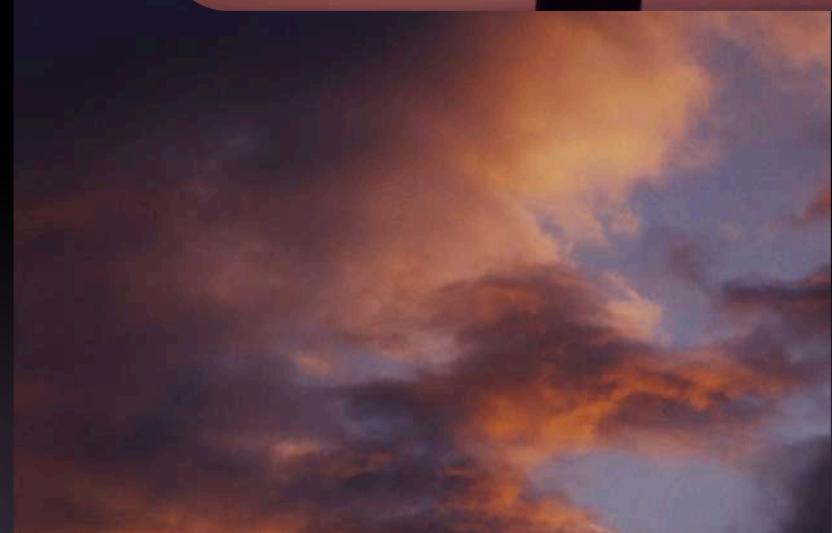


2024



CREATIVE PORTOFOLIO

Hi, I'm Satyaki Ghosh a Junior
Graphic Designer

I have worked on food delivery, real estate and
mobile app screens projects.



*Hi, I am a graphic designer.
I have been doing design for
about a year. I specialize in
visiting cards, flyers,
brochures, banners, posts,
app screen design*



Skills

- ★ Adobe photoshop
- ★ Adobe illustrator
- ★ Generative AI
- ★ Chatgpt
- ★ Figma
- ★ Website screen design
- ★ Canva

Experience

- ★ 2022-2024 worked at MADROI company at kolkata.
- ★ Logo creation
- ★ Social media posts design
- ★ Ui/Ux screens design
- ★ Photo editing on photoshop

Education

- ★ 2021 Graduated from West Bengal State University in B.SC honours (computer application)
- ★ 2018 Completed doeacc 'O' level course from Jadavpur University

About Me



SATYAKI GHOSH



Chapter 1



Food delivery

Refreshing
Drinks

Unveiling the Realism: Soft Drink Bottles Collection

Exploring the art of 3D rendering
soft drink bottles for packaging
design.





INDIAN FOOD DELIVERY



**AUTHENTIC
BIRYANI
RECIPE**

INDULGE IN THE TASTE OF
TRADITION OF HYDERABAD



MUST TRY STEAKS





+ XXXXXXXXXX

Have any Questions?

Empowering Connections, Building Futures.

Envisioned as a dynamic space where individuals can connect
with others and share meaningful moments and experiences

Get Started

ANIMATED LOGO DESIGN

Ready In Five Minutes!





Satyaki ghosh

LAWRENCE
BERKELEY
NATIONAL
LABORATORY





Satyaki Ghosh

FACEBOOK & INSTAGRAM POSTS DESIGN

WATCH NOW





we deliver fresh
parshe mach, bagda
chingri, vetki fish
fry cut (combo)
within 40min-1hr

