

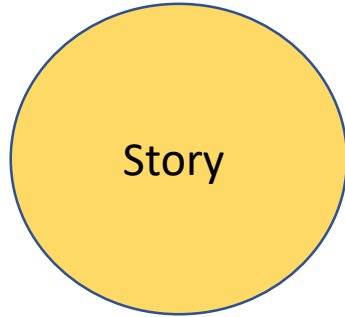
#RiseAndSmile101



# Rise and Smile



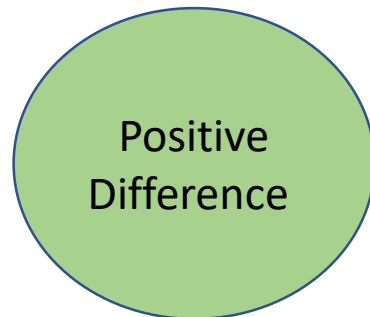
Dr Amol Wagholikar, PhD



Story



Discovery



Positive  
Difference

## Here is the story... this is where it all started

One fine Sunday morning on 25 June 2017



## Personal Journey



- Outdoors During Sunrise Time
- Digital 01010101
- 100 days to form a wellness habit
- Self-measured improvements
- Rise and Smile 101


#RiseAndSmile101






## Rise and Smile


  **Lights Off and Restfully Sleep** approximately 8 hours before Dawn

 Wake Up around the time of dawn before the Sunrise

 **Walk, Run or Ride** to beautiful outdoors Sunrise spots around

 Capture a Sunrise photo on your smartphone

Share your Sunrise photo for wonderful memories via our social media page or personal page using **#RiseAndSmile101**  
 Share [Rise and Smile](https://fb.me/riseandsmile101)  
<https://fb.me/riseandsmile101>

 Like Like Sunrise Photos on our "Rise and Smile" Social Media Page

 Comment Comment on our "Rise and Smile" Social Media Page

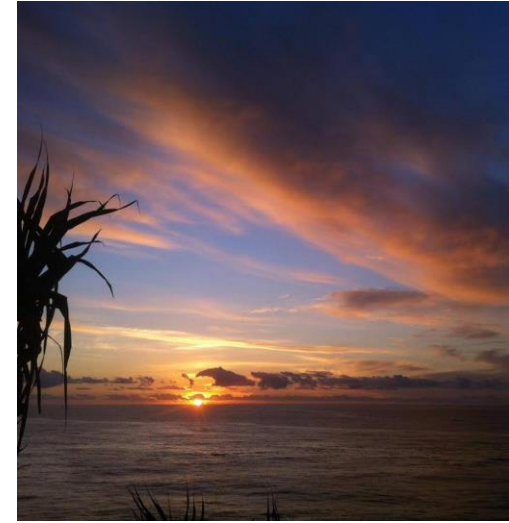
2 years + consecutive days so far..  
4 countries, 9 cities



**Sunshine Coast**



**Brisbane**



**Gold Coast**



**Melbourne**

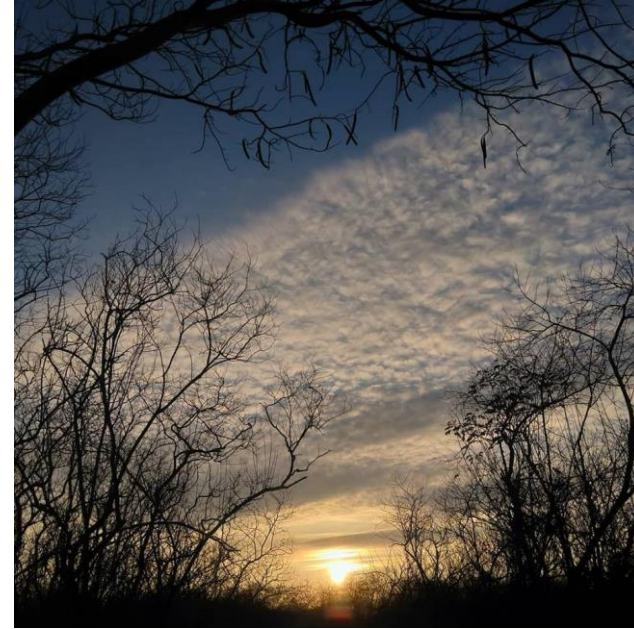


**Sydney**

2 years + consecutive days so far..  
4 countries, 9 cities



**Singapore**



**Pune, India**



**Panchagani, India**



**Auckland, New Zealand**

## Discovery & Realisation

- We are living in challenging times
- A simple experience with profound impact on motivation
- Presented work in Lifestyle Medicine Conference
- Interesting and perhaps underexplored research area of Circadian rhythms, Lifestyle interventions for :
  - ✓ Improved self-care and environmental care



