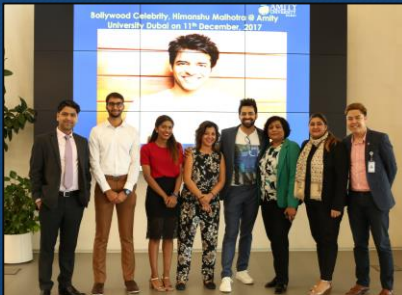


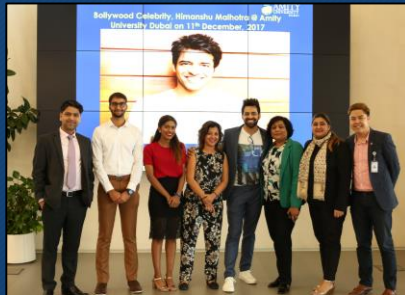
SHARE AND GROW WORKSHOP



WORKSHOPS



WORKSHOPS





HIMANSHU ASHOK MALHOTRA

FOUNDER SHARE AND GROW

An artist by profession since last 12 years, with numerous TV shows & film to his credit, carrying vast experience of life, sharing knowledge and wisdom through experiences & anecdotes of his life, in order to make it fruitful and enriching for others.



A BRIEF INTRODUCTION OF THE **FOUNDER**

Himanshu Ashok Malhotra first came to limelight when he was selected to participate in **Zee Cine Stars Ki Khoj** - an *All India Talent Hunt in Acting & Dance* in 2004. He was amongst the top 3 contestants of the whole country where close to 10 lac candidates applied.

The actor is a familiar face on Indian television, as he has appeared in numerous TV shows over a period of last 8 years like :

- Hum Tum on Zee TV
- Bhagonwali on Zee TV
- Aap Ki Antara on Zee TV
- Simply Sapney on Zee TV
- Seven with Yashraj Films on Sony TV
- Airlines on Star Plus
- Encounter on Sony TV
- Fear Files on Zee TV
- Dr. Roshni on Life OK
- Love Marriage Ya Arrange Marriage on Sony TV

Winner of '**NACH BALIYE season 7**' last year with his wife Amruta Khanvilkar, a very popular name in Hindi & Marathi cinema.

Participant in '**KHATRON KE KHILADI season 7**' last year.

Debut in the film "**WAJAH TUM HO** " with **T- series** 'which released on 16th of December 2016 along side Sharman Joshi & Sana Khan.

ASSOCIATE PRODUCER with EXSTANT MOTION PICTURES (UK Based) on an Indian International Film titled "IN THE SHADOWS" directed by Dipesh Jain (USC Alumni), starring Manoj Bajpayee ,Neeaj Kabi, Shahana Goswami & Ranveer Shorey releasing by end of this year.

Alongside his career as a reputed artist and producer, he is in depth focussing on his heartfelt "**Share and Grow Initiative**" by conducting various interactive sessions with varied people sharing his life's experiences.



WHAT IS **SHARE AND GROW** WORKSHOP?



- We all today keep reading news of students going through severe depression, emotional turmoil, anxiety disorders, stress disorders, nervous breakdown & even to the extent of committing suicides.
- Students are being succumbed to peer pressure, competition, relationship complications, substance abuse & somehow they are unable to cope with it.
- Our annual survey indicates India has one of the world's highest rate of suicides among people aged between 15 years and 29 years, which is alarming and disturbing.



WHAT ARE THE PROBABLE CAUSES



- Peer pressure.
- Career confusions
- Self limiting beliefs
- Financial Stability.
- Relationship issues.
- Thriving competition.
- No guidance.
- Influx of Information from everywhere.
- Social media.



CAN WE HAVE A
SOLUTION TO THIS?



HOW?

- Share and Grow Workshop especially designed for students in order to create a bridge between the framework for adolescent development and balanced personality, provide them guidance, help them conquer their emotional turmoils, , find their unique potential, let them overcome their fears and help them become highly successful in life.
- We aim to guide students towards the best possible path suited for their lives, so that they do not feel lost in this endless journey of competition.



VISION



- Our Vision is to help, guide & mentor as many students as possible in order to help them achieve their FULL POTENTIAL & GROW BEYOND.
- We are hoping to reach out to millions of students Pan India and across the globe so that we can touch their lives and help them grow.



WORKSHOP **BENEFITS** FOR STUDENTS



- Helps students in overcoming their SELF LIMITING BELIEFS & create a NEW VERSION of themselves.
- A stepping stone to their MIND & BODY TRANSFORMATION.
- Aims to overcome their PRE-EXISTING FEARS in their minds.
- Boosts their SELF MORALE & CONFIDENCE by letting them open up their core thoughts and values.
- Creates the feeling of GRATITUDE in their hearts.
- Gives them a new perspective on LIFE & RELATIONSHIPS.



