

Indu Aggarwal- Co-Founder Disha For Success

Leading Life Coach & Wellnesspreneur

Indu Aggarwal is a dynamic , visionary and compassionate wellnesspreneur dedicated to creating innovative and impactful solutions in the wellness industry. With a strong entrepreneurial spirit and a deep passion for well-being, she started Disha For Success along with her husband Mr. Sanjay Aggarwal to empower individuals to live healthier and more fulfilling lives. She is known for her creativity, strategic mindset, and ability to turn ideas into thriving businesses. She possesses the knowledge and skills to support clients in creating sustainable lifestyle changes and reaching their wellness goals. She takes a holistic approach, considering physical, mental, emotional , financial and spiritual aspects of well-being to ensure a comprehensive and multidimensional success.

She has been awarded by Honourable Governor, Chief minister, Deputy Chief Minister and Health Minister. Her articles are regularly published in The Lifestyle Journalist. Her research papers are published in UGC Journal

She holds a Masters Degree in Economics from PU , Masters Diploma in Business Administration from Symbiosis. She has been recently selected by Goldmansachs as a Women Entrepreneur for Executive Development Program at IIM Bangalore. She has also pursued additional certifications and trainings in various wellness disciplines, She has completed her diploma in Health and Nutrition, She has done Diploma in Ayurveda, She completed Licentiate and Fellowship in Insurance allowing her to integrate her passion for well-being with her business acumen.

Areas of Expertise

1. **Business Development:** She has a strong background in business strategy, branding, and marketing. She excels at

identifying market trends, the intricacies of the wellness industry and she stays up-to-date with the latest market developments. She combines market research, consumer insights, and her own wellness expertise to create offerings that address specific wellness challenges and provide value to individuals seeking a healthier lifestyle. She knows how to craft authentic and impactful messaging that communicates the unique value proposition of wellness products and services.

2. **Coaching and Consulting:** Leveraging her own experience and knowledge, she offers coaching and consulting services to individuals and businesses looking to optimise their well-being strategies and increase productivity.
3. **Collaborations and Partnerships:** She is skilled at forging strategic partnerships and collaborations. She recognises the power of collective impact and leverages synergies to create mutually beneficial alliances with Yoga teachers, Doctors, Dieticians, influencers, academicians. This approach allows her to expand her network, reach broader audiences, and amplify the impact of her venture.
4. **Financial and Spiritual Wellness:** Along with physical and mental Wellbeing, She help people achieve their Financial Goals through her financial literacy programs. She help people solve day to day challenges with her program on Decoding Gita

She believes in a holistic approach to wellness that encompasses physical, mental, emotional, financial, spiritual well-being. She promotes the idea that wellness is not a one-size-fits-all concept and encourages individuals to discover what works best for them through self-exploration and experimentation.

She has been a wellnesspreneur for over a decade,. Her experience has allowed her to gain valuable insights into the challenges and opportunities within the wellness industry, and she continues to stay at the forefront of emerging trends.

If you are seeking a wellnesspreneur who can combine business expertise with a deep passion for well-being, Indu Aggarwal is the ideal partner. Her innovative mindset, strategic approach, and commitment to making a positive impact in the wellness space make her an invaluable resource for individuals and organisations looking to thrive in the industry.