

**aarañya**  
wellness | health | healing

## Company Profile



# Our Company



**Aaranya** understands the employees problems and provides solutions for their wellbeing with modern day therapies for work related problems.

Employees get access to our Knowledge centre. Aaranya offers engagement through its app. The app provides One-to-one counselling sessions and more.

# Message from the founder

“ I have a strong belief that  
'Nature can cure any disease';

at a relatively lesser cost than another system of medicines and without creating side effects. To reaffirm my faith in wellness, I visited the best wellness centres in India, which gave me the confidence to start a wellness centre that reflects my own unique vision.

- **Ranjit Tiwari**



# How can Aaranya help

Aaranya's Wellness Practices

Strategies  
for a healthier  
workforce.

Making the most  
of your workforce  
potential

Expert  
rehabilitation  
programs

Employees  
benefits and  
community  
programs





# Our Services

1

## Physiotherapy

- It enhances mobility and flexibility.
- It enhances mobility and flexibility.

2

## Acupressure & Sujok

- Relieve pain and stress.
- Balances body through hand and foot pressure.

3

## Panchakarma

- It removes toxins and restores body
- It enhances health and promotes relaxation.

4

## Zumba & Aerobics

- Boosts overall fitness and endurance.
- Meditation calms the mind and reduces stress.

5

## Yoga & Meditation

- Yoga boosts flexibility and strength.
- It enhances mobility and flexibility.

6

## Homeopathy

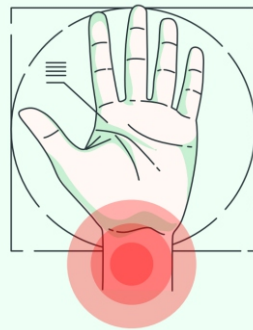
- Holistic healing for mind and body.
- Balances energy for overall wellness.

# Problems

## Common Office Workforce Health Problems



Mouse Shoulder



Carpal Tunnel Syndrome



Tennis Elbow



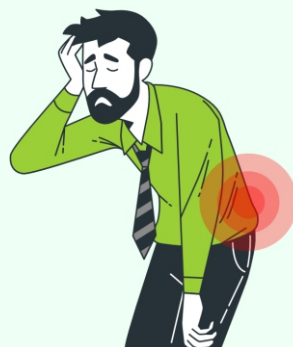
Disc Injuries



Depression



Mouse Shoulder



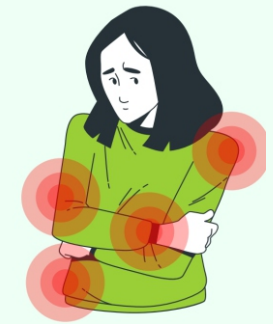
Lumbar Strains & Sprains



Computer Vision Syndrome



Musculoskeletal Depression

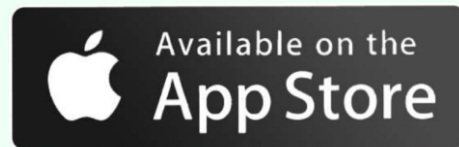


Repetitive Strain Injuries

# Companion App

One App. Many Solutions.