SESSIONS CONDUCTED



- ✓ School Of Engineering And Technology - Cochin
- ✓ Jagannath Institute of Management Sciences – Rohini, Delhi
- ✓ International Institute of Fashion Design – Gurugram, Delhi
- ✓ All India institute of medical sciences – Saket Nagar, Bhopal
- ✓ Amity University – Dubai
- ✓ Meraki institute - Delhi
- ✓ Rotary Club JVPD Scheme – Juhu, Mumbai
- ✓ Kreating Characters – Acting Institute Students, Mumbai
- ✓ Mrs. India International Contestants, Dubai
- ✓ Calcutta Swimming Club, Kolkata
- ✓ Naik wealth Planners Pvt. Ltd, Mumbai



Click on the image to get the link



SESSION
VIDEOS

TESTIMONIALS



PROFESSORS



- It's a very unique way of letting other's express and letting other's learn from each other's sharing. **Management Professor, Amity University, Dubai**



- Share and Grow is a very noble initiative started by Himanshu. The session conducted under this initiative are highly informative and motivational. This brain child of Himanshu is really appreciated and acknowledged by everyone. **Arts Professor, Amity University, Dubai**



- I think it was amazing because as a educationist, people like Himanshu who are so inspirational should be visiting schools because in schools, for 15-16 years old students, that is the age which is impressionable where they should be given examples of people as role models, because it leaves a strong impression on them. **Marketing Head, iNIFD, Gurugram**



PROFESSORS



- Simple, candid, straight-forward, practical, pragmatic session
- Professor, All India Institute of Medical Sciences, Bhopal



- His story about his failures finally leading to his success truly touched everyone's heart
- - Marketing head, Amity University, Dubai



- Great having him here, students and staff learnt a lot from him. Himanshu is a very strong personality
- International relations officer JIMS college, Delhi



PROFESSORS



- What I feel basically is that you know, there are many ways by which you can touch people's lives. And after listening to him, I honestly felt that there has been so much that each of us can share all the time. It's like we all go through ups and downs but experiencing them and sharing your journey is a really remarkable thing which I really like about it. And moreover, it's an open way, everyone can share. It's all about being positive and being happy.

- Management Professor Jiims College Delhi University



- He was sensitive enough and the students also could relate with him. Since they could relate, they were crying also, they were outbursting their emotions & that happens only when you are touching their hearts. That happens very rarely. Very rarely I've seen students opening up so much freely, so it was a nice interactive session with Himanshu and we would love to have more of that.

- IT Department, SCMS School Of Engineering And Technology



- When I entered, I thought it'd be something related to theatre but when he told me about fear so it is simply what he told me about that, when someone comes into your life and is a change-over. Same thing happened in my life also, one person turned up and told me that fear is just a word. It doesn't have any magnitude. So, when you share with ten, twenty people the fear goes off. That is what I have learned and that is what he said and shared also. So, now I realise it practically that yes, fear is just a word.

- Psychology Professor, All India Institute of Medical Sciences, Bhopal



STUDENTS

- "Today's interaction was very different. He was sharing his memories, his personal life. He was talking to us like a friend. He was sharing views, he had a smile on his face that was so welcoming that I felt so good. Usually, I am nervous about asking questions or sharing my views but honestly today, I was like I have to let this out." - **Student, iNIFD – Gurugram, Delhi**
- "The session held by Himanshu sir was very inspiring, I got some good inspiration from the way he described his journey. I wish that this initiative taken by him may affect people around the country and he may keep up his good work."- **Student, JIMS College, Delhi.**
- "Today's session helped me realize that despite all difficulties, just grow, and let other's grow. Thank you "Share & Grow initiative."- **Student, Meraki Institute , Delhi**
- "Share and Grow Initiative" did whole justice to their name. Not only Himanshu sir shared, but everyone came forward with their own stories and got involved. During the session, we shared. But after it was concluded, we grew. I wish the whole team of "Share & Grow Initiative" best of luck for coming adventures and also that they continue to touch people's inner-depths." - **Student, JIMS College, Delhi**
- "One thing I learned from session was that no matter what people think about us, we should always do whatever we enjoy and just forget about what world says about us."- **Student, Amity University – Dubai**
- "It was not only an interesting session but it just made me feel pleasant. The involvement of students and the way Himanshu sir carried himself and his speeches was commendable and really appreciable."-**Student, AIIMS, Bhopal**



PRESS COVERAGE





Share and Grow was introduced via to a very vibrant size of mine:

Hi my name is Blakeley
 After all, being Singaporean it's not surprising that I love!



















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Himanshu
Ashok Malhotra

THANK YOU



To Conduct our workshop in your School/ College/ Institute/ Organisation
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