

## About Me



## Piyali Bhattacharjee

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With over 15 years of experience in the corporate world, I have experienced a deep inner calling that led me to pivot toward a more meaningful and purposeful path – holistic approach health & Wellness.

Today, I am Certified **Holistic Health Coach** on a mission to empower individuals to take charge of their well-being & live medicine free lives through natural, sustainable healing methods. I understand the toll a high-pressure take our physical, emotional & Mental health.

After years of navigating that path myself, I feel a deeper inner calling to explore holistic healing – not only for myself, but to help others break free from cycles of chronic stress and dependency on Medicine.

Today, as a Certified Holistic Health Coach, I empower individuals to reclaim their health naturally by addressing root causes – not just symptoms. I Specialize in Gut Health, Lifestyle Transformation, Stress Management & Mind body alignment, guiding people to live healthier, medicine free lives through sustainable natural methods.

I strongly believe that true healing begins from within & that prevention is far more powerful than cure. My goal is to guide people back to balance, energy & Vitality – not through quick fixes, but by fastening lasting lifestyle shifts.

Drawing from my own transformational journey & a solid foundation in both Science & Spirituality, I blend ancient wisdom with modern wellness practices. My Approach focusses on the mind-body connection, gut health, lifestyle modification, stress management & nutrition – all tailored to each individual's unique needs.

## My Mission:

To inspire & guide individuals toward a healthier, more balanced life – free from medicine, full of energy – through personalized holistic healing practices.

## What I Offer:

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- 1:1 Holistic Health Coaching
- Group Wellness Programs
- Lifestyle & Nutrition Planning
- Society Wellness Workshops
- Institute & Educational Wellness Workshops
- Corporate Wellness Workshops
- Mind body balance & Stress Relief Coaching

## Signature Topics & Workshop

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- From burnout to balance: Healing from the inside out.
- Medicine – Free Living: The power of the Holistic Health
- Gut Health & Emotional Resilience
- Mindful living for High – Performing professionals

## Core Area Of Expertise

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- Holistic Nutrition
- Gut Health & Digestive Wellness
- Stress & Anxiety Management
- Sleep & Energy Optimization
- Emotional Wellbeing
- Corporate Lifestyle Recovery

## Sessions Conducted

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- Session on Mindful Living at Silicon City College, Bangalore.
- Session on Mental Health Awareness at First Grade Government College, Bangalore
- Conducted Online workshops on Holistic Healing on Stress Free Living
- Conducted Workshop on Holistic Health at Societies

## Education qualification & Certification

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- Basics of Nutrition, Blood Report Analysis, Organ Cleansing and Weight Management (certified through
- UGC), Done the certification from Healthify Institute Ghaziabad.,
- Certificate on Chakra Balancing.
- Certificate on EFT(Emotional Freedom Technique)
- RYT 200 Yoga certificate from Shubh Yoga Foundation
- Certificate course on Naturopathy and Yog from Shubh Yoga Foundation
- Scrum certified (Scrum Master) & ITIL Foundation Certified(V3)



Let's Connect



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