



## Dr. Prafulla Shridhar Dadhe

MBBS, MD (Ac) | Consultant Physician & Clinical Research Expert

A highly respected and distinguished clinician, Dr. Prafulla Shridhar Dadhe is a proud alumnus of BJ Medical College & Sassoon Hospital (Admission Batch 1961). With over 50+ years of rich clinical experience, he is known for his intuitive diagnosis, precise treatment, and patient-first approach. His ability to deliver effective results with minimal medication has made him a trusted and leading medical practitioner.

### PROFESSIONAL ROLES



Senior Consultant Physician  
50+ Years of Clinical Practice



Clinical Mentor &  
Research Contributor

### CLINICAL EXPERTISE

- Chronic Disease Management
- Metabolic Disorders
- Preventive Healthcare
- Lifestyle-Based Treatment

- Internal Medicine
- Patient-Centric Care
- Minimal Medication Therapy
- Holistic Healing Approach

### CLINICAL APPROACH



Intuitive &  
Accurate Diagnosis



Evidence-Based  
Treatment



Minimal Prescription  
Philosophy



Focus on  
Long-Term Wellness

### RESEARCH & CONTRIBUTION



- Pioneer in Metabolic Reset Process
- Focus on natural healing methods
- Avoidance of aggressive modern medication where possible
- Integration of science with holistic health practices

### SKILLS



- Clinical Decision Making
- Precision Treatment Planning
- Patient Counseling



- Chronic Condition Management
- Preventive Health Strategy
- Holistic Care

### PHILOSOPHY

“

*Healing with simplicity, precision, and compassion –  
creating healthier and happier lives.*

”

### DRMS

Transforming the Health with Science & Wisdom of Lifestyle Management



## Dr. Sangita Joag

MBBS . MD (Pathology) | 28+ Years of Experience

Top-ranking graduate of **BJ Medical College, Pune** - MBBS (1990) & MD in Pathology (1993). A highly respected **Pathologist** known for her excellence in **diagnostics and patient care**.

### PROFESSIONAL ROLES

#### Director

Satyam Pathology Lab, Pune

#### Chief of Laboratory Services

Mai Mangeshkar Hospital, Pune

### COMMUNITY & RURAL IMPACT

- Associated with **Jnana Prabodhini (Velhe)** - focusing on mental & physical health of rural women & adolescent girls.
- Over a decades of service with **Walawalkar Rural Hospital, Konkan** - committed to preventive & rural healthcare.

### HOLISTIC PERSPECTIVE



**Diploma in Ecology & Sustainable Development** - bringing a rare, whole system prespective to medicine that integrates environment, lifestyle, and long - term wellness.

### BEYOND MEDICINE



Himalayn Trekker  
Incl. Kailas Parikrama



Founder  
Community Book Club



Proud Mother of 2  
International Stalwarts

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## Dr. Varun Suren Chavan

MBBS . MD (Medicine) | Consultant Physician & Diabetologist

Highly skilled **Consultant Physician** with strong experience in internal medicine, diabetes care, and emergency management. Known for patient-focused treatment, preventive healthcare, and evidence-based clinical approach.

### PROFESSIONAL ROLES

#### Consultant Physician

Shraddha Hospital (2020 - Present)

#### Senior Resident / Lecturer

Bharati Vidyapeeth Medical College (2019-20)

### CLINICAL EXPERTISE

- Diabetes & Metabolic Disorders
- Hypertension
- Thyroid Disorders
- Infectious Diseases

- Critical Care
- Cardiac Emergencies
- Respiratory Diseases
- Preventive Health

### CURRENT HOSPITAL ATTACHMENTS

- Shraddha Hospital, Sahakarnagar - Director & Consultant
- Sahyadri Hospital, Deccan - Consultant Physician
- Sahyadri Hospital, Bibwewadi - Consultant Physician
- Sanjeevan Hospital, Erandwane - Consultant Physician
- Apollo Hospital, Swargate -n Consultant Physician

### SKILLS

- Emergency Stabilization
- ICU Co-ordination
- Patient Counselling

- Chronic Disease Management
- Preventive Health Planning
- Acute Care



## Dr. Atul Dadhe

Lifestyle Management & Wellness Coach

*“A 23-years young researcher with over 40+ years of experience in holistic wellness.”*

### CREDENTIALS

**B.Pharm (First Class)**

Pune University (Topper), March 1985

**40+ Years of Diverse Experience**

Health & Wellness Experience

**Postgraduate Studies & Research**

Naturopathy, Yoga & Alternative Medicine

### THE WELLNESS VISIONARY

Atul alias Vidyadhar Dadhe is a First-Class Pharmacy graduate from Pune University (1985) with advanced studies in Naturopathy, Yoga, and Alternative Systems of Medicine. With a research-driven mindset, he focuses on identifying and eliminating root causes of disease — not merely managing symptoms.

### HOLISTIC & ROOT-CAUSE HEALING

He works with the vision of achieving complete wellness by balancing both physical and mental health — enabling individuals to move towards a medicine-free life and maximize their potential, creativity, and quality of life.

### EXPERTISE & ROLES

Empowering individuals and entrepreneurs from diverse backgrounds across a dynamic and colorful career spanning multiple domains.

