



# DT. SEEMAA J. PODDAR

Empowering Wellness  
Since 2008



## ***“Wellness is not about perfection. It’s about awareness, intention, and consistent care.”***

When I started this journey in 2008, my goal was simple: to help people feel better – not just physically, but mentally and emotionally too. Over the years, I’ve seen how powerful the right guidance can be. A small shift in how you eat, move, or think can create a ripple effect across your entire life.

At Seema J. Poddar Health Consultancy, we don’t believe in shortcuts. We believe in sustainable habits, mindful choices, and treating each individual as unique. Whether you’re here to lose weight, manage a health condition, or simply feel more balanced, we’re committed to walking that path with you – with care, clarity, and compassion.

Thank you for trusting us with your health.  
Let’s create something lasting together.

**Dt. Seemaa J Poddar**  
Nutritionist & Wellness Coach



## Who We Are



# ABOUT US



Established in 2008, Seema J. Poddar Health Consultancy is one of India's trusted names in holistic nutrition and wellness. Founded by **Dt. Seemaa J. Poddar**, a certified nutritionist and power yoga trainer, we combine the wisdom of yogic science with modern nutritional strategies.

## What We Do

- Customized nutrition plans
- Sustainable weight management
- Mental, emotional, and spiritual wellness support

*We've helped 8,000+ clients transform their health and lifestyle.*

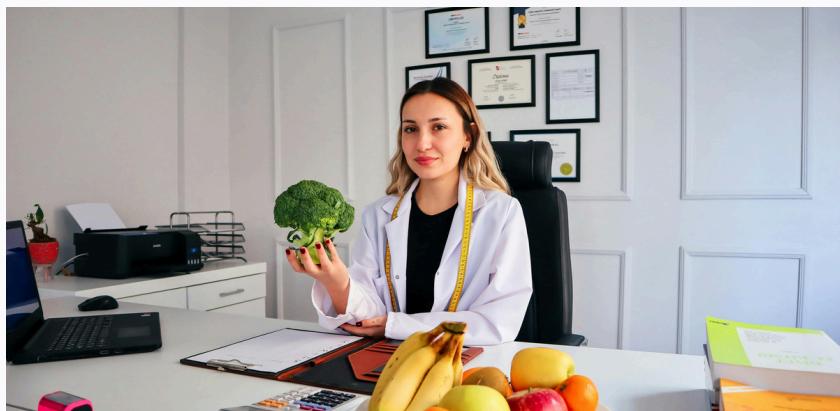
# VISION

A healthier world begins with awareness and access.

Our vision is to empower individuals and communities to prioritize wellness through personalized, sustainable health solutions.

We aim to make holistic care not just an option—but a way of life.

This vision guides everything we do, from the way we work with clients to the way we shape our services.



# MISSION

**01**

We promote holistic health by integrating physical, mental, and spiritual well-being—because true health isn't one-dimensional.

