



**Om** कल्याणल Santhigiri

HOLISTIC WELLNESS


✦ Community ✦ Retreat ✦ Products



# Wellness

According to the Rigveda, every living organism on earth (including human beings) are made of Panch Mahabhutas or five basic elements of life which are :





Balancing these five elements is at the heart of true Wellness. At Om Kalyanam, we are committed to utilizing every available resource to elevate and enrich your healthy living experience. Our approach goes beyond the basics of well-being; we blend traditional wisdom with modern techniques to create a holistic environment where you can thrive. Whether it's through our carefully curated wellness programs, personalized care, or the serene atmosphere we cultivate, every aspect of Om Kalyanam is designed to support your journey towards a healthier, more balanced life. We believe that true wellness is a journey, not a destination, and we are here to guide and support you every step of the way.

# लोकाः

सब प्राणियों का भला हो,  
सब को शान्ति मिले।  
सभी को पूर्णता प्राप्त हो,  
सब का मंगल हो,  
सारे लोक सुखी हों।

# समास्ताः



# सुखिनो

# भवन्तु

## Our Vision

Om Kalyanam fosters an environment that encourages individuals to prioritize personal growth and holistic well-being. By championing self-improvement and comprehensive wellness in sync with the environment, we seek to cultivate a world where everyone thrives and contributes to making our planet more habitable and harmonious, ensuring a brighter future for future generations.

We thrilled to announce  
our wellness partner...

# Santhigiri

Healthcare & Research Organization



Santhigiri Ashram



Minister of Road transport & Highways Mr. Nilin Gadkari took blessings at Santhigiri Ashram.



Ms Dhoni and Family visit.



Minister of Home affairs Amit Shah meet Hindu Sanyasis at government Guest house.





Former president Pratibha Patil at the inauguration ceremony of parnasala at santhigiri Ashram.



Hon'ble Vice-President, Shri Jagdeep Dhankhar attended the Silver Jubilee celebrations of Santhigiri Ashram



Former President Mr. Pranab Mukherjee visited Santhigiri Ashram.



Former President Ram Nath Kovind during the Inaugural ceremony of the 97th Navapoojitham celebrations at Santhigiri Ashram.



Minister of Home Affairs Rajnath Singh visited Santhigiri Ashram in Thiruvanthapuram.



Former Indian President Dr. APJ Abdul Kalam visited santhigiri Ashram and interacted with students of the Siddha and Ayurvedic Medical Colleges.

An extension of the Santhigiri Ashram's commitment to holistic well-being, combining traditional Indian medical practices and healthcare. The organization operates under the guidance and philosophy of Navajyothisree Karunakara Guru, focusing on the integration of Ayurveda, Siddha, Unani, and modern medicine.



# Empanelled

with the following central & state governments

Department of AYUSH  
Government of Karnataka

Nuclear Power Project  
Koodamkulam, Thirunelveli

Airport Authority of India  
Thiruvananthapuram

BSNL  
Thiruvananthapuram

ISRO  
Thiruvananthapuram

Goa Tourism  
Andrapradesh Tourism

and many more government premium institutions and Navratna institutes.

## Key Aspects of Santhigiri Healthcare & Research Organization

Biggest Manufacturers of Ayurveda Medicines  
(South India)

Direct Employment to over 6000 People

250 & 150 Bedded Ayurveda & Siddha Specialty  
Hospital in South India

Produces 400+ Ayurveda & Siddha proprietary  
medicines.

Paramedical Institute for the training of  
Panchakarma Therapists

Santhigiri stands as Asia's only institute for  
English-medium Ayurveda and Siddha education.

Santhigiri Healthcare & Research Organization is a unique institution that stands at the intersection of tradition and modernity, offering a comprehensive approach to health and wellness.









*Your*  
**Oasis**  
*of*  
Holistic  
Wellbeing



Escape to a realm of complete wellness at Om Kalyanam Wellness Resort, cradled within the magnificent Doon Valley.

Here, luxury seamlessly melds with holistic living, offering you a transformative experience that nurtures every facet of your being.









## Wellness Reimagined

Our resort presents an array of wellness therapies, from the time-honored Traditional Ayurveda to cutting-edge Modern Wellness, Emotional and Mental Healing, Energy Healing, Aura Cleansing, Spiritual Healing, and Chakra Balancing. These therapies are celebrated globally for their therapeutic efficacy.

## Holistic Harmony

At Om Kalyanam, we beckon you to embark on a holistic journey that rejuvenates your spiritual, emotional, mental, and physical well-being.

## For All Ages

Om Kalyanam is designed to cater to guests of all ages. Whether you seek relaxation, healing, or personal growth, our resort promises a rejuvenating experience that has the potential to redefine your life.

## Natural Haven

Nestled amidst the picturesque Doon Valley, our resort offers you a serene and natural haven to embark on your wellness journey.

Discover the essence of holistic living at

Om kalyanam Santhigiri

Wellness Resort

- where your pursuit of  
social, intellectual and environmental wellbeing  
is our guiding light.



A wellness-centric



resort.

Immerse in a holistic  
journey encompassing  
physical, emotional, social,  
spiritual, intellectual, and  
environmental wellness.





