

SWASTIK Trainings – JE LO SWAS



Mindfulness & Motivational Training
Transform Stress into Strength

Why Choose Us?

- ✓ Stress & Anxiety Management
- ✓ Mindfulness & Focus Enhancement
- ✓ Corporate & Academic Performance Boost
- ✓ Coaching Institutes, Corporates, Schools & Universities

“Stress chhodna hai... to shuruat saans se karein!”

Workshops (Real Impact)



About Me

I am **Vipin Pareek**, a **Meditation & Motivational Trainer** with **15+ years of experience** working for **child development, youth empowerment & mental well-being**.

I have conducted **500+ workshops** across banks, universities, colleges & CSR programs.

My mission is to build a **healthy, mindful & emotionally strong generation**.

Program Benefits

Corporate Mindfulness – Productivity & Calm Mindset

Coaching Institutes – Focus & Study Motivation

Universities – Purpose & Confidence Building

Schools (10–16 yrs) – Emotional Control & Discipline

Scan QR to WhatsApp Contact:



Contact Us

■ 9352133989

■ pareekvipin02@gmail.com, swastiktrainings@gmail.com

■ <https://swaslelo.com>

Book Session Today!