



DR. MEHTA
WELLNESS

DR. MEHTA WELLNESS

ONLINE WELLNESS BATCH

*A Step Towards a Healthier,
Stronger & Happier You*



*We Don't Just Prescribe Pills,
We Help You **Build Health.***



PREVENT
DISEASES



IMPROVE
NUTRITION



EMBRACE
ACTIVITY



ENHANCE
WELL-BEING

Better Lifestyle • Better Health • Better You



WHY DR. MEHTA WELLNESS?



Ek MBBS Doctor ne Wellness Batch shuru karne ki zarurat kyun mehsoos ki?

Roz OPD mein maine dekha ki bahut se patients mahino ya saalon se medicines le rahe hote hain, lekin unki lifestyle, nutrition, physical activity aur stress management par utna dhyani nahi diya ja pata.



Kai chronic diseases mein medicines zaroori hoti hain, lekin behtar long-term health ke liye unke saath healthy habits bhi utni hi zaroori hoti hain.



Isi soch ke saath **Dr. Mehta Wellness Online Batch** ki shuruaat ki gayi.



HAMARA VISION



Doctor ki regular guidance



Scientific nutrition guidance



Daily yoga & exercise



Sleep aur stress management



Jab zarurat ho, medicines ka sahi istemal



Sustainable lifestyle changes

“Jab doctor ki guidance, sahi nutrition, regular exercise aur healthy lifestyle ek saath aate hain, tabhi hum apni health ko behtar bana sakte hain.”



Doctor



Nutrition



Exercise



Healthy Lifestyle



Better Health





LIFESTYLE DISEASES

The Silent Epidemic



Aaj ki sedentary lifestyle, galat khan-paan, stress, lack of physical activity aur poor sleep habits ki wajah se, lifestyle diseases tezi se badh rahi hain.

Lekin achhi baat ye hai ki inhe roka ja sakta hai aur inka impact kam kiya ja sakta hai.

COMMON LIFESTYLE DISEASES



Diabetes (Type 2)



High Blood Pressure



High Cholesterol



Obesity / Overweight



Heart Diseases



Stress, Anxiety & Depression



Digestive Disorders



Joint Pain & Musculoskeletal Issues



Sleep Disorders



Early awareness, timely action and consistent healthy habits can make a huge difference.



HOW THESE DISEASES AFFECT YOU?



LOW ENERGY
aur thakan
bani rehti hai.



IMMUNITY WEAK
hoti hai, baar-baar
bimari hoti hai.



FOCUS & PRODUCTIVITY
kam ho jati hai.



**MOOD SWINGS,
STRESS &
IRRITABILITY**
badh jati hai.



**SERIOUS
COMPLICATIONS**
ka risk badh jata hai.



TREATMENT COST
aur dependency
badh jati hai.



Prevention is always better & cheaper than cure.

“Lifestyle diseases aaj ki sabse badi challenge hain, lekin lifestyle change hi iska sabse bada solution hai.”



We Don't Just Prescribe Pills,
We Help You **Build Health.**





WHO SHOULD JOIN?



A Wellness Program Designed for Every Stage of Your Health Journey



Weight Management

- ✓ Weight lose karna chahte hain



Diabetes & Thyroid Care

- ✓ Diabetes ya Thyroid manage karna chahte hain



Joint Health

- ✓ Arthritis ya Joint Pain se pareshan hain



Women's Health

- ✓ PCOS/PCOD se joojh rahe hain



Digestive Health

- ✓ Constipation, acidity ya digestion issues face karte hain



Mental Wellness

- ✓ Stress aur poor sleep se pareshan hain



Healthy Living

- ✓ Healthy aur energetic life jeena chahte hain



No matter where you are on your health journey, our goal is to help you build sustainable habits for a **healthier** and **happier** life.





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PAGE 5

AAPKO KYA MILEGA?



*Everything You Need for
a Healthier Lifestyle*



Daily Live Yoga Session

Personalized live yoga sessions to improve flexibility, strength and overall wellness.



Mobility & Stretching

Exercises to improve posture, mobility and joint health.



Pranayama

Scientific breathing techniques for better lung health and relaxation.



Meditation

Simple guided meditation to reduce stress and improve focus.



Nutrition Guidance

Evidence-based dietary guidance to help build sustainable eating habits.



Lifestyle Coaching

Practical lifestyle changes that are easy to follow every day.



Weekly Health Education

Easy-to-understand sessions on disease prevention and healthy living.



Doctor Interaction & Q&A

Regular opportunities to interact with Dr. Mehta and ask health-related questions.



A Complete Wellness Program
designed to support your
Health, Fitness & Lifestyle —
All in One Place.





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PAGE 6

HOW WILL WE HELP YOU?



*Our Approach to Your
Better Health*



1. Personalized Health Assessment

We understand your health, lifestyle and goals to create a plan that is right for you.



2. Goal-Oriented Plan

A customized wellness plan focused on your specific needs and long-term health goals.



3. Expert Guidance

Get continuous support and guidance from Dr. Mehta and the wellness team throughout your journey.



4. Regular Monitoring

Your progress is tracked regularly with personalized feedback and plan adjustments.



5. Nutrition & Lifestyle Support

Practical nutrition advice and lifestyle changes that are easy to follow and sustain.



6. Mind-Body Balance

Yoga, pranayama and meditation to improve your physical health and mental well-being.



7. Sustainable Results

We focus on building healthy habits that give you lasting results, not just short-term fixes.



8. Compassionate Care

You are not just a participant, you are a priority. We care for your health like our own.

“ We don’t just guide you,
we walk with you
every step of the way. ”



We are committed to helping you
Feel Better, Live Better & Stay Better.





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BATCH STRUCTURE



Monday – Friday



Time: 5:00 PM – 6:00 PM

Har session mein:



Warm-up



Yoga
Practice



Breathing
Exercises



Relaxation



Health
Education



Practical
Lifestyle Tips



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BENEFITS



*Better Health. Better You.
Every Day.*



1. Stronger Immunity

Boosts your body's natural defense system and helps fight illnesses.



2. Healthy Weight

Helps in weight management and promotes a healthy, active lifestyle.



3. Better Heart Health

Improves heart function, lowers blood pressure and reduces the risk of heart disease.



4. Stress Relief

Reduces stress, anxiety and promotes mental peace and emotional well-being.



5. Improved Breathing

Enhances lung capacity and improves overall respiratory health.



6. Better Digestion

Improves digestion, reduces bloating and supports gut health.



7. More Energy

Increases stamina and energy levels for a more productive and active day.



8. Better Focus & Sleep

Improves concentration, mental clarity and helps you sleep better.



9. Strong Joints & Muscles

Improves flexibility, strengthens muscles and reduces joint pain.



10. Overall Well-being

Supports a balanced lifestyle and helps you live a healthier, happier life.



*Small steps today,
big changes tomorrow –
Choose wellness, choose a **better you.***





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MEET YOUR DOCTOR



Dr. Pulkit Mehta (MBBS)

“

Mera uddeshya sirf medicines
likhna nahi, balki logon ko unki
health ko samajhna aur healthy
lifestyle apnana sikhana hai.

”



Bharat Bhushan

(Yoga Teacher)



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W E L L N E S S

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START YOUR *Wellness* JOURNEY TODAY!



Monday – Friday



5:00 PM – 6:00 PM



Limited Seats Available



Invest in your Health Today,
because Good Health is the Greatest Wealth.



We Don't Just Prescribe Pills,
We Help You Build Health.