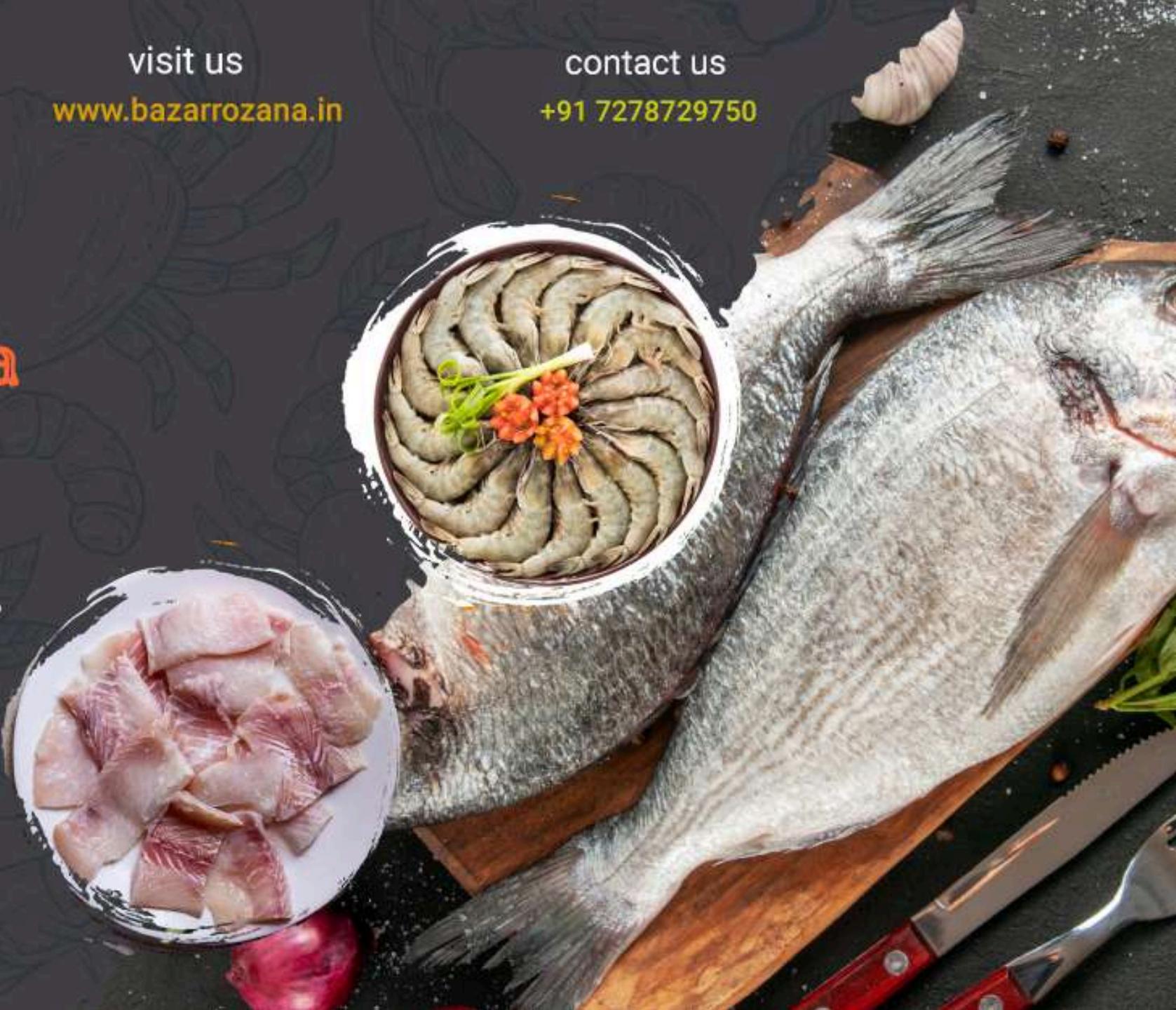
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We deliver fresh
goat - ribs and chops,
goat - curry cut,
goat - liver,
goat - raan/back leg
curry cut and much
more items within
40min-1hr

Follow us



We deliver fresh salmon
curry cut, salmon tikka/
cubes - boneless, indian
salmon steak/round slice
boneless and much more
items within 40min-1hr



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We deliver 100%
fresh **pork** sausage,
pork salami, **pork**
meat ham and
much more items
within 40min-1hr



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we deliver 100% fresh
chicken curry cut
and chicken liver
(combo) within
40min-1hr

