling, wearing a black lace long-sleeved top with a mesh bodice and a black skirt. She is holding a black jacket. The background is a blurred outdoor setting with lights.

## Beyond Boundaries

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*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.

## Felicited 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 Oneline 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







## 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.



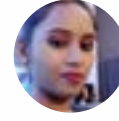
## Student Testimonials



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

# Open SPEAK

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## Rekha Chaudhari Awarded Philosophiae Doctor Honoris Causa by Sorbon University, France

This new book is following the same line as the previous ones, it's only natural that business & wellness professionals get their attention. In this issue, MD - Global Wellness Hub, India, and Women of Asia and the Wellness Industry, Rekha Chaudhari was recently honored with the Philosophiae Doctor Honoris Causa award at the Sorbonne International University held at the Sorbonne National Centre, Paris, France, organized by Dr. Jitka Thomas from Sorbonne University, France, in conjunction with the EPW Foundation, India. Rekha Chaudhari was honored in the field of Health & Wellness in the world.

Dr. Jitka Thomas, President of Sorbonne International University, Paris, France, said, "We are proud to honor you with this award for your contributions to the field of Health & Wellness in the world. We are proud to have you as a member of our community."

Rekha Chaudhari, MD - Global Wellness Hub, India, and Women of Asia and the Wellness Industry, said, "I am honored to receive this award. I am grateful to Dr. Jitka Thomas, President of Sorbonne International University, Paris, France, for recognizing my contributions to the field of Health & Wellness in the world. I am proud to be a member of the Sorbonne International University community."



# चित्रलेखा

14.6.19 गुरु रविवार 14.6.19

**करोडों की संपत्ति का सफाई करे**  
**अपनी संपत्ति का सफाई करे**  
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**htcity LIFESTYLE**

## Celebrating wellness and promoting social empowerment

**CHILDREN SPEAK WITH CONCIERN, COMMUNICATE HER PASSION FULLY THROUGH DANCING**

**WOMEN & MEN**

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

**REKHA CHAUDHARI**

**THE ECONOMIC TIMES**

# ET Panache

## CELEBRATING THE CHANGE MAKERS

**WOMEN & MEN**

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

**REKHA CHAUDHARI**





# 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**

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