



Happy  
New Year  
2021



PRUDENT INSURANCE  
BROKERS PVT. LTD.

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## PRUSPER WISHES YOU A HAPPY NEW YEAR!

### ABOUT PRUSPER

#### What?

PruSper is a specialised Holistic Wellness practice, brought to you by Prudent Insurance Brokers.

#### How?

It is designed to be a seamless plug and play partner to your organization at any stage of its wellbeing strategy and execution.

#### Why?

We believe prosperity is an equation that requires continuous maintenance of equilibrium between one's Mind, Body, and Soul.







PRUSPER  
YOUR PROSPERITY PARTNER

Happy  
New Year 2021



Ancient Indian wellness practices have always focused on holistic wellbeing, good quality of life, and longevity. Infusing the essence of our cultural, traditional beliefs in today's wellness practices, we bring you 2021 with a hope to inspire you to connect with your roots and focus on all aspects of wellness.

Wishing you good health & wellness, always!

Team PruSper



# JANUARY

01

S	M	T	W	T	F	S	S	M	T	W	T	F	S
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24	25	26	27	28	29	30	31						



## Rasa Shastra

Rasa Shastra or the Science of Mercury is a specialized branch of Ayurveda that deals with materials called Rasa Dravyaas. It is the compilation of traditional, ancient medicine practices of India. Rasa Shastra fuses usage of metals, minerals, and elements like mercury with purified herbs to treat illnesses.

# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	30 January (Saturday) - World Leprosy Day					



## FEBRUARY

02

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28													



## Indian Music Therapy

Indian Music Therapy is very subjective. It uses a raga-based approach. It is designed to meet individual needs whilst focusing on the spiritual aspect. This therapy, over a period of time, produces changes in the body that are known to relieve anxiety, aid in relaxation, enhance productivity, increase attention span, and lead to better sleep patterns.

# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	4 February (Thursday) - World Cancer Day					



# MARCH

03

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28	29	30	31										



## Sowa Rigpa

Sowa Rigpa or the Knowledge of Healing is amongst the oldest, well-documented, living medical traditions of the world. This ancient Indian medical system is a popular art of diagnosis. Although of Tibet origin, it is commonly practised over the Indian Himalayan belt.



# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	19 March (Friday) - World Sleep Day		

# APRIL

04

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25	26	27	28	29	30								



## Siddha

This is a traditional method of psychosomatic treatment with ruling principles that aim at balancing the five primary elements of life, traditionally called panchabhootam, i.e. fire, water, earth, space, and air.



# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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7 April (Wednesday) - World Health Day

MAY

05

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23	24	25	26	27	28	29	30	31					



## Naturopathy

Naturopathy could be classified under both art and science. It is an ancient form of healing that emphasizes on healthy living. Naturopathy encourages consumption of raw vegetables and organic meat and is based on a drugless system of healing. It has a distinguished concept of health and disease, and principles of treatment.



# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	2 May (Sunday) - World Laughter Day				

JUNE

06

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27	28	29	30										



## Hasya Yoga

Hasya Yoga could literally be translated to Laughter Yoga. It has voluntary laughter sessions that serve as a great aerobic exercise. It provides benefits similar to those obtained from involuntary laughter. This yoga is usually practiced in groups.



# JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

2 June (Wednesday) - Global Running Day  
 21 June (Monday) - International Day of Yoga

JULY

07

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25	26	27	28	29	30	31							



## Marma Point Therapy

Marma Point Therapy is a traditional massage therapy of Ayurvedic origin. It focuses on connecting key energy points for a sustained flow of energy throughout the body. This therapy was founded by the masters of kalar (ancient martial art form of Kerala origin) who nursed wounded kalar fighters with this technique.



# JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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28 July (Wednesday) – World Nature Conservation Day

# AUGUST

08

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15	16	17	18	19	20	21	22	23	24	25	26	27	28
29	30	31											



## Panchakarma

Panchakarma or Five Procedures is an Ayurvedic treatment involving elaborate purification methods to release stress from the body. It weans away deep-rooted imbalances in the body and prepares tissues to accept maximum benefits of exercise, food, and nutrition, thereby improving wellbeing.