**02**

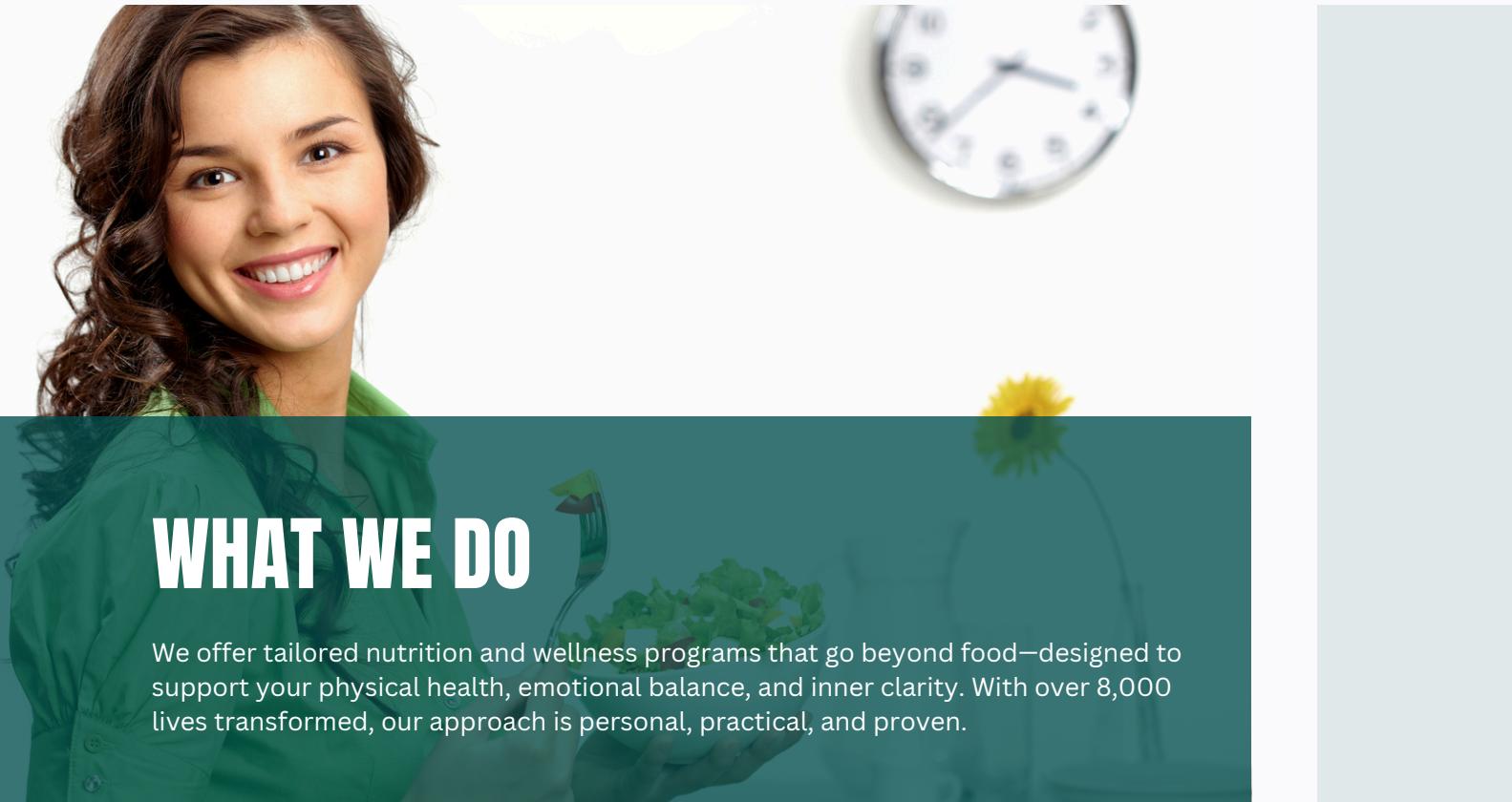
We empower individuals with personalized tools and knowledge to take charge of their health, for the long run—not just for quick results.

**03**

We focus on lasting, realistic lifestyle changes rather than restrictive fads. Our mission is to create balance, not dependency.

**04**

By combining modern science with ancient wisdom, we offer innovative wellness solutions that are effective, accessible, and deeply human.



## WHAT WE DO

We offer tailored nutrition and wellness programs that go beyond food—designed to support your physical health, emotional balance, and inner clarity. With over 8,000 lives transformed, our approach is personal, practical, and proven.

01

### Customized nutrition plans

Personalized meal strategies built around your body's needs, lifestyle, and health goals—so you can eat with purpose and clarity.

02

### Sustainable weight management

No crash diets. Just balanced, long-term habits that help you lose weight naturally and keep it off—without burning out.

03

### Mental, emotional, and spiritual wellness support

Health isn't just physical. We guide you in managing stress, finding inner peace, and reconnecting with yourself—mind, heart, and soul.

*We've helped 8,000+ clients transform their health and lifestyle.*

## OUR EDGE

04

### Deep knowledge of Yogic philosophy & psychology

We blend ancient yogic wisdom with modern psychological insights to support true inner transformation—not just symptom control.

