

STRESS  
MANAGEMENT  
VIVEKANANDA HEALTH'S  
SMILE

SMILE is

multidimensional.

Provides complete answer to  
the challenge of stress at  
physical, mental, emotional  
and intellectual levels

## ABOUT US

AT VIVEKANANDA HEALTH  
GLOBAL WE STRIVE TO BRING  
THE MOST AUTHENTIC AND  
TRADITIONAL HEALING SYSTEMS  
TO OUR CLIENTS.

ORIGINAL AND SCIENTIFICALLY  
VALIDATED SYSTEM TO  
IMPROVE AND RESTORE  
HEALTH.

OUR SERVICES INCLUDE  
HOLISTIC SOLUTIONS-

PREVENTION HEALTH  
DISEASE MANAGEMENT  
REHABILITATION,  
EDUCATION PROGRAMS –  
YOGA AND AYURVEDA BASED  
CERTIFICATION COURSES,  
WORKSHOPS, ONLINE  
KNOWLEDGE DISSEMINATION.

[WWW.VIVEKANANDAHEALTH.COM](http://WWW.VIVEKANANDAHEALTH.COM)



**VIVEKANANDAHEALTH®**  
— GLOBAL —

Ayurveda || Yoga || Naturopathy

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**Email:**  
[info@vivekanandahealth.com](mailto:info@vivekanandahealth.com)



## SPINAL HEALTH SOLUTION

Spinal Health is best addressed with Yoga therapy taught during the course of sessions.



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## EYE HEALTH SOLUTION

Eye health is considered the most important to be efficient at work. Our solutions addresses this problem

Simple eye exercises to strengthen eye muscles. Naturopathy/Ayurvedic Packs to soothen your eyes

## WOMEN HEALTH SOLUTION

Women health is addressed through Integrating Ayurveda and Yoga systems of medicine.

Understand what ayurveda talks on Stree roga and learn lifestyle/diet recommendations. The module helps in balancing Hypothalamo Pituitary Ovarian Axis, also reduces cortisol levels



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*Rejuvenate your body  
with our health  
solutions*

