

Wellbeing Restoration

Foundational Philosophy-Restoration of neglected mind,body and soul one step at a time by using the tool of action after contemplation.

www.wellbeingrestoration.in

Foundation

Over the experience of the past seven years, 2017-counting. Based on our personal observation, we understood that due to life's situational struggles, a person unknowingly neglects his mental and physical health. Due to this, a person starts becoming dependent on alcohol, drugs, unhealthy emotional reactions, toxic relationships, negative thoughts, self-destructive habits, reckless acts, and so on. This temporary coping turns into a permanent anchor.

An anchor that is unhealthy in its core nature is not life-enhancing in the long term. With this understanding, we founded our 'working dynamic'.

Vision



To continue building a rehabilitation where a person doesn't feel shame, crazy or abnormal to consult and when a person is healed. He or She again walks with human dignity and spreads the same compassion, and kindness around him or her.