05

### 18+ years of practical experience

With nearly two decades of hands-on guidance, we've helped thousands navigate real-life health challenges with clarity and care.

06

### A whole-person approach: body, mind, and soul

Your well-being is more than just numbers on a scale. We address the full spectrum of health—physical, mental, and spiritual—for lasting change.



# WHY CHOOSE US

## Here's what sets us apart:

- 8,000+ clients served
- 100+ corporate partners
- Personalized care that works
- Evidence-based strategies backed by ancient wisdom
- Available online & offline for flexible access

### Personalized Client Attention

We don't follow templates. Every plan is built from scratch to fit your lifestyle, preferences, and goals—because no two bodies (or lives) are the same.

### Real Results, Human Approach

We're not here to overwhelm you with jargon. We simplify the science and focus on changes that are doable, sustainable, and actually make a difference.

### Blending Science with Intuition

We combine clinical insights with intuitive, soul-aligned practices—so your healing journey feels both grounded and empowering.

# OUR SERVICES

## Nutrition & Diet

### Wellness Diet Plans

Custom meal plans that align with your health goals:

- Boost immunity
- Improve digestion
- Address specific health conditions

### Holistic Weight Management

Forget crash diets. We focus on:

- Personalized nutrition
- Simple, effective exercise routines
- Emotional support & mindset guidance



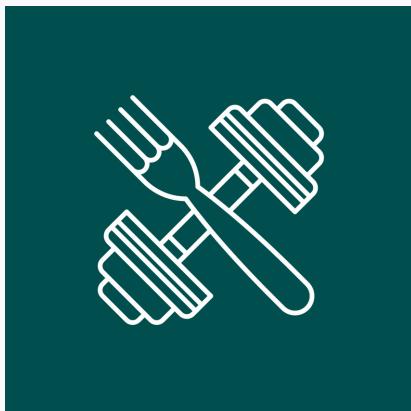
### Obesity Control Programs

For those struggling with obesity:

- Balanced, achievable eating habits
- Structured physical activity
- Behavioral therapy to rebuild relationship with food

# OUR SERVICES

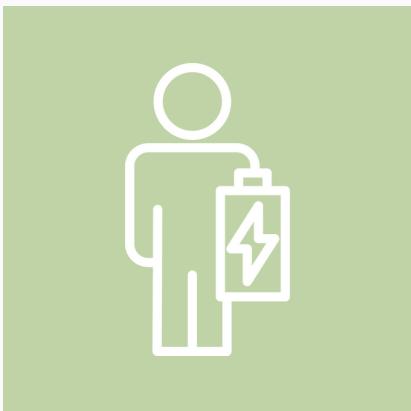
## Specialized Programs



### Sports Nutrition

**Fueling athletes to perform at their best:**

- Pre/post workout meals
- Hydration & recovery strategies
- Nutrient timing for performance & endurance



### Energy Optimization Plans

**Feel tired all the time? We'll help you:**

- Stabilize energy throughout the day
- Balance your metabolism and hormones
- Use food to improve focus and vitality



### Spiritual Counseling

**Real wellness includes the soul:**

- Reconnect with your inner self
- Find purpose and calm using yogic psychology
- Gain emotional clarity and resilience

# WHO WE WORK WITH



## Individual Clients

From homemakers to CEOs, we've guided:

- Busy professionals
- Students
- New mothers
- Retired seniors



## Corporate Wellness Programs

Partnering with companies to improve employee well-being:

- On-site or remote workshops
- Customized plans for teams
- Long-term health monitoring

***“100+ companies trust us to keep their teams energized and healthy.”***



# OUR CLIENTELE

We are proud to have served a diverse and extensive clientele, each with unique health and wellness needs. Our clients range from individuals seeking personal health improvements to large corporations looking to enhance the well-being of their employees



Manasi Club





# GET IN TOUCH

Ready to begin your wellness journey?

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