Employee morale directly impacts business outcomes.

SVã flo begins where office pep talks and quick fix measures fail. It works at the level behaviour comes from.

Angira Chakravorty Dasgupta

FOUNDER, SVã flo



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CHALLENGE

Most people are not struggling because they lack capability.

They are struggling because stress, emotional overwhelm, unresolved experiences and constant external pressure slowly disconnect them from their body, emotions, expression and inner clarity.

HOW IT SHOWS UP AT WORK

The person leading	Highly functional on the outside, in survival mode underneath.
The team	Present without being fully there; avoiding the disagreement rather than having it.
The business	Slower decisions, drifting quality, avoidable conflict, lower trust, people quietly checking out.

Burnout often looks like productivity.

Work continues. But energy shifts from contribution to coping.

KNOW ANGIRA



Angira Chakravorty Dasgupta

FOUNDER & LIFE COACH

An unusual journey from academia to dance to therapeutic training and practice, impacting thousands of people along the way.

10,000+
people, across individuals, academia, corporates, schools and NGOs

20+
years as an Odissi classical dancer

19
cities, from Bengaluru to Guwahati

> *"The joy people experience in these sessions is not something I give them. It is something they rediscover."*
>
> ANGIRA

ROLES

Faculty	Kolkata Sanved, the TISS Centre for Lifelong Learning
TEDx	*Willingness to Wellness*

TRAINING

M.Sc (Tech), Bioinformatics	WBUT
Diploma, Dance Movement Therapy	Kolkata Sanved
Master Practitioner, NLP	Anchor NLP
Diploma, Art Therapy	Asha The Hope
Certified Sound Healing Practitioner	Sound Healing India
Laban Movement Analysis	Rasikaa, with LIMS, New York
Psychodrama, 65 hours	Indian Institute of Psychodrama

WHY IT WORKS

Why SVã flo works where a briefing does not.

By the time a team is running on empty, most of them already know what they are supposed to be doing. Knowing was never the part that was missing.

PEP TALKS AND QUICK FIXES	SVã flo
An event	An approach, built to last longer than an afternoon of talks
Works at the level of skill	Works at the level behaviour comes from
Explained	Experienced: nobody has to agree with it first

A Somatic Self Integrative Therapy.

SVã flo is built to help individuals reconnect with themselves in a deeper, more authentic way.

> *Healing is not about "fixing" people. It is about helping people return to themselves.*

Angira creates spaces that enable people to release stored stress, move beyond limiting internal patterns, improve emotional awareness and rediscover emotional balance, authenticity and personal potential.

WHAT IT COMBINES

01 Neuro-Linguistic Programming

02 Expressive Arts Therapy

03 Sound Therapy

04 Dance Movement Therapy

05 Somatic practices

06 Coaching and counselling

WHY IT WORKS

A session people feel comfortable in, designed around them.

01 **Relax.** Grounding and gentle breathwork.

02 **Recharge.** Movement that releases held tension.

03 **Reconnect.** Where silos dissolve and people meet each other.

04 **Rejuvenate.** Guided sound. The reset.

05 **Return.** What each person carries back into Monday.

Nobody is put on the spot, nobody performs, and nobody has to be any good at any of it.





BUILT FOR YOUR ORGANISATION

Built around the people who will be there.

Angira personally creates and conducts a well structured yet intuitive session that works with the group, even as it impacts individually.

Hours to days

two hours to two days, depending on what needs to shift

Any size

a single leadership team to a hall of a few hundred

On site

your offices, or an offsite

Higher engagement. Improved performance. Better retention. And a short before-and-after scale, which we would build into your group from the first session.

THE EVIDENCE

Clients who have trusted us, and came back.

- Dabur
- Aditya Birla Group
- RBL Bank
- Shyam Steel
- Shrachi Group
- Star Cement
- Beyond the Obvious
- Tata Steel Downstream Products
- ITC
- Emami
- Electrosteel
- Globe India
- Captain Steel

3 years
running, for Tata Steel Downstream Products

4 times
in a year, for one client

A few hundred
in the room

Academic and institutional: IIT Kanpur (assisting) · BITS Pilani · Jadavpur University · SRFTI · Globsyn Business School · IQ City United World School of Business

Healthcare and NGOs: Institute of Neuroscience, Kolkata · Bhagirathi Neotia Hospital · Parkinson's Disease Welfare Society · Unmish · Don Bosco Ashalayam

THE EVIDENCE

What it actually looks like.







See all 138 photographs

THE EVIDENCE

Voices from the rooms.

> *"First time I experienced the kind of work Angira does is at one of our annual all India meet, where our entire team all over the country were together, and we did one half a day session which Angira had done for all of us. We saw the kind of thing she does, which is very, very different from the regular training and regular motivational work which other trainers do. She does completely different things, and me and my team got majorly energised. And since then, we are associated together, and Angira is now part and parcel of our organisation. She has been doing incredible work with us, and I really want to wish her all the best, and I would recommend more and more organisations to come forward and take her services."*
>
> KAUSHIK GHOSH – EXECUTIVE DIRECTOR & CEO, GLOBE ALL INDIA SERVICES

> *"The most important thing is that it is more of a participative, it's a group team activity, participative sort of a session. I hope the management of Captain Steel India Limited would further arrange those sessions for us, which will help us in our family life also, as well as our work life also."*
>
> NIRMALYA SINHA – AREA SALES MANAGER, CAPTAIN STEEL INDIA LIMITED

> *"Angira worked as faculty at the Brand Intelligence Bootcamp, conducted in Bengaluru, April 2026 by Flibbr® Consulting. While the workshop focused on building brands, Angira's sessions focused on Purpose, Authenticity, and Alignment from a personal perspective. From simplicity, to joyful exercises to deeply insightful observations – Angira effortlessly brought the attendees' focus to their own selves. Thanks to her, an otherwise intense business bootcamp was elevated to a level few can lay claim to. I can safely say, over the 2.5 days, she left a deep and indelible impact on both her fellow faculty members and the participants."*
>
> RAHUL JAUHARI – FOUNDER & MANAGING PARTNER, FLIBBR® CONSULTING

> *"...by creating a non-hierarchical environment people enjoy and give their best when they know they are not being judged."*
>
> MONICA SEHGAL – SRI SRI ACADEMY

Every rating on Google is five stars. Read them in full.

STARTING OFF

Are your teams performing, or just coping?

Talk to me about what's been going on. Let me work out a path for your people.

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01 A conversation.

Tell me what you are trying to change. You do not need to know what to ask for yet.

02 A shape.

I recommend one, once I understand the challenge you are bringing me.

> *"What I have learned from walking into hundreds of corporate rooms is this: teams do not hide stress. They carry it visibly in their bodies."*
>
> ANGIRA



Reach me

Angira – Founder, SVã flo

angira@svaflo.com

WhatsApp +91 90515 22166

svaflo.com/corporates · LinkedIn · Instagram

SVã flo