contact us
+91 7278729750

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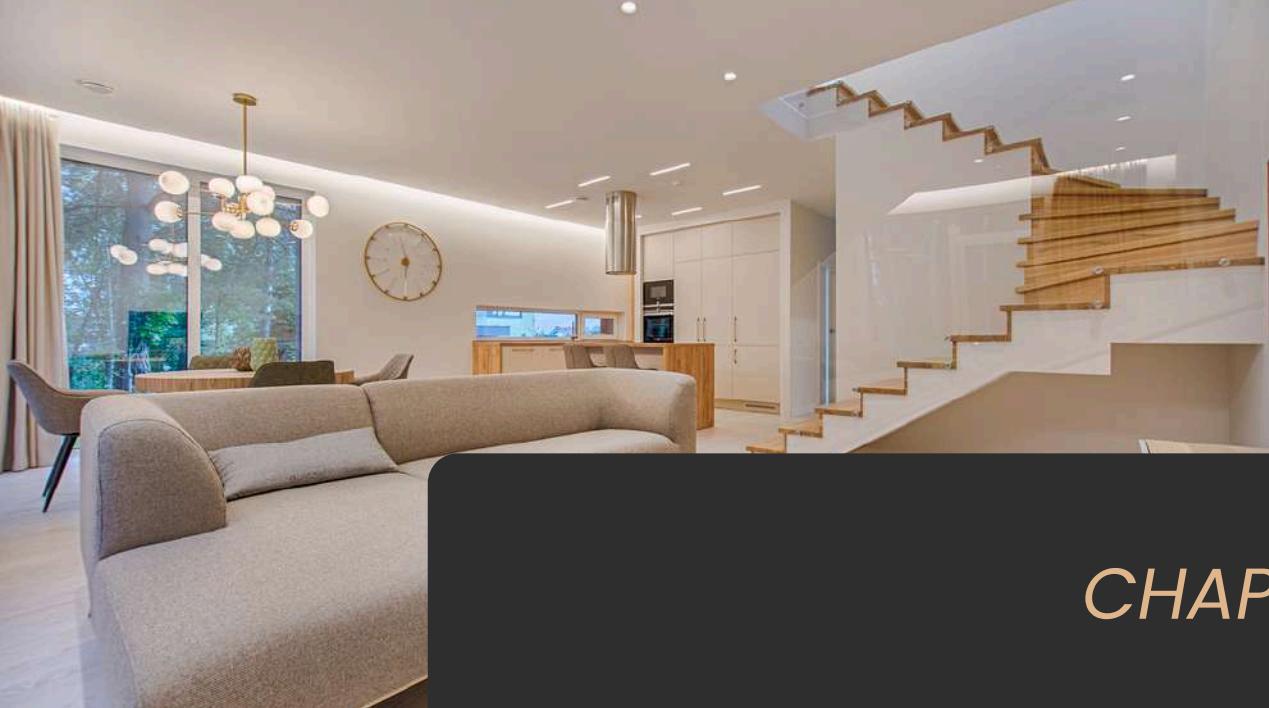


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CHAPTER-2

REAL ESTATE



A fresh and serene beginning awaits for you

1BHK(500sq.ft approx)- Rs. 14 lakhs

2BHK(900sq.ft approx)- Rs. 25 lakhs

3BHK(1200sq.ft approx)-Rs. 33 lakhs

Commercial
space also
available

With all modern
amenities and
facilities

Home loans are available on



- GST 1% Applicable

- RERA regn. no.-

WBRERA/P/PUR/2023/000010



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An unit of Biswanath Constructions Pvt.Ltd

1BHK(500sq.ft aprox)- Rs. 14 lakhs

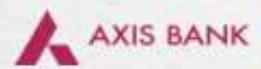
2BHK(900sq.ft aprox)- Rs. 25 lakhs

3BHK(1200sq.ft aprox)-Rs. 33 lakhs

Commercial
space also
available

With all modern
amenities and
facilities

Home loans are available on



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**Your search
for perfect
dream ends
here**

- GST 1% Applicable
- RERA regn. no.-
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Your
DREAM
Home
is calling



1BHK(500sq.ft aprox)- Rs. 14 lakhs

2BHK(900sq.ft aprox)- Rs. 25 lakhs

3BHK(1200sq.ft aprox)-Rs. 33 lakhs

- GST 1% applicable

- RERA Registration -

WBRERA/P/PUR/2023/000010

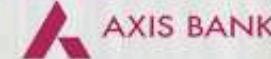
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enclave
An unit of Biswanath Construction Pvt.Ltd

Commercial
space also
available

With all modern
amenities and
facilities





An unit of Biswanath Constructions Pvt.Ltd

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**The creativity
of your dream**

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3BHK(1200sq.ft aprox)-Rs. 33 lakhs

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space also
available**

With all modern
amenities and
facilities

Home loans are available on



AXIS BANK

SBI



Bank of Baroda

GST 1% Applicable

RERA regn. no.-

WBRERA/P/PUR/2023/000010



GST 1% Applicable
RERA regn. no.-
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3BHK(1200sq.ft aprox)-Rs. 33 lakhs

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space also
available

With all modern
amenities and
facilities

Home loans are available on



AXIS BANK



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**We promise you
for a better future**