# Wellness Oasis





We invite those seeking solace and restoration on their journey to emotional, physical, and spiritual well-being. Our Wellness Oasis offers a holistic approach, featuring therapeutic sanctuaries and highly skilled therapists who guide you in self-discovery and personal growth.





# Ancient Healing Therapies

Our Wellness Oasis honors the wisdom of ancient healing traditions, integrating practices that have stood the test of time.

*Ayurveda*, the ancient Indian system of medicine, provides personalized treatments using herbs, diet, and lifestyle modifications to balance the body's energies (doshas).

We also offer *Panchakarma*, an Ayurvedic detoxification therapy that cleanses and rejuvenates the body.

*Yoga*, with its roots in ancient India, combines physical postures, breath control, and meditation to bring balance to the mind, body, and spirit.



Ayurveda





Panchakarma



Yoga



# Modern Therapies

Our modern therapies incorporate the latest scientific advancements to enhance well-being.

**Cosmetic Treatments** rejuvenate the skin and promote confidence, while **Chiropractic Care** realigns the body, improving overall function and reducing pain.

**Hyperbaric Oxygen Therapy** increases oxygen levels in the blood, accelerating healing, and **Red Light Therapy** stimulates cellular repair, reduces inflammation, and promotes recovery.

These modern therapies are designed to offer cutting-edge solutions for physical rejuvenation and wellness.



Hyperbaric Oxygen Therapy





Red Light Therapy



Cryochamber Therapy

# Alternative Therapies

Our alternative therapies blend ancient wisdom with modern practices to support a holistic journey.

Yoga and Tai Chi use mindful movement and breathwork to promote flexibility, strength, and inner calm.

Reiki, Pranic Healing, and Energy Healing work on an energetic level to clear blockages and balance the body's life force.

We also offer Sound Healing, which uses vibrational frequencies to harmonize mind and body.

Acupuncture and Acupressure, along with these modalities, enhance emotional and physical well-being, creating a balanced and transformative healing environment.

A woman with dark hair tied back, wearing a blue long-sleeved shirt, is captured in a Tai Chi pose. She is standing in front of a light-colored brick wall. Her right arm is extended forward with fingers spread, and her left arm is partially visible. The lighting is soft, highlighting the texture of the brick wall and the fabric of her shirt. A green plant is visible in the bottom right corner.

Tai Chi



Reiki



Om kalayanar Santhigiri



Sound Therapy

In our celestial neighborhood, where the Sun reigns supreme, lies a profound influence shaping our lives. With this cosmic connection in mind, we present "Dev Mahasabha," a sculpture designed to deepen the bond between our inner selves and the radiant beings accompanying our Sun, offering emotional tranquility and mental fortitude.

"Dev Mahasabha" aligns seamlessly with Om Kalyanam Resort, inspired by the nine planets of Indian astrology. Each block of the resort resonates with astrology and Vastu Shastra, with guestrooms designed around zodiac signs and planetary alignments for perfect harmony with celestial energies.

By integrating Vastu principles and the influence of planetary structures, we forge a powerful connection between the human body and cosmic energies. This sacred union empowers guests to transcend the ordinary, achieving success and fulfillment.

At Om Kalyanam Resort, "Dev Mahasabha" bridges the earthly and celestial, inviting you on a transformative journey that harmonizes your inner self with the vast cosmic energies.



# Dev Mahasabha

Connecting with  
Celestial Energies







# Center for Life Growth and Wellness

At Om Kalyanam, we proudly introduce our Center for Life Growth and Wellness, where we tailor training programs to nurture your holistic well-being. These programs encompass emotional, social, personal, spiritual, intellectual, and environmental dimensions, all curated and delivered by esteemed industry professionals.



# Our Offerings Include

## 1 Corporate Wellness Programs

Elevate the well-being of your organization with wellness initiatives designed to foster a healthier, happier, and more productive workforce.

## 2 Mental & Emotional Wellness Programs

Gain tools and insights to cultivate mental resilience, emotional intelligence, and inner peace.

## 3 Energy Healing Programs

Discover the transformative power of energy healing techniques that harmonize your mind, body, and spirit.

## 4 Guided Mind-Body Programs

Embark on a journey of self-discovery and holistic healing through expert guidance.

## 5 Life Skills Programs for Children

Equip the next generation with essential life skills to thrive in a complex world.

## 6 Holistic Parenting Retreats & Training Programs

Enhance your parenting journey with holistic approaches and valuable insights.

## 7 Satvik Cooking

Delve into the art of preparing nutritious and spiritually uplifting meals.