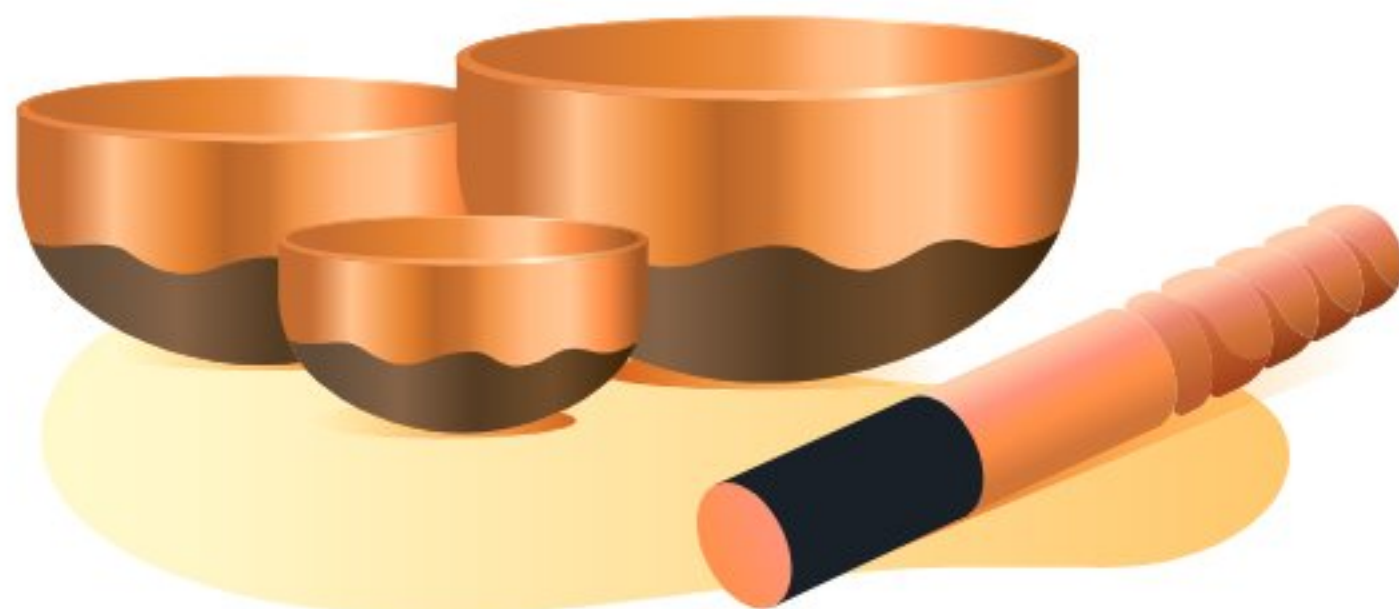
# AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	12 August (Thursday) - International Youth Day			

## SEPTEMBER

09

S	M	T	W	T	F	S	S	M	T	W	T	F	S
			01	02	03	04	05	06	07	08	09	10	11
12	13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30									



## Sound Bath Therapy

Sound Bath Therapy is a deep meditation session where practitioners use sound waves produced by gongs, singing bowls, and other instruments to relieve stress, release pain, and calm your body. It focuses on rebalancing physical and mental aspects of the body.