The Realtor® who people trust with their own family

1BHK(500sq.ft aprox)- Rs. 14 lakhs

2BHK(900sq.ft aprox)- Rs. 25 lakhs

3BHK(1200sq.ft aprox)-Rs. 33 lakhs

Commercial space also available

With all modern amenities and facilities

Home loans are available on



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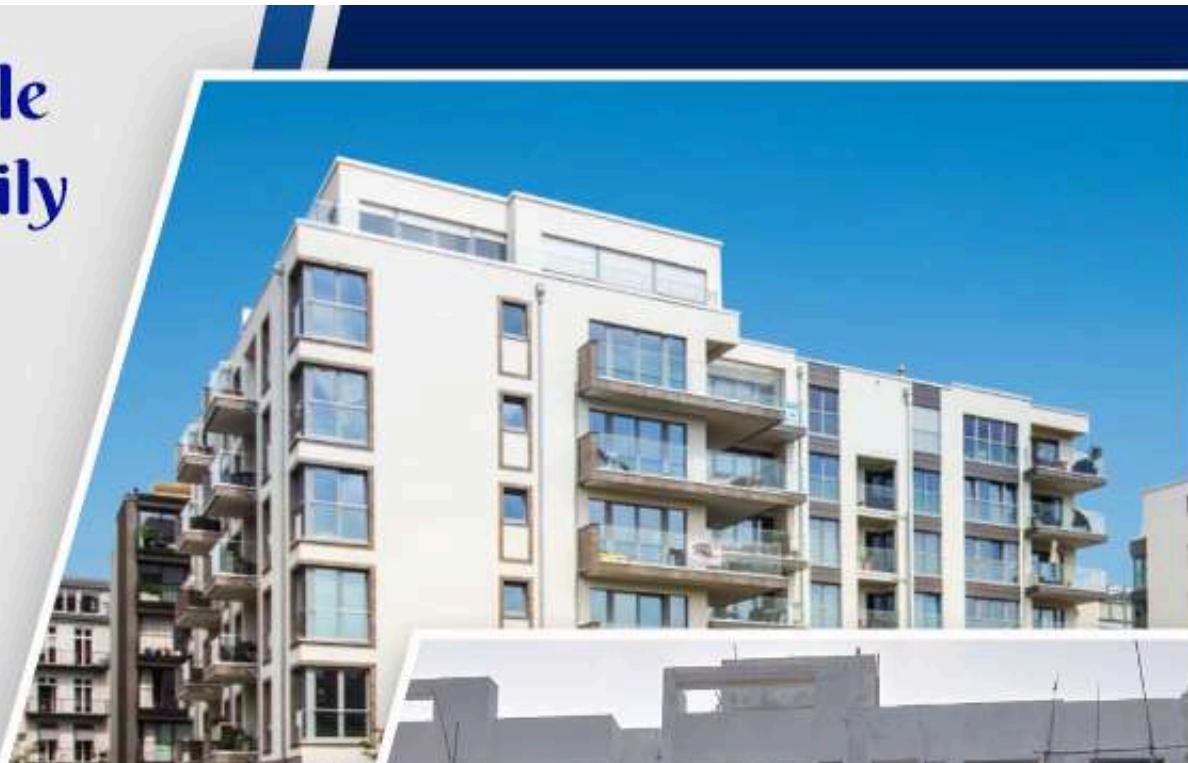
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our services

- Rooftop ✓
- Landsscape ✓ garden
- Intercom ✓ facility
- Water treatment ✓ plant



CAROUSEL POSTS

Step into the Loop: Carousel Posts, where every slide tells a story.

Is Your Bottom Line Feeling Sick?

Investing in Employee Wellness Can Be the Cure!



DID YOU KNOW UNHEALTHY EMPLOYEES COST COMPANIES BILLIONS? CORPORATE WELLNESS PROGRAMS CAN BOOST PRODUCTIVITY, REDUCE ABSENTEEISM, AND IMPROVE MORALE. TLC CAN HELP YOU CREATE A THRIVING WORKFORCE!



Feeling drained mid-day? Ditch the extra coffee! TLC shares 5 simple tips to stay active and energized at work

**5-Minute Energy Boosters for Busy Bees!**

TLC Tip: Feeling sluggish? Take a quick 5-minute walk, stretch break, or desk exercise to combat fatigue and refocus!

**5 Desk Exercises to Slay the Sitting Beast!**

Quick and actionable tips for employees to stay active at work (standing desks, stretch breaks, walking meetings).



Sitting for long periods is linked to several health risks, primarily due to its association with physical inactivity. Here are some of the key health concerns:

Increased Risk of Cardiovascular Disease: Extended sitting can lead to reduced blood flow and lower fat metabolism, which can increase the risk of cardiovascular disease.