## 8 Guided Mindfulness

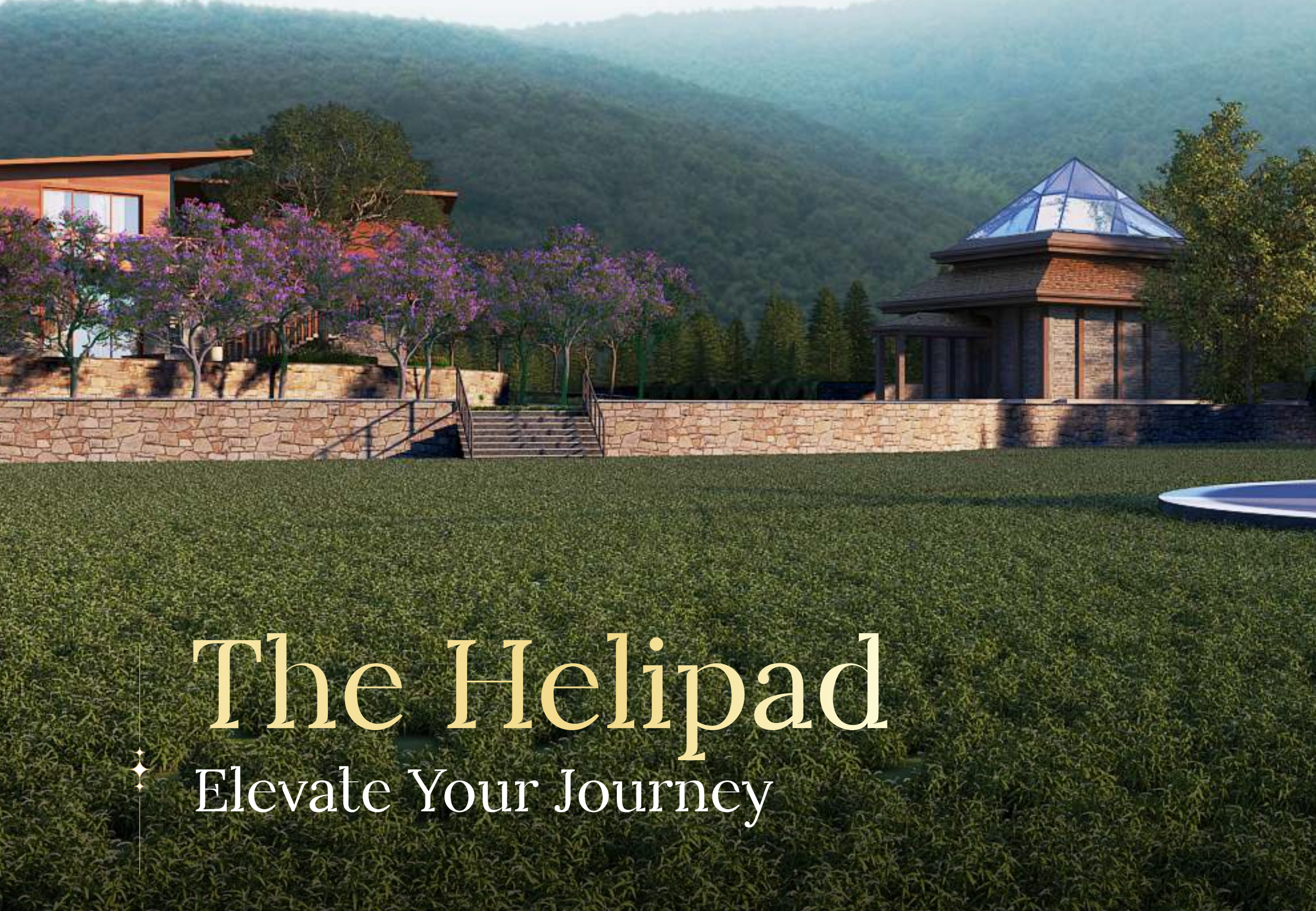
Learn the art of mindfulness, fostering inner peace and emotional balance.

## 9 Stress Management Training Programs

Equip yourself with effective stress management strategies to navigate life's challenges.

At our Center for Life Growth and Wellness, we are committed to your transformation and well-being. Join us on a journey towards a more fulfilled and balanced life, where growth is nurtured in every dimension of your being.





