



IHC x Arogyadhamma



The Heart & Harmony Retreat



23rd December to 30th December, 2025



S-VYASA Arogyadhamma, Bengaluru



www.arogyadhamma.com



+91-9972871777

About S-VYASA Arogyadhamma

About Arogyadhamma

Arogyadhamma is the 400-bed residential integrative medicine center at S-VYASA Deemed-to-be-University, located amidst serene greenery at the foothills of Bannerghatta National Park, Bengaluru.

For over 40 years, Arogyadhamma has been globally recognized for successfully treating lifestyle and chronic ailments through a evidence based scientifically proven blend of Yoga Therapy, Ayurveda, Naturopathy, and Modern Medical Science.

Our center attracts patients and wellness seekers from 60+ countries, and has a dedicated wing for international participants with English-speaking therapists and translators if needed.

Departments at Arogyadhamma



Neurology



Oncology



Cardiology



Pulmonology



Psychiatry



Rheumatology



Spinal Disorders



Endocrinology



Gastroenterology



Metabolic Disorder



Positive Health

Therapies at Arogyadhamma



YOGA THERAPY



NATUROPATHY



ACUPUNCTURE



PHYSIOTHERAPY



ACUPRESSURE



AYURVEDA

Our Founders



Dr. Nagarathna



Dr. Nagendra

About Dr. Susheel K Sharma



Dr. Susheel K Sharma

MBBS, MD (INDIA), MRCP (UK), FACC (USA)

INTERVENTIONAL CARDIOLOGIST



CAREER OVERVIEW

- MBBS- S.N Medical College Agra, 1977
- M.D Internal Medicine- S.N Medical College Agra, 1982
- M.R.C.P (UK)- Royal college of Physicians, Scotland, 1984
- FACC (USA) - 1991



MEDICAL EXPERTISE

- Chief, Division Of Cardiology, 1991- 1993
- Attending, Cardiac Catheterization Laboratory, 1994 - 2014
- Clinical Assistant Professor of Cardiology University of Maryland Medical Center, 1999-2022
- Associate Director, Cardiac Cath Lab, Medstar Union Memorial Hospital, 2004- 2015
- Chief, Division of Cardiology, Medstar Harbor Hospital Center, 2015- 2018
- Director, Cardiac Catheterization Lab, University of Maryland, Baltimore Washington Medical Center.
- Cardiology Consultant, University Of Maryland, 1994 - 2022 Baltimore Washington Medical Center.
- President/Founder, Maryland Heart Associates, LLC, 2007-2022



AFFILIATIONS

- University Of Maryland Baltimore Washington Medical Center.
- Medstar Union Memorial Hospital Baltimore.
- Harbor Hospital Baltimore
- Visiting Faculty- AIIMS, Rishikesh, INDIA
- Voluntary Faculty- Ramakrishna Mission Sevashrama, India
- Voluntary Faculty- S-VYASA Yoga University, India



MEDICAL TRAINING

- Internal Medicine Residency, New Cross Hospital, 1983-1984
- Internal Medicine Hospital, Tameside General Hospital, 1984-1985
- Research Cardiology Fellowship, Leeds University, 1985-1988
- Cardiology Fellowship, Manchester University, 1988-1999
- Interventional Cardiology Fellowship, Henry Ford Heart & Vascular Institute, 1989-1991



PROFESSIONAL MEMBERSHIPS

- Fellow American College of Cardiology
- Member American Society of Preventive Cardiology
- Member Physician Committee for responsible Medicine
- Board Certified, Cardiovascular Medicine



MEDICAL LICENSE

- Maryland State Medical License, 1993-Currrent
- Uttarakhand State Medical License 1993-Currrent



CURRENT POSITION

- Program Director- Integrated Cardiology Center - Ramakrishna Mission Sevashrama, Kankhal
- Program Director- Integrated Heart Center, S-VYASA VASHI, Bengaluru

03.