Obesity and Metabolic Syndrome: Long periods of sitting are linked to higher rates of obesity and metabolic syndrome, a cluster of conditions including increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels.

Worsened Mental Health: There is evidence suggesting that prolonged sedentary behavior may be associated with an increased risk of depression and anxiety.

Musculoskeletal Disorders: Sitting for extended times can lead to back and neck pain due to poor posture and the strain on certain muscles and joints.

Increased Risk of Type 2 Diabetes: Sedentary behavior can lead to higher blood sugar levels and could contribute to the development of type 2 diabetes.



10 Tips to combat Sitting disease at work

- Skip the elevator and take the stairs whenever possible
- Incorporate simple exercises you can do at your desk, like leg raises or seated stretches, to keep your muscles active.
- Suggest walking meetings for one-on-one or small group discussions.
- Ensure that your desk and chair promote good posture. Your screen should be eye level.
- Set reminders on your phone or use a smartwatch that nudges you to stand up.
- Perform stretches specifically designed for office workers to relieve the tension in your back, neck, and shoulders.
- If possible, walk or bike to work.
- Stand up or take short walks every 30 minutes.
- Stretch, walk around, or do a quick physical activity.
- Perform stretches specifically designed for office workers to relieve the tension in your back, neck, and shoulders.

**Unlock Employee Potential with TLC's Tailored Wellness Programs!**

TLC offers personalized programs to address your specific needs. We help employees thrive, leading to a happier, healthier, and more productive work environment. Contact us today for a free consultation!

**TLC boosted Productivity by 100% with TLC's Wellness**

Pooja praised That Lifestyle Coach for their significant contribution to their corporate wellness journey. The company runs a fitness center in Bangalore and plans to extend this partnership across all their offices nationally. She commended the holistic wellness experience provided by TLC, which includes personalized assessments and a range of services covering fitness, nutrition, and meditation.



A specific aspect of TLC's program that has contributed significantly to client success is their personalized wellness assessments. These assessments are tailored to each organization's needs and provide a foundation for the comprehensive range of services TLC offers, including fitness, nutrition, and meditation. This personalized approach ensures that the wellness programs are effectively aligned with the goals and challenges of the organization, leading to more impactful results and higher levels of employee engagement and well-being. This approach was particularly highlighted by Pooja Gupta from Delivery, who appreciated how the tailored programs fostered a culture of well-being across the organization.

Contact TLC today for a free consultation and see how we can help your business thrive!

**ON SITE CORPORATE WELLNESS**

Sustainable wellness solutions with on-site coaching & group activities

OUR SERVICES

- ✓ Mind & spirit rejuvenation
- ✓ Team building & engagement
- ✓ Wellness education
- ✓ Holistic wellness approach
- ✓ Wellness space design
- ✓ On-Site Coaching & Group Activities

CONTACT US

VEST OUR PAGE
www.thatlifestylecoach.com



That Lifestyle Coach (TLC) has a strong track record of success in improving employee health and well-being, as evidenced by the positive feedback from several high-profile clients:

1. Delivery: As noted by Pooja Gupta, the Chief Human Resources Officer, TLC has made a substantial impact on their corporate wellness. They manage a fitness center in Bangalore, with plans to expand this initiative. The personalized wellness programs have been particularly praised for fostering a culture of well-being across the organization.

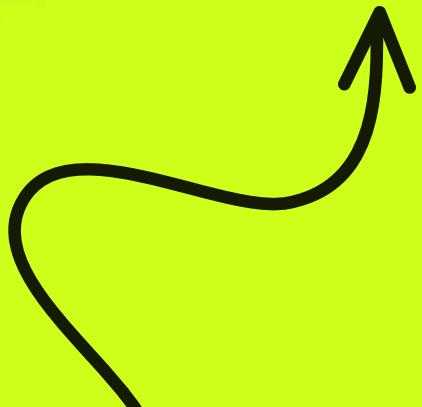
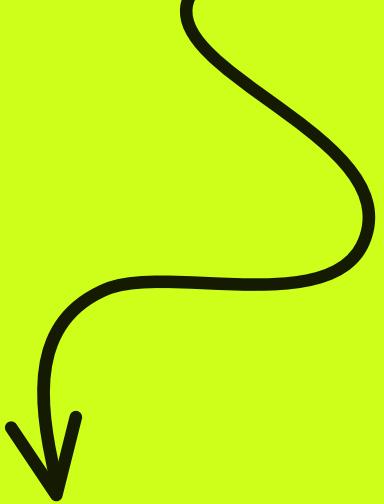
2. Deloitte: Tina Thakur, Director of Marketing Communications, described their experience with TLC as transformative. The fitness and wellness programs offered by TLC were punctual and filled with infectious energy, making the wellness program enjoyable and impactful for the team.