# The Helipad

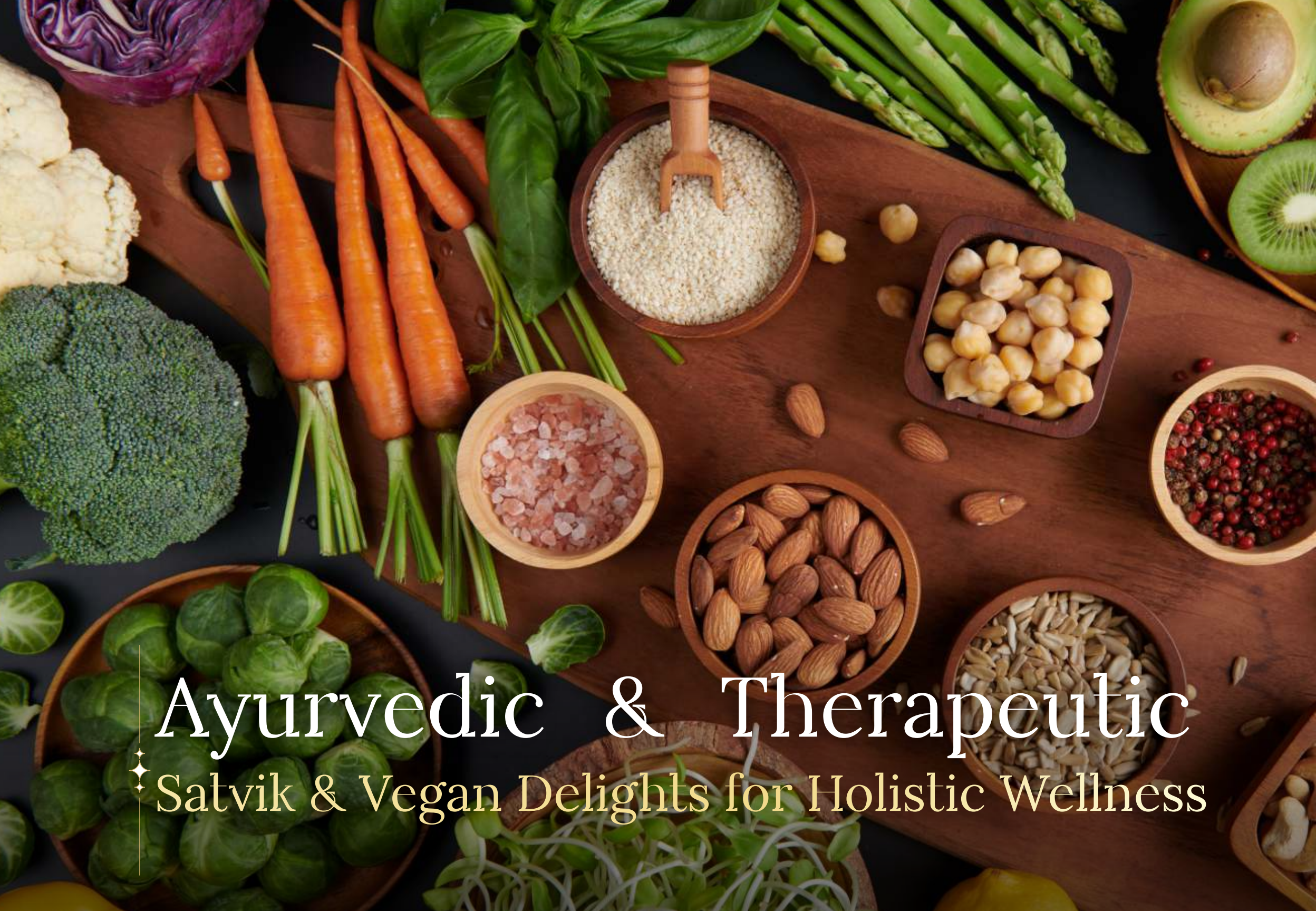
✦ Elevate Your Journey





At our resort, we offer the ultimate convenience and luxury with our very own helipad, enhancing your travel options with speed and efficiency. Beyond the thrill of air safaris and 4 Dhaam yatra, our guests now have the opportunity to take flight and revel in the awe-inspiring aerial spectacle of the Doon Valley that cradles our resort.





# Ayurvedic & Therapeutic

## Satvik & Vegan Delights for Holistic Wellness



If you're a fitness and wellness enthusiast with a penchant for wholesome, plant-based nutrition, your search ends at Om Kalyanam Resort. We offer a complete wellness experience that nurtures not only your body but also your mind and soul. Our focus is on the ancient wisdom of Satvik food, renowned for its capacity to heal both physically and spiritually.

Guided by our skilled nutrition experts, our guests embark on a culinary journey that aligns perfectly with their individual needs and wellness goals. And yes, the best part – Satvik food is as delightful to the taste buds as it is beneficial to your well-being. Our experienced chefs craft culinary masterpieces that not only tantalize the palate but also nourish the body and soul.

At Om Kalyanam Resort, we firmly believe that food isn't merely fuel; it's a way of life. Our Satvik food philosophy is designed to offer guests an enriching experience that fosters optimal health and wellness. We invite you to join us on this transformative journey toward holistic living, where the nourishment of your body is intertwined with the enrichment of your entire being.






# Havan Shala

Where Sacred Flames Illuminate the Soul





The Havan Shala at our resort is more than just a spiritual structure—it's a sanctuary where ancient Vedic traditions are brought to life in their purest form.

Nestled amidst the tranquil beauty of nature, this sacred space invites you to partake in the timeless ritual of havan, an offering to the divine fire that has been revered for centuries. As the flames rise, so too does the energy within you, purifying the mind, body, and soul.

The Havan Shala is designed to be a place of profound spiritual connection, where the sacred chants, the aroma of herbs and ghee, and the glow of the fire create an atmosphere of deep meditation and reflection. Here, you can release negativity, seek blessings, and experience a transformative sense of peace and renewal. Whether you are new to this ancient practice or have long understood its significance, the Havan Shala provides an immersive experience that enriches your spiritual journey, aligning you with the universal energies that sustain life. It stands as a cornerstone of our wellness offerings, embodying the essence of holistic healing and spiritual well-being.





