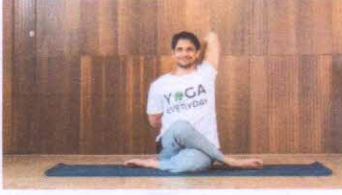




## CEHESH TRUST OF INDIA AWARD for Excellence in Health and Yogic Science, 2023

Citation in favour of Er.Saurabh Bothra,Co-Founder,HABUILD



"We build habits,  
habits build YOU."



Hailed from Maharashtra's city of Nagpur, Saurabh Bothra went to study mechanical engineering at IIT BHU (Indian Institute of Technology- Banaras Hindu University). After graduation in engineering, he joined his family business and thought of scaling his family business. Combining his two passions of business and Yoga, Bothra took the plunge into the world of entrepreneurship and built his first startup, **HABUILD**. Founded in March 2020 by him, Trishala Bothra, and Anshul Agrawal. Habuild aims to promote physical and mental well-being through activities like yoga, meditation and tips on other styles of healthy living. **HABUILD** is a technology-enabled platform that helps people to build sustainable habits. The platform helps people to adopt a healthy lifestyle by cultivating good habits such as Yoga as well as by promoting physical and mental well-being. Realising its effect on his life, Saurabh Bothra latched on to it and made Yoga a routine fixture of his life. A major people lead a sedentary lifestyle. **It is important to realise that there is a need to give time to our physical bodies and consciously cultivate lifestyle changes, so, we can lead better and healthy lifestyle," Bothra said.** Speaking about his enriching journey so far, Bothra said, "Start small. The first step towards building a habit is to start with something you like to do and learn and once you start with the learning process, keep an open-mind and be observant of your surroundings." During his stint as a teacher, Bothra's continuous experimentations brought him the realisation that consciously cultivating a routine could have lasting impressions on one's health and personality too. During his stint as a teacher, Bothra's continuous experimentations brought him the realisation that consciously cultivating a routine could have lasting impressions on one's health and personality too. Government-certified yoga trainer, an IIT-ian, and Co-Founder of HaBuild **Bothra said that participation in the 21-Day Challenge and the World Record Union is not just a personal endeavour—it's an opportunity to inspire and motivate others to embrace a healthier lifestyle. On January 12, HABUILD has set a Guinness World Record for the highest participants in a single session, with 2,46,252 participants. Greetings from CEHESH TRUST OF INDIA for the spectacular achievement of Yoga Instructor Saurabh Bothra. May success and enthusiasm be with him always. Wish him Good Luck!**



*B. Mishra*

DR.B. MISHRA

On behalf of CEHESH TRUST OF INDIA