Positive Difference

Join the Initiative

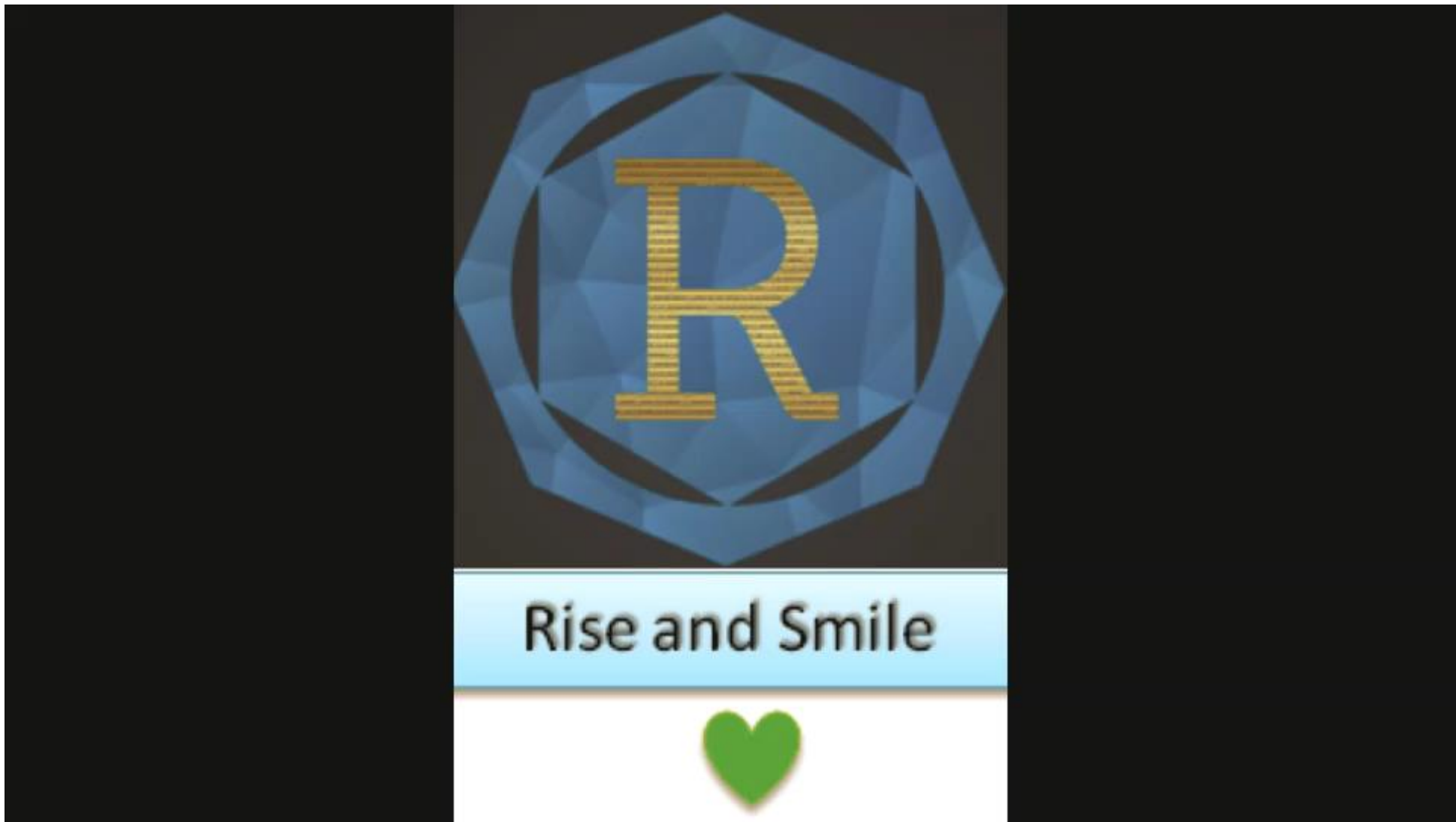
Perhaps start a Movement

Follow **#RiseAndSmile101**

on Facebook and Instagram







**Let's make this world a better place one Sunrise at a time**

Your feedback, questions, comments and interest are most welcome

**Rise and Smile**

 <https://fb.me/riseandsmile101>

 @rise\_and\_smile\_101

 @RiseAndSmile101

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Thank You