# Tatvamayee Meditation

✦ Harmonizing with Elemental Energies

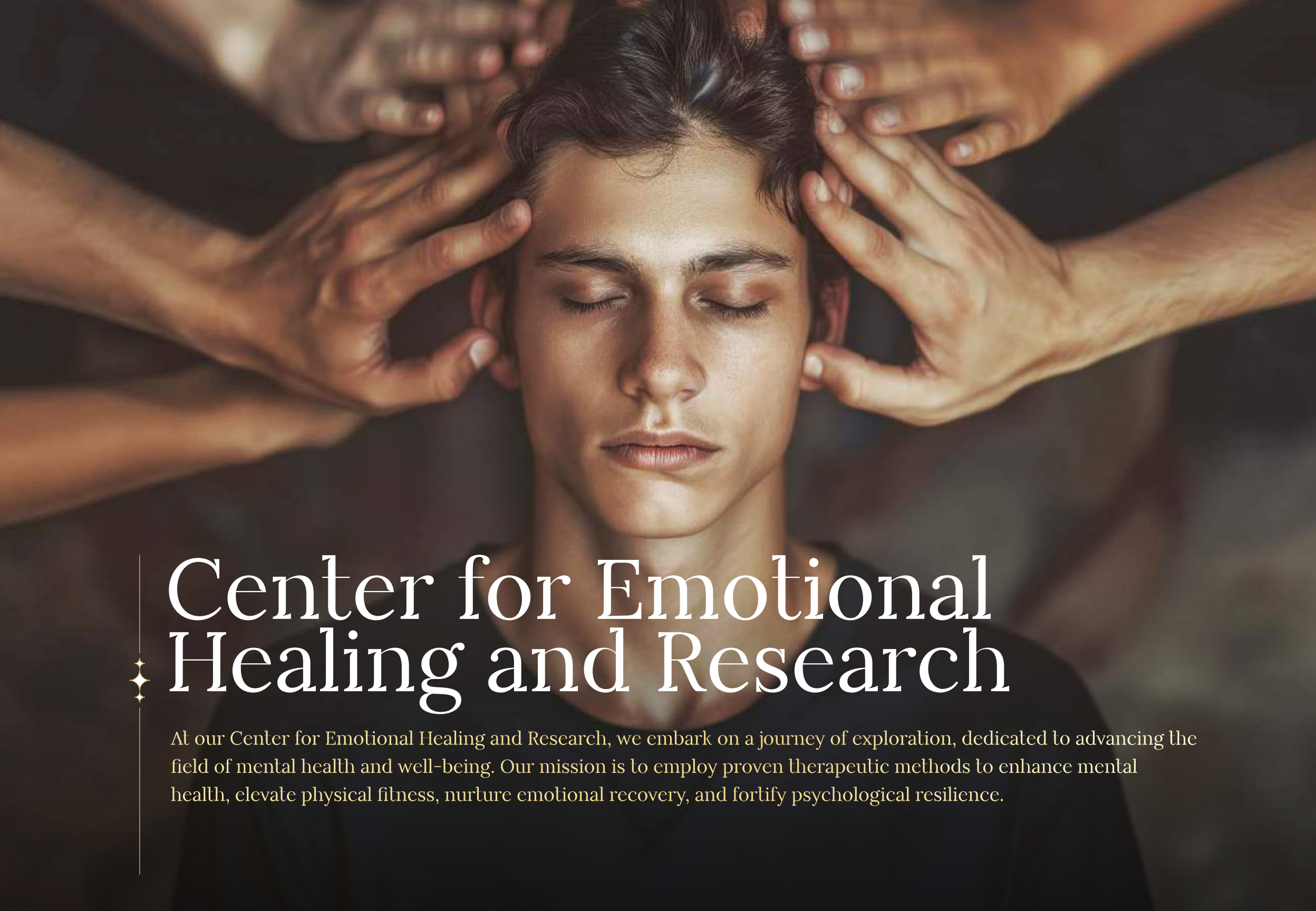




At Om Kalyanam Resort, we honor the universe's origins, born from a powerful explosion of energy. Throughout history, humanity has revered the elemental forces of fire, air, and water, essential for life. The Rigveda teaches that all living beings are made of five elements, with balance among them being key to harmony.

Enter our Tattva Meditation Center, where you'll connect deeply with these elemental energies. Situated on sacred land, the center promotes balance by normalizing iron levels, enhancing oxygen flow, and fostering tranquility. Experience transformative meditation that revitalizes both body and mind, uniting you with the universal elements.





# Center for Emotional Healing and Research

At our Center for Emotional Healing and Research, we embark on a journey of exploration, dedicated to advancing the field of mental health and well-being. Our mission is to employ proven therapeutic methods to enhance mental health, elevate physical fitness, nurture emotional recovery, and fortify psychological resilience.



## Our Approach

We understand that healing is a deeply personal journey, and as such, we offer a customized approach. Our programs blend the effectiveness of one-on-one counseling with the supportive dynamics of group sessions, ensuring a tailored experience for emotional and mental wellness.

## Scientifically Grounded Solutions

Our solutions are rooted in rigorous research and evidence-based techniques. We draw from a diverse toolkit that includes cognitive-behavioral therapy, mindfulness practices, and stress management strategies. Our comprehensive understanding of the intricate interplay between emotional, mental, and physical well-being guides our therapeutic methods.

## Empowering Lasting Change

By addressing the root causes of emotional challenges, we empower individuals to tap into their innate strengths and achieve enduring transformation. Our ultimate goal is to foster a healthier, more balanced life for each individual who walks through our doors.

Join us at the Center for Emotional Healing and Research, where we are committed to the pursuit of emotional well-being and dedicated to empowering you to embrace your full potential for lasting change.