Program highlights



Daily Heart-Centered Yoga & Meditation

Guided sessions designed to improve cardiovascular health

Mindful forest walks, connection with the healing rhythms of nature.



Personalized Wellness Consultations



Interactive Health Talks & Workshops



Wholesome, satvic cuisine prepared with love, to support your heart.



Detox & Relaxation Therapies



Wellness therapy sessions to rejuvenate body and mind

04.

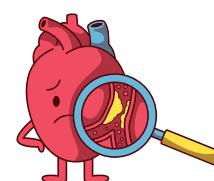
Who Should Join?



Diabetes Mellitus



Hypertension



Heart Disease



Digestive Disorders



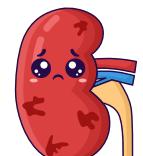
Obesity



Hypo/Hyper Thyroidism



Stress



Kidney Disorders

Daily Schedule

TIME	ACTIVITY
5:20 AM - 5:50 AM	OM Meditation
6:00 AM - 6:55 AM	Yoga Special Technique-1
7:00 AM - 7:55 AM	Maitri Milan
9:00 AM - 9:55 AM	Parameters & Consultation
10:15 AM - 10:55 AM	Health Literacy Lecture
11:00 AM - 11:55 AM	Pranayama
12:00 PM - 12:55 PM	Yoga Special Technique-2
2:00 PM - 2:55 PM	Rest
3:00 PM - 3:55 PM	Cyclic Meditation
4:00 PM - 4:55 PM	Yoga Special Technique-3
5:15 PM - 6:00 PM	Tuning To Nature
6:00 PM - 6:30 PM	Bhajan
6:40 PM - 7:40 PM	MSRT & Trataka
8:40 PM - 9:30 PM	Happy Assembly

MEAL TIMINGS

- 08:00 AM- BREAKFAST
- 10:00 AM- JUICE
- 01:00 PM- LUNCH
- 05:00 PM- SOUP & KASHAYA
- 07:40 PM- DINNER

NOTE

CLASSES ARE ACCORDING
TO LANGUAGE WISE

Accommodation & Charges

These charges are inclusive of all meals, yoga classes & doctors consultation. Ayurveda, Naturopathy, Acupuncture, Physiotherapy are available for extra charges.

SINGLE ROOM

Single Occupancy Room NON-AC



₹ 13,200/- one person for a week

DOUBLE / TRIPLE SHARING BEDROOM

Single Room with double & triple occupancy NON-AC



₹ 11,000/- per person for a week

DOUBLE / TRIPLE SHARING BEDROOM

Single Room with double & triple occupancy WITH-AC



₹ 17,600/- per person for a week

SINGLE OCCUPANCY IN DOUBLE SHARING BEDROOM

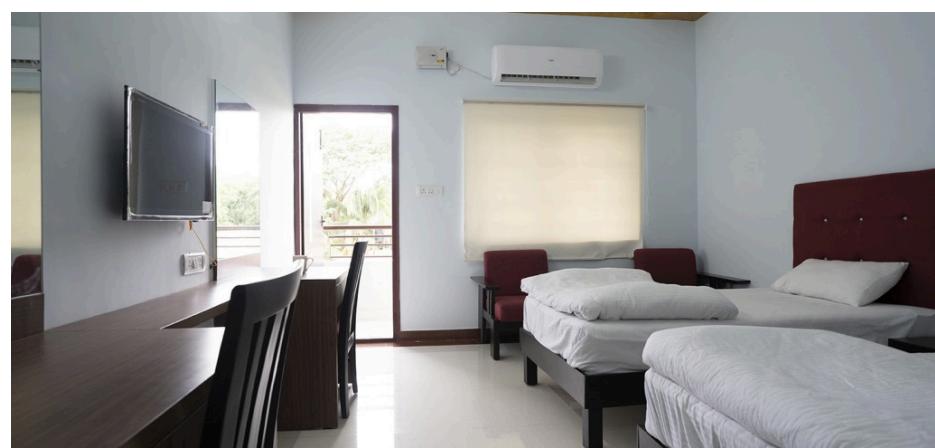
Single Room with single occupancy NON-AC