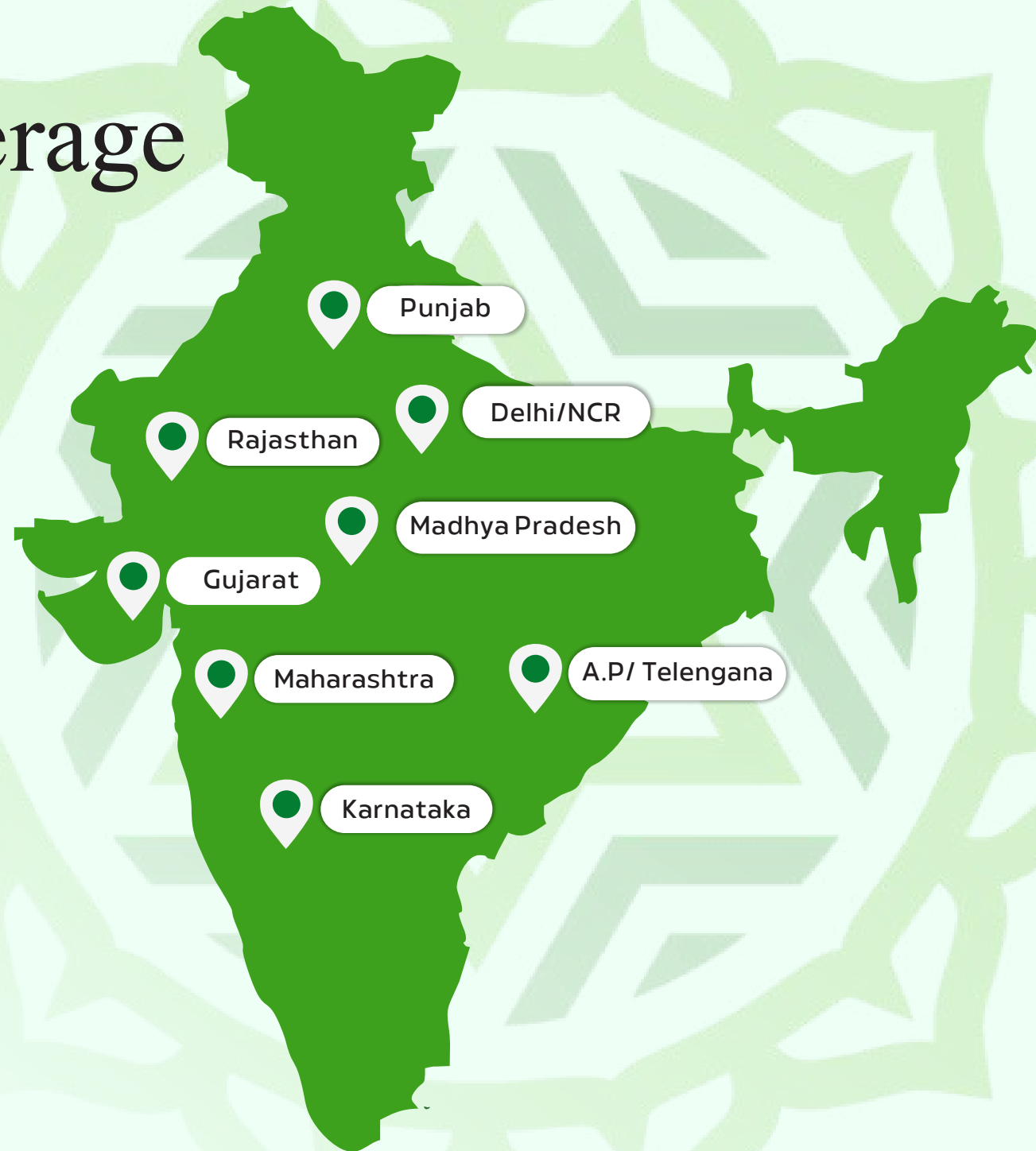
**Well designed  
healing just a  
few taps away**



# Pan India Coverage

Aaranya provides end to end holistic wellness programs for business and individuals.

rehabilitation, therapies, consultations, group activities, guidance and other services for a happy and healthy work environment for employees and which extends to their families.







*Aaranya is about healing. Healing that includes wellness packages and provides for rehabilitation through our network of experts for businesses as well as individuals.*

### Acupressure

Acupressure is an art of touching the Energy Points on the body surface to relax the body and to heal pain besides also preventing further diseases and ailments.

### Sujok

"SuJok" is a combination of two words.

Originally Su means a Hand, and Jok means a foot.

SuJok Acupuncture is a Physical & Metaphysical, Natural Therapy of healing without drugs.

## AARANYA WELLNESS

Are you dealing with issues like *Back pain, muscle pain, joint pain, neck pain*, or other musculoskeletal issues?

### BENEFITS OF ACUPRESSURE AND SUJOK

- 1 RELIEVING STRESS, TENSION, AND ANXIETY
- 2 REDUCING DIGESTIVE ISSUES
- 3 MINIMIZING HEADACHES
- 4 IMPROVING SLEEP
- 5 RELAXING MUSCLES AND JOINTS
- 6 ALLEVIATING CHRONIC PAIN

*If you are dealing with any of the above-mentioned issues, it is most likely because of the stress and incorrect posture at work.*



For the companies outside delhi-NCR complementary services are free but fooding and lodging will be taken care by the client

# Trusted by Many



# Words from Our Clients

## **Prajakta Walke**

*Finance Department*

I was facing like spondylitis, lower back-pain, knee pain, hipper acidity, leg cramps, sleeplessness, dryness in eyes and constipation. I have recovered from most of these illnesses with the help of this treatment.