# The Enchanting Boulevard

✦ Nature's Serenade at Your Feet





Step into a world of enchantment as you explore "The Boulevard" at Om Kalyanam Resort—a captivating opportunity to immerse yourself in the breathtaking beauty of nature. This serene setting, cocooned by lush trees and indigenous flora, boasts a meticulously designed path that unveils a panoramic view of the idyllic valley below, gracefully encircling the entire resort.

Discover "The Boulevard" at Om Kalyanam Resort—a place where nature serenades your every step and every walk becomes a journey of self-renewal.

#### A Morning of Renewal

Start your day with a revitalizing morning stroll, enveloped by the soothing embrace of nature's splendor.

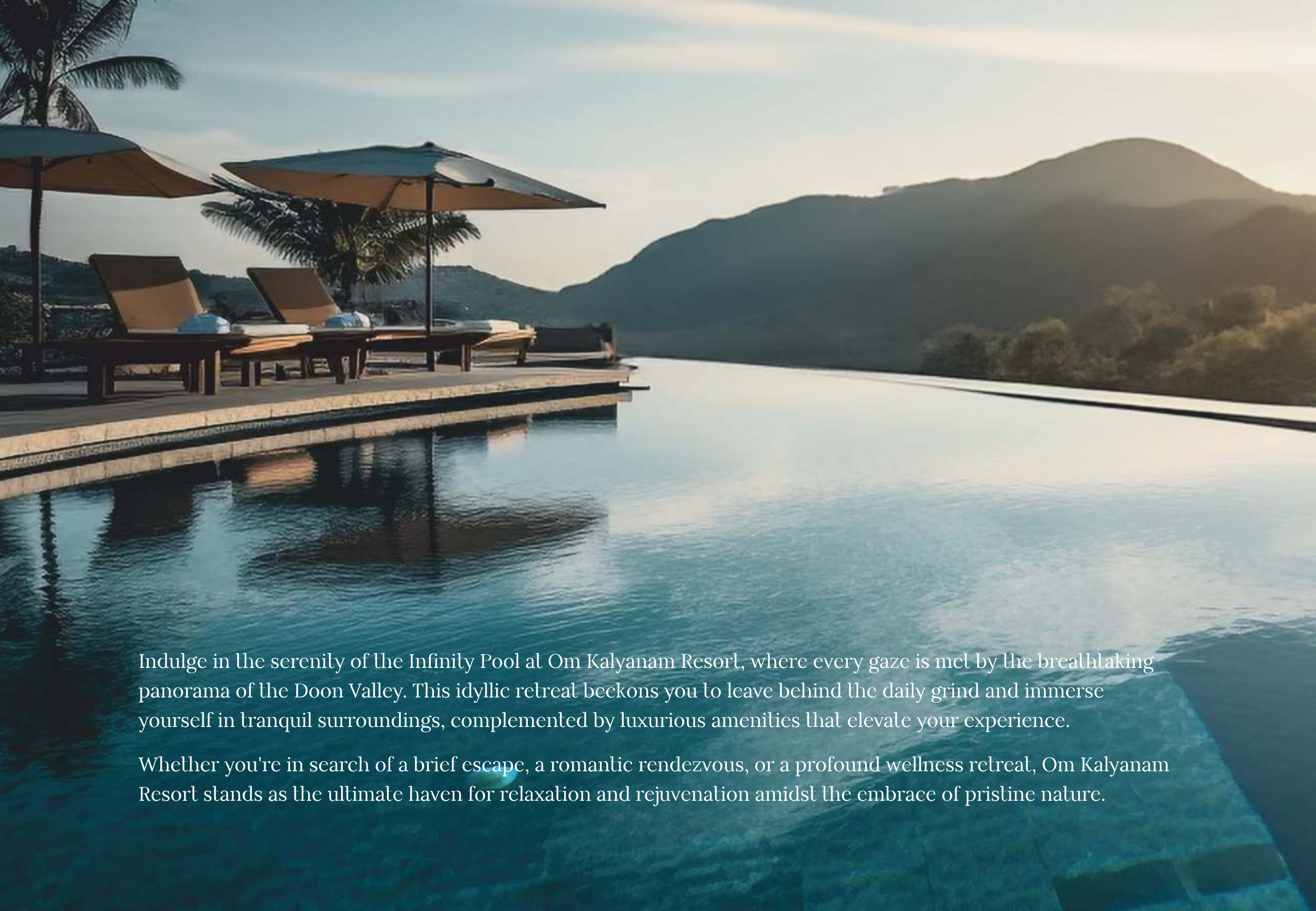
#### For the Cycling Enthusiasts

Cycling enthusiasts can embark on an exhilarating journey along the specially designed route, promising to invigorate both body and soul.

#### Therapeutic Reverie

As you embark on therapeutic strolls along the tree-lined boulevard, you'll find yourself forging a deeper connection with the natural world. These moments encourage introspection and self-discovery, inviting you to leave behind the cares of the world and lose yourself in the serenity that surrounds you.





Indulge in the serenity of the Infinity Pool at Om Kalyanam Resort, where every gaze is met by the breathtaking panorama of the Doon Valley. This idyllic retreat beckons you to leave behind the daily grind and immerse yourself in tranquil surroundings, complemented by luxurious amenities that elevate your experience.