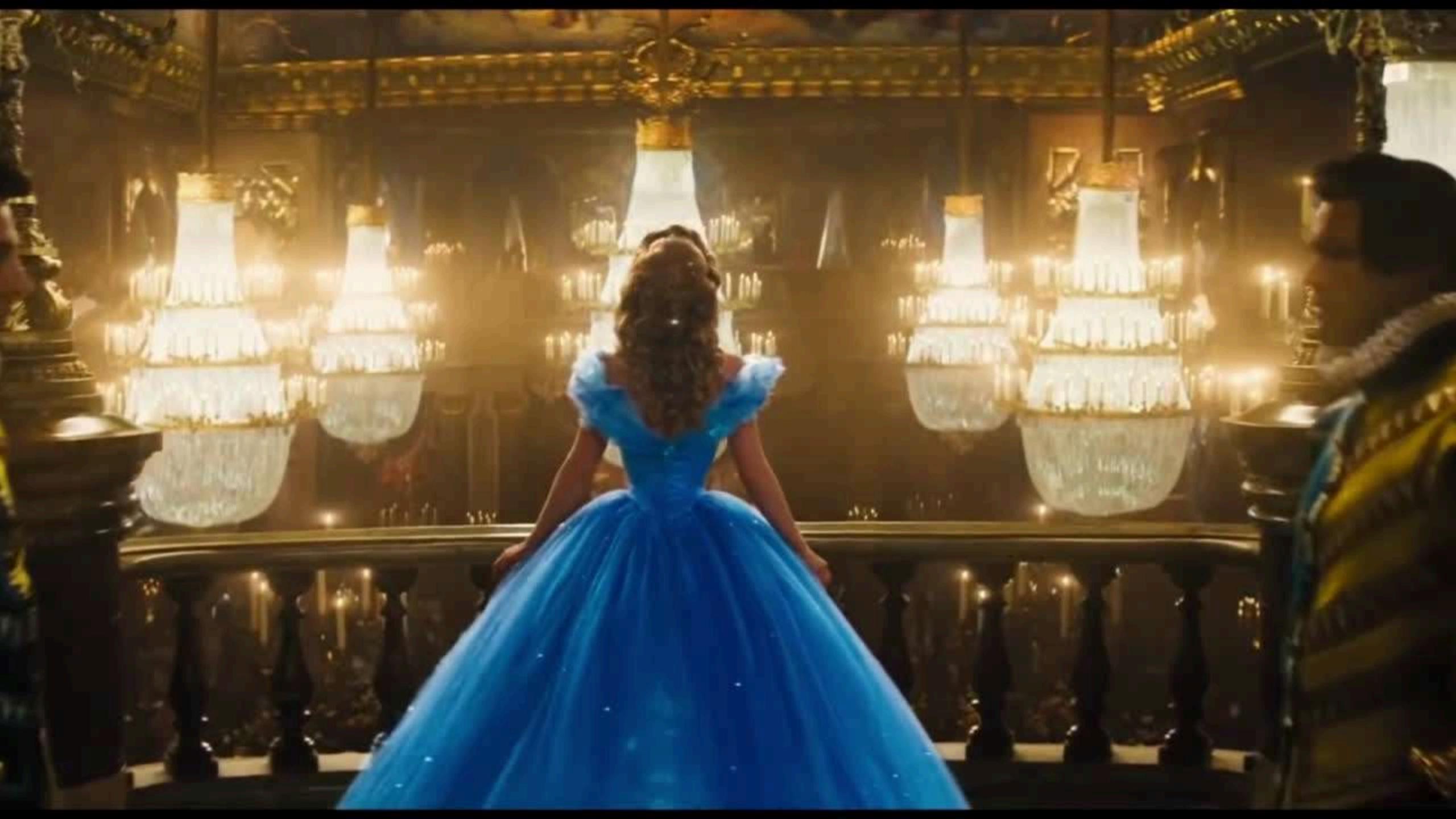
3. KDM Electronics: Rajendra Kumar, the Director, highlighted how TLC's refreshing approach to wellness had been transformative for their employees, both physically and mentally. The comprehensive wellness solutions provided by TLC are highly recommended for their effectiveness.