# SEPTEMBER

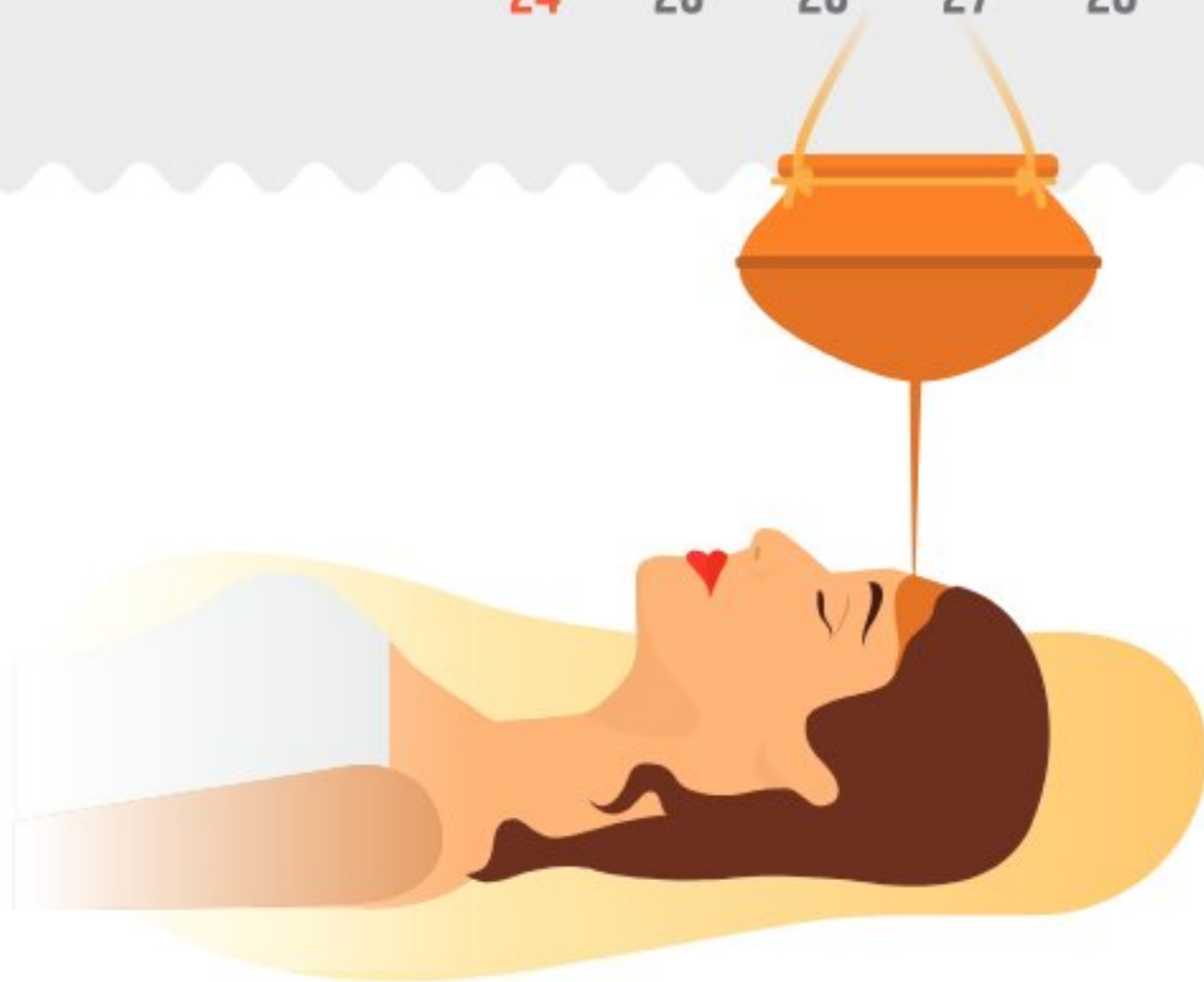
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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29 September (Wednesday) - World Heart Day

# OCTOBER

10

S	M	T	W	T	F	S	S	M	T	W	T	F	S
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24	25	26	27	28	29	30	31						



## Dhara Therapy

Dhara or Oil Therapy is a 3,000-year-old practice of Kerala origin that provides cure for a variety of physical as well as mental ailments. It helps release toxins and relieves stress, tension, and pains associated with arthritis, spondylitis, migraine, etc.



# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31	16 October (Saturday) - World Food Day					

# NOVEMBER

11

S	M	T	W	T	F	S	S	M	T	W	T	F	S
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28	29	30											



## Mud Therapy

Mud Therapy is based on the principles of earth and air. This age-old practice requires layers of mud to be applied on the body. Mud sourced from different places have different and unique healing properties. It helps in treating migraine, asthma, sinusitis, indigestion, eczema, paralysis, viral infection, etc.



# NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02	03	04	05	06
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

1 November (Monday) - World Vegan Day

## DECEMBER

12

S	M	T	W	T	F	S	S	M	T	W	T	F	S
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12	13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31								



## Magnetic Therapy

Magnetic Therapy makes use of magnets to heal various issues, especially those related to chronic pain and inflammation. Healing magnets are directly placed on the affected areas with the idea of realigning magnetic fields of the body to enhance general wellbeing.



# DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

3 December (Friday) - International Day of People with Disability

# CONTACT US

Happy  
New Year 2021

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# 2022 CALENDAR

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1	1 2 3 4 5	1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4
2 3 4 5 6 7 8	6 7 8 9 10 11 12	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11
9 10 11 12 13 14 15	13 14 15 16 17 18 19	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18
16 17 18 19 20 21 22	20 21 22 23 24 25 26	20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25
23 24 25 26 27 28 29	27 28	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30
30 31					
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2	1 2 3 4 5 6	1 2 3	1	1 2 3 4 5	1 2 3
3 4 5 6 7 8 9	7 8 9 10 11 12 13	4 5 6 7 8 9 10	2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10
10 11 12 13 14 15 16	14 15 16 17 18 19 20	11 12 13 14 15 16 17	9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
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24 25 26 27 28 29 30	28 29 30 31	25 26 27 28 29 30	23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31
31			30 31		



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