Whether you're in search of a brief escape, a romantic rendezvous, or a profound wellness retreat, Om Kalyanam Resort stands as the ultimate haven for relaxation and rejuvenation amidst the embrace of pristine nature.



# ✦ The Infinity Pool

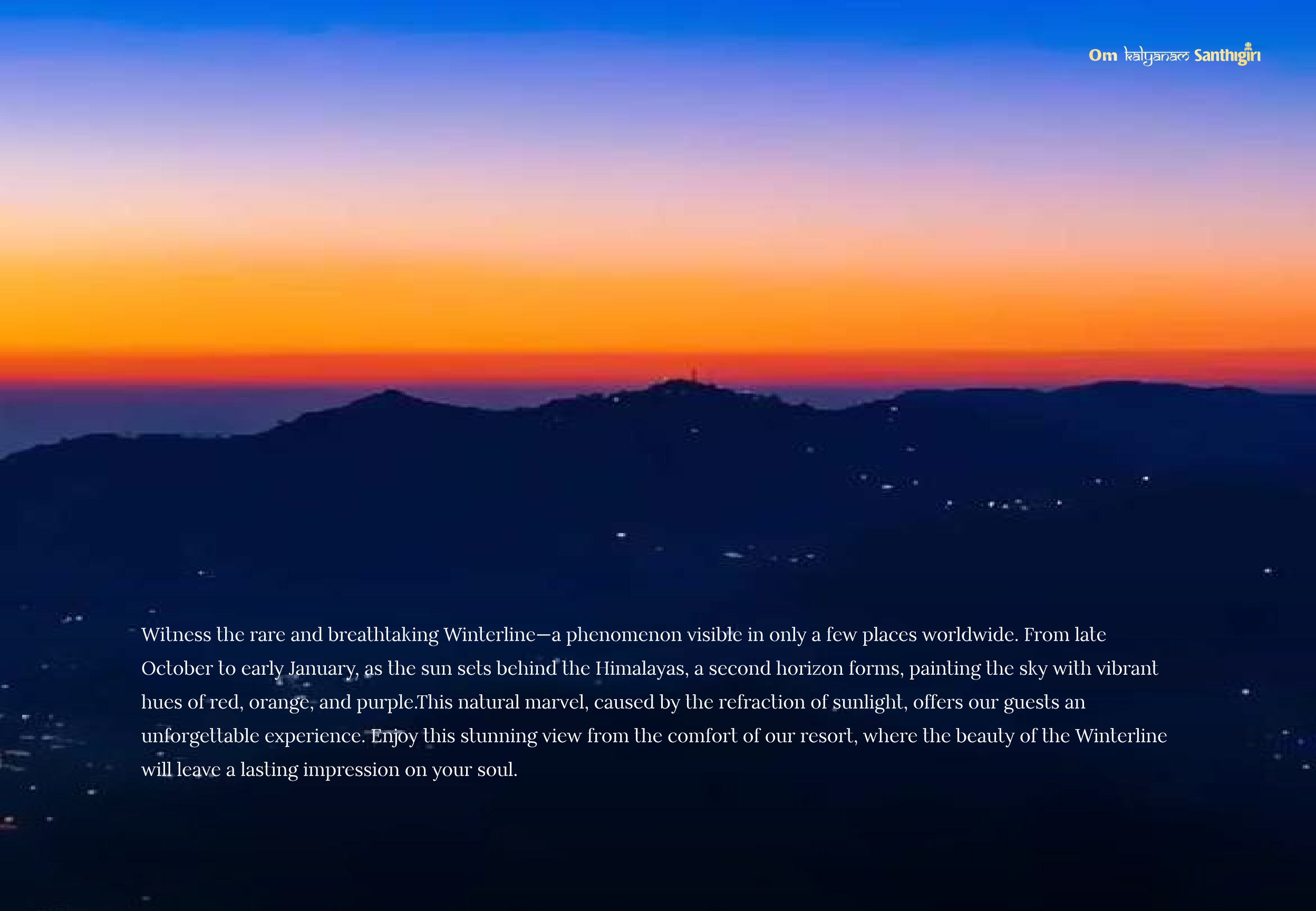




# Winter Line

## The Unique Spectacle





Witness the rare and breathtaking Winterline—a phenomenon visible in only a few places worldwide. From late October to early January, as the sun sets behind the Himalayas, a second horizon forms, painting the sky with vibrant hues of red, orange, and purple. This natural marvel, caused by the refraction of sunlight, offers our guests an unforgettable experience. Enjoy this stunning view from the comfort of our resort, where the beauty of the Winterline will leave a lasting impression on your soul.



## Nature Treks

Embark on guided journeys through lush landscapes, where every step brings you closer to the beauty of the natural world.

# Outdoor Wellness Activities

At Om Kalyanam Resort, we invite you to immerse yourself in the transformative embrace of nature's healing power. Step outside and experience a wide array of invigorating outdoor wellness activities tailored to rejuvenate your mind, body, and spirit





## Star Gazing

Lose yourself in the mesmerizing tapestry of the night sky as you engage in contemplative stargazing sessions.

## Yoga

Connect with the earth beneath you as you practice yoga in the open air, harmonizing your body and soul with nature's rhythms.