₹ 17,600/- one person for a week

DELUXE (SINGLE)

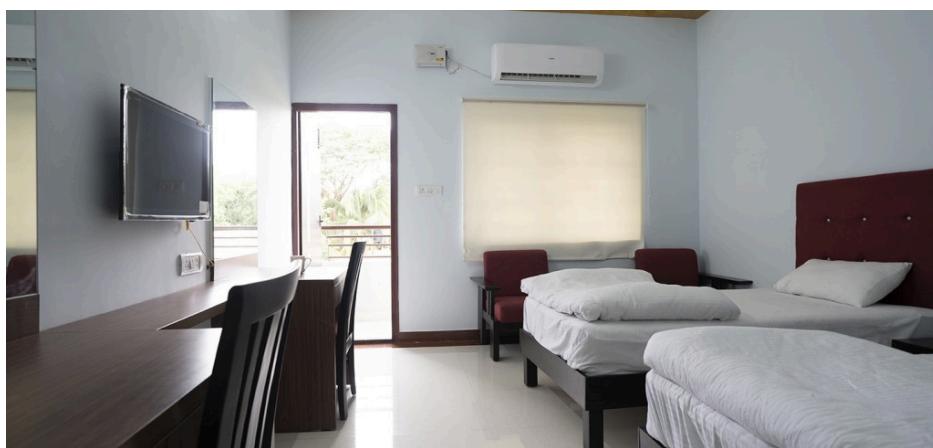
Single Occupancy Room with AC, Wi-Fi & Electric Kettle



₹ 27,500/- one person for a week

DELUXE (DOUBLE)

Double Occupancy Room with AC, Wi-Fi & Electric Kettle

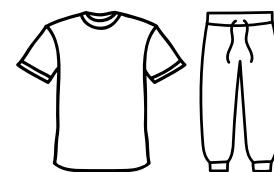


₹ 22,000/- per person for a week

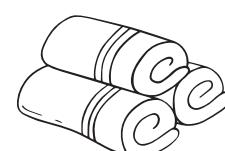
List of things to carry & How to reach?



Personal Toiletries



Loose & Comfortable Clothes



Bath Towels



Warm Clothes



Medications (if any)



Medical Reports



Water Bottle / Flask



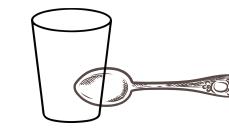
ID Proof (Aadhar)



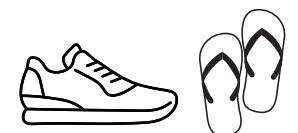
Cap / Hat



Umbrella



Spoon & Water Glass



Shoes & Slippers

From Bengaluru Airport (Kempegowda International Airport - BLR)

- **Distance:** Approximately 70 km

- **Travel Time:** Around 2 hours

- **Options:**

1. **SVYASA-arranged Pickup:** You can request a pickup by informing our travel desk in advance (chargeable)



From Bengaluru Railway Station (KSR Bengaluru City Station)

- **Distance:** Approximately 32 km

- **Travel Time:** Around 1.5 to 2 hours

- **Options:**

1. **SVYASA-arranged Pickup:** You can request a pickup by informing our travel desk in advance (chargeable)



From Majestic Bus Stand (Kempegowda Bus Station)

- **Distance:** Approximately 35 km

- **Travel Time:** Around 1.5 to 2 hours

- **Options:**

1. **SVYASA-arranged Pickup:** You can request a pickup by informing our travel desk in advance (chargeable)



CONTACT US



Our Phone
+91-99728 71777



Our Website
www.arogyadham.com



Our Location
**S-VYASA AROGYADHAMA,
PRASHANTHI KUTIRAM,
JIGANI-560105**



Our Email
arogyadham@svyasa.edu.in



Scan for Location

