

ABOUT C4

"C4" stands for Complete Concepts Counseling Centre. C4 Centre possess 4 structural core counseling departments and is manned with a staff of more than 20 experienced personnel.

C-4-Centre have worked in a wide variety of settings including admission in International Universities, Educational institutions, Health care clinics, Private corporations and Hospitals also enlighten knowledge in area of Education, health care such as oncology, pain management, women's health, smoking and rehabilitation programs in alcohol addiction. C-4 Centre also worked in government settings, often administering community health programs.

We believe health is vital to learn in present environment and we strive to connect our work and our role to the mission - "Right of being Healthy".

Assess health status of present generation. Strategically plan to prevent our generation from health issues at all levels of the social-ecological model.

We develop, implement and evaluate theory and evidence-informed health promotion initiative.

OBJECTIVE

PURPOSE

Healthy Body with a Wealthy Mind

MISSION

To recognize that health is the vital part of learning, work to create and sustain healthy community in which people and our generations can achieve their personal and academic goals

OUR VISION

To be one of the truest and most trusted counseling centers assisting to visualize having an International Degree and brighten up their valued careers through counseling on study opportunities, products and services

OPERATING PRINCIPLES

Nature is the "SOUL". Anything is possible with positive attitude "WITHIN"

C4 SERVICES

COMPLETE HEALTH

- Family Health Maintenance
- Diet & Nutrition
- Healthy Forever
- Weight Gain
- Weight Loss

COMPLETE COUNSELING

- Parent
- Child
- Personal
- Group
- Health
- Academic

CAREER WORLD CENTRE

- Career Choice Guidance
- Career Aptitude test
- Overseas Admissions
- Academic Aptitude Test



EXERCISE FOR LIFE

- Pranayam
- Yoga

SERVICE REFERRALS

- Children
- Teens
- Couples
- Families
- Colleges
- Corporate
- Adults
- Groups
- Schools
- Institutes
- Hospitals



COURSES IN C4

Advance Diploma in Naturopathy and pran-yog sciences with practical's (Duration 1 year 6 months)

Diploma in Naturopathy and Yoga Pranayam (Duration 6 months)

Diploma in Counseling Psychotherapy and Practice Skill Training (Duration 6 months)

Diploma in Concept Yoga & Pranayam (Duration 3 months)

VALUE OF WORK

TO SCHOOLS BY CONDUCTING

- Personality Development
- Skill Training
- ISO Teachers Training
- Career Aptitude Test
- Health Camp
- Awareness Camp
- Experimental Innovation for Development
- Brain Quotient

CORPORATE & SOCIAL CLUBS

- Meditation & Yoga camp
- Spiritual Quotient Skill Training by Conducting Test
- Health Camp on Life Style

SPORTS CLUB

- Design Programme around the Year





Complete
Concept
Counseling
Centre



Complete
Concept
Counseling
Centre

Dr. SHILPA N. DESAI

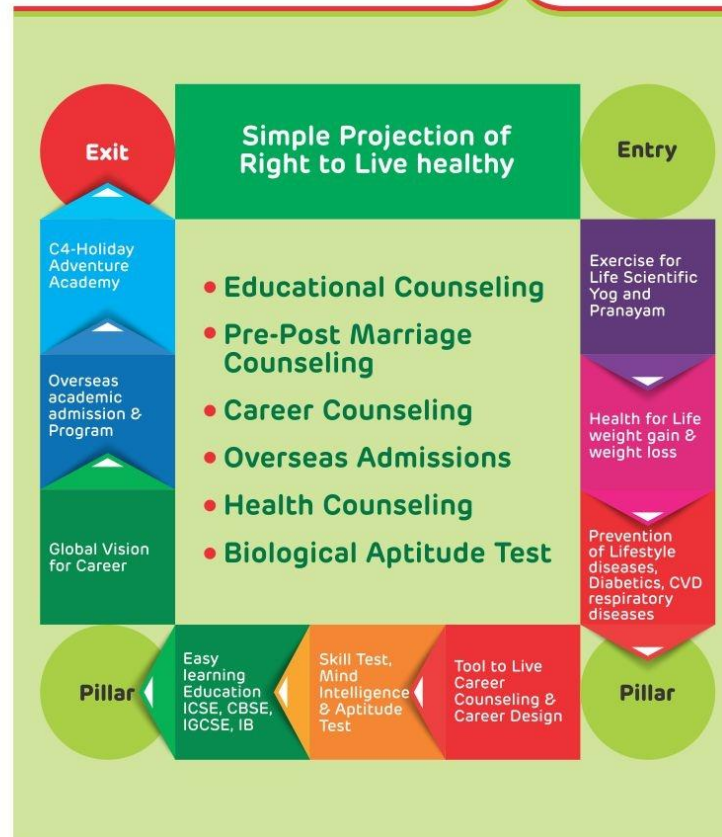
Health Psychologist

+91 98204 65528

shilpa@c4foryoucenter.com

Dr. Shilpa seeks to make social environment better by connecting individuals and groups with information & resources, which will cultivate healthy attitude and behavior promoting health supporting system & fostering a culture that values and focuses on complete health.

- Trustee of Anjali Foundations (N.G.O.) INDIA
- President-Knowledge News, International Journal of Naturopathy and Yogic Sciences (ISSN-2231-0160), Delhi.
- Member of Bombay Psychological Association (B.P.O.) INDIA
- WNF - Committee Member of World Naturopathy Federation. **FRANCE**
- ICNM - **Board Member** - International Congress of Naturopathic Medicine. **FRANCE**
- Knowledge News (ISSN-2231-0150), An International Journal of Idea, Core Committee Board Member.



**A Rhythm for Life...
...to Live Happy**

Workshop, Consultation and Counseling

C-4 Complete Concept Counseling Centre,
C/o Keshav Medicare Centre,

43, Bajaj Bhavan, 226, Nariman Point, Mumbai - 400021. **INDIA**

Tel.: 022-2202 2360 / 022-22026608 web : c4foryoucenter.com