



# Dr. Sadhanashree P

Ayurveda Physician, Wellness Expert, Keynote Speaker

**Dr. Sadhanashree P**

MD – Ayurveda Medicine, BAMS

[www.arogyavardhini.org](http://www.arogyavardhini.org)

“

**Blending ancient wisdom with modern science for  
holistic wellness**



Ayurveda  
Expert



Yoga  
Instructor



Bharatanatya  
Dancer



Keynote  
Speaker



Columnist

# Transformative Topics, not limited to...



## **Dinacharya: The way of healthy living**

Follow daily routines for balanced health and harmony.



## **Women Wellness: The Ayurveda Way**

Explore Ayurvedic practices tailored for women's health.



## **Ahara Vijnana: The Science of Eating**

Discover the principles of mindful and nutritious eating.



## **Are-you-Vedic?! Ayurvedic MythBusters**

Debunk common myths about Ayurveda and reveal the truth.



## **Ayurveda for Kids**

Introduce children to Ayurvedic habits for a healthy start in life.



## **Immunity Boosting: Ayurvedically**

Strengthen your immune system with Ayurvedic approaches and beyond.

# Why Choose Dr. Sadhanashree P



As Accomplished Columnist, Podcaster, and Bharatanatyam Dancer.

- **Weekly columnist** for “Vishwavani” newspaper
- Regularly **invited for podcasts** to speak on Ayurveda concepts
- **Global Health** Consultations and **FREE Rural camps**
- Motivational Speaker for ‘**Student Induction Programs**’
- **Lectured on 'History of Indian Food and Ayurveda'** at the Indian Embassy
- Invited and **felicited by ESIC Hospital** on the 8th National Ayurveda Day



Dear Dr. Sadhanashree P

Swami Vivekananda Cultural Centre (SVCC), Hanoi would like to extend our warm and sincere thanks for your kind cooperation in the Online Talk on "History of Indian Food" on 15<sup>th</sup> July 2021. This event was part of India@75 series. Vietnamese audience were benefitted from your deep understanding of Indian traditional food system in alignment with Ayurvedic practices. The event was conducted smoothly, your participation has strengthened the opportunity to spread the message of Indian Culture to more Vietnamese audiences.

We look forward for similar mutual cooperation in the days to come.

Yours sincerely

  
(Dr. G. B. Harisha)

Dr. Sadhanashree P.  
Founder, Consultant,  
Arogyavardhini Ayurvedalaya, Bengaluru, India

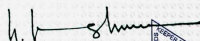


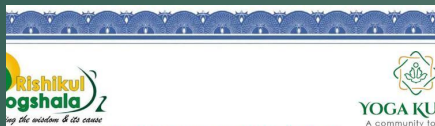
### Indian World Record

THIS CERTIFICATE IS PROUDLY PRESENTED TO

**Dr. Sadhanashree P**

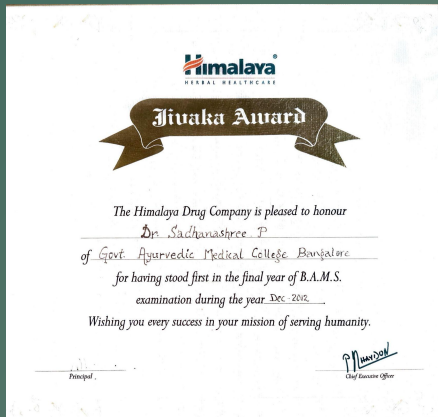
Exceptional acclamation and ovation are conveyed to **Dr. Sadhanashree P, Delegate Speaker**, for her unwavering commitment towards organising Youth Festival, achieved with dedication, chiselled her legacy, mastered her will to prove nothing is impossible by organising **India's Largest State Youth Festival** organised by a State Government in India, with multiple components large and diversified participation from various locations in various categories, to inspire, motivate and encourage. "Indian Book of Records" proudly honours **Dr. Sadhanashree P**, with "Indian World Record" with the title - "India's Largest State Youth Festival" Artfited by JIGNASA, in alliance with Department of Youth Services, Govt. of Andhra Pradesh, adjudicated by **Dr. Pavan**, Adjudicator Indian Book of Records at Vijayawada, Andhra Pradesh, India.