4. Share India: Sneha Mehta, HR Director, commended TLC for being a game-changer in their corporate wellness journey. The innovative programs introduced by TLC have significantly boosted employee wellness.



NEW VIDEO





BUILD PPT



OOMI TRAVEL

OOMI IS YOUR SPIRIT GUIDE GIVING TRUSTED ACCESS INTO UNIQUE
DESTINATIONS SUCH AS JAPAN, INDIA AND IRELAND, RICH IN AUTHENTIC
CULTURAL EXPERIENCES.



OOMI TRAVEL

OOMI is your spirit guide giving trusted access into inaccessible destinations such as Japan, India etc. rich in authentic cultural experiences.



OVERVIEW

- **Spiritual & cultural explore:** OOMI appears to specialize in offering travelers access to destinations that are rich in authentic cultural experiences.
- **Inaccessible destination:** OOMI prides itself on granting access to destinations that might be considered inaccessible to the average traveler.





TARGET AUDIENCE AND INDUSTRIES

Target audience & Industries

- OOMI's target audience likely includes individuals who have a strong interest in immersing themselves in different cultures, exploring unique traditions, and seeking authentic experiences. This could include cities like New York, London, Tokyo, Mumbai, and others with vibrant cultural scenes.
- OOMI's offerings may appeal to adventure seekers who are looking for experiences off the beaten path. These travelers might be drawn to the idea of exploring remote or less-touristed destinations, engaging in outdoor activities, and pushing the boundaries of their comfort zones.
- Since OOMI caters to individuals interested in spiritual exploration, their target audience may also be found in locations known for their spiritual significance, such as Rishikesh in India, Kyoto in Japan, Sedona in the United States, and other spiritual retreat destinations around the world.

- Partnering with hotels, resorts, and boutique accommodations that align with OOMI's values and offer unique cultural experiences or spiritual retreats could enhance the overall travel experience for OOMI's clients.
- Collaborating with tourism boards of countries or regions known for their rich cultural heritage and spiritual significance could facilitate access to exclusive locations and experiences for OOMI travelers.
- Leveraging technology platforms and digital solutions to enhance the travel experience for OOMI travelers, such as virtual reality tours, immersive storytelling, and online communities for cultural exchange and spiritual growth.

HOW REDWOOD CAN HELP OOMI TRAVEL





THE LIFESTYLE COACH



THE LIFESTYLE COACH

**EXPERIENCE PERSONALIZED COACHING AND
SUPPORT TAILORED TO YOUR UNIQUE
WELLNESS JOURNEY.**

SERVICES WE OFFERED

- **PERSONAL TRAINING:** PERSONAL TRAINING CLASSES COMPRIZE A COMBINATION OF PLANNED WORKOUTS THAT SUIT YOU AND FACILITATE A SAFE AND NATURAL TRANSFORMATION.
- **HYBRID PERSONAL TRAINING:** A COMBINATION OF IN-PERSON COACHING AND ONLINE SUPPORT, OFFERING A BALANCE BETWEEN GUIDANCE AND FLEXIBILITY.
- **SELF GUIDED TRAINING:** INDEPENDENT TRAINING FACILITATED BY CUSTOMIZED WORKOUT PLANS AND PERIODIC EXPERT CONSULTATIONS.
- **OFF SITE CORPORATE WELLNESS:** BESPOKE RETREATS, WORKSHOPS AND SEMINARS FOR
- **OVERALL WELLNESS**
- **ON SITE CORPORATE WELLNESS:** PROFESSIONAL ON-SITE COACHING FOR WORKPLACE
- **PERFORMANCE.**