## **Kiran Parmar**

*Finance Department*

I had a serious Gold bladder issue and hyper ACDT. I started this acupressure therapy since 2 month and i feel very better and positive result



## **Chirag Trived**

*Air India Express*

I was undergoing magnet therapy, accupressure under Ms Ritika for knee pain and BP. I would like to inform you that it has helped me a lot to relive my pain and i stopped wearing knee band.



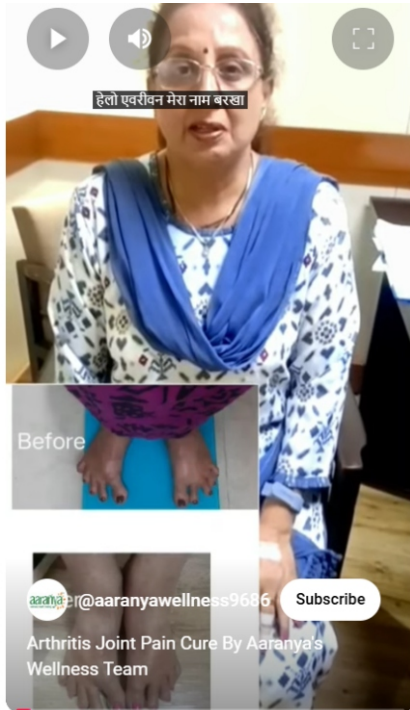
## **Abhijit Jadhav**

*Manager Training*

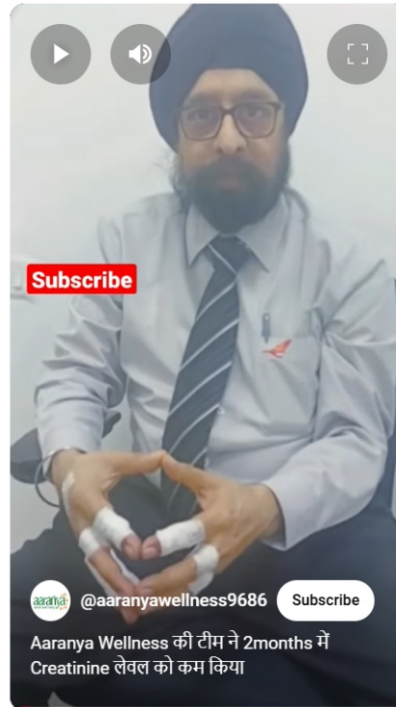
I had issue of pain in right hand, motion, fatty liver and stomach heat. Would like to inform you after treatment I felt drastic release in 2-3 weeks time.



# Transforming Lives with Wellness – Watch Here



<https://www.youtube.com/shorts/m2qR8ngHL04>



<https://www.youtube.com/shorts/PxH6bV7xRyA>



<https://www.youtube.com/shorts/7M3pnHN2J5k>

# What Industry Leaders have to say about us



**Adarsh Mishra**

Director & CHRO Panasonic India

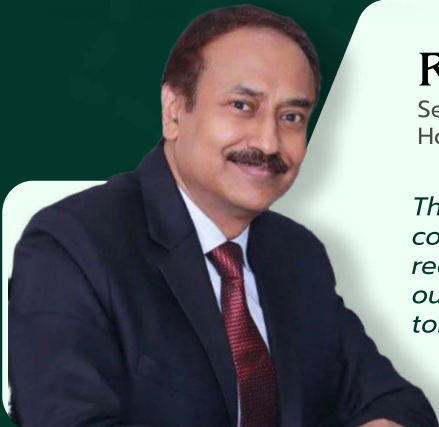
*It works! I am thoroughly impressed with the goodwill USP of the company and effective results that has brought to me and my colleagues. I encourage everyone to use their services for their well-being.*



**Sushil Chandra Mishra**

Chairman and Managing Director of Oil India Limited

*Many companies offer scores of different services. Aaranya offers positivity to life. We are glad to have these kind of wellness services at our premises. People really loved it.*



**Rajneesh Gupta**

Senior Vice President  
Honda India Power Products Ltd.

*The realities of today has its consequences, hence the need is real. I am glad Aaranya is helping out businesses towards a healthier tomorrow.*



**R. P. Singh**

Director (HR & Legal) at  
IFFCO Panasonic India

*Aaranya Wellness has perhaps changed my perspective on wellness, healing and healthy lifestyle without medicine and surgery.*



# Contact Us



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