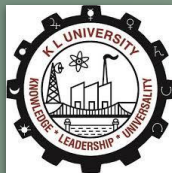
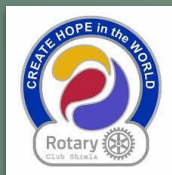


**CERTIFICATE OF COMPLETION**  
**85HR PRE AND POST NATAL YOGA TTC PROGRAM**  
**THIS IS TO CERTIFY**

**Dr. Sadhanashree P**



# Workshops, Talks & Awards



# What to Expect

**Dr. Sadhanashree's** presentations are more than just talks – they're transformative experiences. Drawing from **her diverse background** in Ayurveda, Yoga, and Bharatanatya dance, she creates a **multisensory journey that educates, inspires, and empowers.**

01



## Clear Explanations

Complex Ayurvedic concepts simplified for modern understanding.

02



## Practical Advice

Actionable tips for immediate implementation in daily life.

03



## Engaging Delivery

Dynamic presentations blending science, spirituality, and artistry.

04



## Customized Content

Programs tailored to your audience's specific needs and interests.

# Voices of Transformation



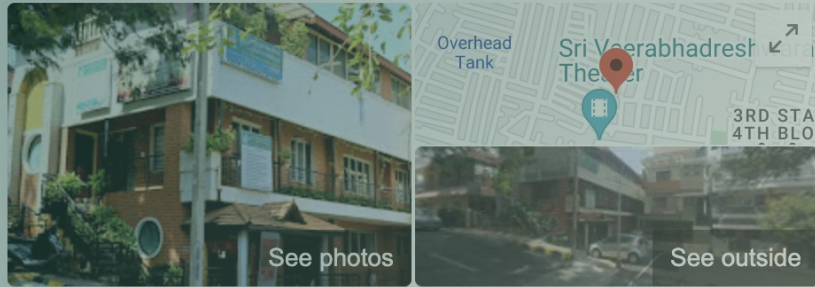
*As Americans celebrate Thanksgiving I thank you for hosting “Ahara Vijnana” workshop. I have benefited so much from it. Don’t even feel the need to take vitamins. This is one of the best things I did for myself. The content of the subject matter and the manner of delivery was just superb. GBY, thank again, Chanchal.*

*The session was indeed thought provoking full of science based reasons of authentic facts underlining the importance of Ayurveda in day to day life. Vignesh, New Delhi.*

*Very valuable resource to learn and adopt for a healthy disease-free life. Prathima Takkolu, Edison, NJ.*

*My jaw dropped when Dr. Sadhanashree explained how CURD and RAW VEGGIES can make ones stomach more confused and puzzled. Sonia Nair, New Delhi.*

*The recent Ritucharya workshop helped me understand how to harness wellness by constantly tuning to mother nature. I understand how one lifestyle through all six seasons is not the path forward for me. I very much appreciate how Dr.Sadhanashree had laid out the clear Do’s and Don’ts for each of the seasons along with wonderful easy recipes. It is a real bonus and i look forward to trying them out. Vaishnavi, IIT Delhi.*



## Arogyavardhini Ayurvedalaya , an authentic Ayurveda Centre!

4.9 ★★★★★ 32 Google reviews

Health consultant in Bengaluru, Karnataka

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**Address:** #4,'Kalayoga, 8th Cross Rd, 3rd main, 6th phase 1st stage, BEML Layout, Basaveshwar Nagar, Bengaluru, Karnataka 560079

# Transform Your Event

Invite Dr. Sadhanashree P to  
inspire, educate, and  
transform your audience.



**Call For Booking**

(+91) 991-654-7116



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