TARGET AUDIENCE, LOCATION AND TARGET INDUSTRY

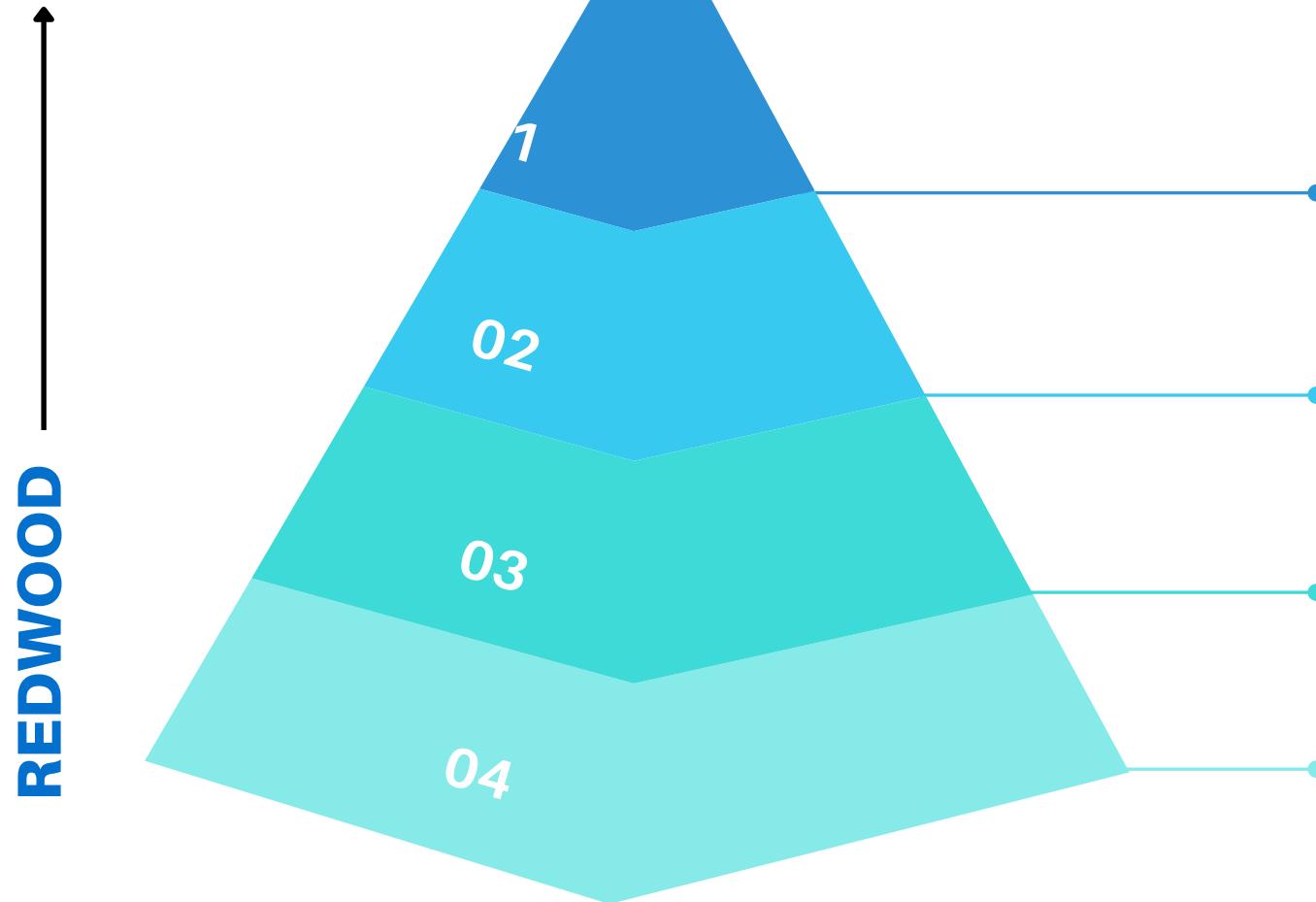
Target Audience

- People varying fitness levels from advanced to athletes.
- Those who prefers flexibility in personal training programs.
- Business and organizations in bangalore, gurgaon, pune, goa interested in investing in employee welbeing.

Target industry

- Companies in the technology sector, especially located in tech hubs like Bangalore, Gurgaon, and Pune.
- Financial institutions such as banks, investment firms, and insurance companies, which have a high-stress work environment.
- Hospitals, clinics, and healthcare organizations may seek corporate wellness programs to promote healthy lifestyles among employees,

HOW REDWOOD CAN GROW THE MARKET OF TLC



EMAIL MARKETING

Redwood Algorithm can develop email marketing campaigns to nurture leads and encourage repeat business from existing clients.

SEARCH ENGINE OPTIMISATION

Redwood helps by keyword research, on-page optimization, and link building strategies to increase organic traffic and improve search engine rankings.

CONTENT MARKETING

Redwood helps TLC by including blog posts, videos, and social media content

TARGETED ADVERTISING

Redwood Algorithm can create targeted advertising campaigns for TLC, ensuring that their message reaches the right audience. By analyzing demographic data and consumer behavior.

HOW TLC SHOWCASE THEMSELVES IN MARKET

1. Develop a strong brand identity via social network marketing strategy

2. Showcase expertise and authority

3. Offer innovative and inclusive services.

4. Offer free or low cost trials

5. Leverage digital marketing

6. Showcase their designs, videos, posts on social media platform.



The End