# Hiking

Explore the picturesque trails that wind through our pristine surroundings, offering both physical challenge and scenic beauty.



# Forest Bathing

Immerse yourself in the restorative energy of the forest, awakening your senses to the healing power of the wilderness.





## Nature Meditation

Find your inner calm amidst the serenity of our outdoor spaces, allowing the soothing sounds of nature to enhance your mindfulness practice.



# Military-Themed Adventure Camp

Embark on a journey that combines discipline and adventure in our Military-Themed Adventure Camp. Test your endurance with obstacle courses, survival skills training, and team challenges, all set within the serene landscape of our wellness resort. Achieve a balance between mental resilience and physical fitness, forging strength and camaraderie in a unique and invigorating environment.





## Outdoor Farming

to experience fosters a deeper connection to the earth, promoting mental well-being and a sense of fulfillment through hands-on engagement with organic cultivation.





# The Cottage Retreat

A Truly Homely Escape





Indulge in Comfort | Panoramic Views

A Homely Getaway | Nature's Embrace

At Om Kalyanam Resort, we invite you to immerse yourself in the serenity of the Doon Valley with a stay in our luxurious cottages—a haven of tranquility designed to provide a peaceful retreat for families, couples, and groups alike.





Comfort Meets Luxury | Private Balconies

Tailored to Your Desires


Om Kalyanam Resort introduces its exclusive studio condos, designed to cater to families, couples, and individuals in search of a lavish escape. Nestled amidst the natural beauty of the valley, these condos offer awe-inspiring views and a comfortable, convenient stay.



# Luxury Studio Condos

✦ Your Gateway to Tranquil Luxury





Explore the  
diverse offerings  
that await you:

1 **Salvik Living**  
Discover mental clarity and inner balance through our wellness programs, harmonizing mind and body.

5 **Life Growth Training Centre**  
Enroll in masterfully crafted programs promoting comprehensive well-being, led by industry specialists passionate about your personal growth.

9 **Luxury Vaastu-Inspired Villas & Condos**  
Discover positive energy and happiness in every corner of our thoughtfully crafted accommodations.

# Amenities and Facilities for Holistic Well-Being

At Om Kalyanam, we take pride in offering an array of distinctive amenities and facilities, carefully curated to foster holistic living and enrich your well-being journey.



## 2 Tattvamayee Meditation

Escape the chaos of city life and embark on a journey of self-discovery, reconnecting with your inner self.

## 3 Dev Mahasabha

Connect with the divine presence of Navagrahas, enhancing your spiritual experience within our serene sanctuary.

## 4 Emotional Wellness Centre

Delve into rigorous research to understand, fostering mental health, nurturing emotional recovery, and strengthening psychological resilience.

## 6 Healing Therapies

Experience the transformative power of sound healing and other therapeutic modalities guided by trained practitioners.

## 7 Organic Produce

Savor antioxidant-rich local delicacies, promoting overall health and supporting local sustainability.

## 8 Biophilic Architecture

Our central amenities are thoughtfully designed to foster a profound connection with nature, enveloping you in tranquility.

## 10 Infinity Swimming Pool

Immerse yourself in our pool's soothing waters, offering breathtaking sunsets and picturesque horizons.

## 11 Helipad & Helicopter Services

Enjoy seamless travel and capture Uttarakhand's stunning hills from a breathtaking aerial perspective.

## 12 Local Treks & Activities

Immerse yourself in Uttarakhand's natural wonders through an array of outdoor adventures, exploring the beauty of the region.

At Om Kalyanam, we are committed to providing a holistic and enriching experience, where every amenity and facility contributes to your journey toward well-being and fulfillment. Come, explore, and embrace the path to holistic living with us.



# Empower Your Holistic Well-Being with Wellness & Lifestyle Products

In today's ever-evolving world, placing a premium on holistic well-being has become essential. Wellness and lifestyle products present a comprehensive approach to enhancing your overall health and nurturing a balanced, fulfilling life. These cutting-edge solutions encompass a diverse range of offerings, including nutritional supplements, detox products, state-of-the-art fitness equipment, mental wellness resources, and sustainable merchandise. Each product is thoughtfully crafted to empower individuals to take charge of their well-being journey and embrace a more fulfilling life, including detoxification solutions that promote vitality.









The Om Kalyanam Community is a harmonious gathering of esteemed wellness enthusiasts from diverse age groups, occupations, and backgrounds. Bound by a common vision of transformative experiences, invigorating getaways, and exceptional lifestyle products, this community is dedicated to promoting eco-conscious wellness pathways that safeguard the well-being of both current and future generations.

Our holistic approach encompasses a wide array of offerings, including restorative services, transcendent adventures, personalized wellness journeys, luxurious retreats, and meticulously curated wellness products. With a shared commitment to holistic well-being and sustainability, the Om Kalyanam Community strives to create a brighter, healthier future for all. Join us in embracing a path of wellness that not only revitalizes the self but also nurtures the world around us.

# The Om Kalyanam Community

Uniting Wellness Enthusiasts  
for a Sustainable Future







# Location Map

Uniting Wellness Enthusiasts  
for a Sustainable Future









# Om Kalyanam Santhigiri

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