TRAINER

MENTOR

GUIDE

PHILOSOPHER

*“True healing begins where symptoms end - at the root.”*

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## Dr. Samapada Dattatray Sangamnerkar

MD (Ayurved) | Ayurvedic Physician & Rasashastra Expert

Former Deputy Dean of **Ashtang Ayurved College, Pune (1989)**, Dr. Samapada Sangamnerkar is a highly respected Ayurvedic expert with deep knowledge of classical medicine. She carries forward the rich legacy of her father, renowned Ayurvedacharya **Vaidya Ramchandra Shankar Deochake (Ahmednagar / Ahilyanagar)**, blending traditional wisdom with practical healing approaches.

### PROFESSIONAL ROLES



**Ex. Deputy Dean**  
Ashtang Ayurved  
College, Pune



**Senior Ayurvedic Consultant**  
Specialist in Classical  
Ayurvedic Treatment

### CLINICAL EXPERTISE



**Rasashastra**  
(Ayurvedic  
Pharmacology)



**Diabetes &**  
Allied Disorders



**Herbal &**  
Single-Plant  
Therapies



**Classical**  
Ayurvedic  
Medicine

### SPECIAL APPROACH



Known for recommending simple, effective **single-herb formulations**, she focuses on root-cause treatment and natural healing methods for **diabetes** and lifestyle disorders. Her approach emphasizes sustainable recovery through **Ayurveda**.

### LEGACY & HERITAGE



Daughter of the great Ayurvedacharya **Vaidya Ramchandra Shankar Deochake**, inheriting profound knowledge of traditional Ayurvedic practices and healing sciences.

### AYURVEDIC LEGACY (INSPIRATION)



#### Late Dr. Ramchandra Shankar Deochake

A legendary Ayurvedic practitioner known for his expertise in **Nadi-Pariksha** (pulse diagnosis), he was widely respected for successfully treating patients even in cases considered incurable by modern medicine.

His profound knowledge and healing legacy form the foundation of Dr. Samapada Sangamnerkar's approach.

She brings valuable **Ayurvedic** insights, practical guidance, and natural healing solutions to benefit participants of the **DRMS** program.

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## Dr. Dhirajkumar Bapu Shirodkar

Expert Homeopath, Physiotherapist & Acupuncture Specialist

*“Dedicated to treating the root cause through holistic and result-oriented healing.”*

### CREDENTIALS

**25+ Years of Clinical Experience**  
Family Medicine & Holistic Healthcare

**D.P.T., L.Ac**  
Maharashtra Council of Acupuncture

**B.H.M.S.**  
DS Homoeopathic Medical College, Pune (1999)

**Advanced Clinical Training**  
Certificate Course in Modern Medicine  
BJ Medical College & Sassoon Hospital, Pune

### THE HEALING PROFESSIONAL

Dr. Dhirajkumar Bapu Shirodkar is an experienced Homeopath & physiotherapist and acupuncture specialist with over two decades of dedicated clinical practice. His professional journey includes valuable associations with Poona Hospital & Research Centre, S.R.P.F., and Sanjeevani Hospital & Research Centre, Pune.

### ROOT-CAUSE & HOLISTIC HEALING

He believes in identifying and treating the root cause of diseases rather than merely suppressing symptoms. His integrative approach combines family medicine, acupuncture, rehabilitation-based care, and patient-centered healing for long-term wellness.

### EXPERTISE & ROLES

Successfully practicing since 2000 with a strong focus on chronic disease management, rehabilitation support, holistic therapies, & acupuncture-based healing.

FAMILY PHYSICIAN

ACUPUNCTURE SPECIALIST

HOLISTIC HEALER



## Mrs. Pooja Dhomkar-Alawani

MSc Dietetics, RD | Clinical Dietician & Diabetes Educator

Highly experienced Registered **Clinical Dietician** with over 14 years of expertise in clinical nutrition, diabetes care, and lifestyle management. Known for personalized diet planning, evidence-based nutrition therapy, and a patient-centric approach to achieving long-term health goals.

### PROFESSIONAL ROLES

#### Consultant Dietician

Galaxy Care Hospital, Pune

#### Online Diet Consultant & Nutrigenomics Counselor

#### Visiting Faculty

Pune University & Bharati Hospital  
(PGDCN Course)

### CLINICAL EXPERTISE

- Diabetes & Lifestyle Disorders
- Cardiac & Renal Nutrition
- Cancer Nutrition
- Nutrigenomics Counseling

- Weight Management & Bariatric Nutrition
- Therapeutic Diet Planning
- Preventive Nutrition
- Clinical Diet Therapy

### PROFESSIONAL EXPERIENCE

- Senior Dietician – Sancheti Hospital
- Senior Dietician – Sanjeevan Hospital
- Dietician – Aditya Birla Memorial Hospital
- Dietician & Diabetes Educator – Clinical Practice
- Consultant – Krishna Hospital (8+ Years)
- Assistant Professor – Tilak Maharashtra Vidyapeeth

### QUALIFICATIONS & CERTIFICATIONS

- M.Sc. Dietetics – Pune University
- Registered Dietician (RD)
- Certified Nutrigenomics Counselor

- Certified Diabetes Educator (KEM Hosp.)
- Certified in Cancer Nutrition (Medvarsity)
- Diploma in Yoga & Ayurveda

### ACHIEVEMENTS

- Award-winning research presentations at International Conferences
- Published articles in medical journals & health platforms
- Organized multiple nutrition awareness programs & health camps
- Active contributor to nutrition education & public health initiatives

### SKILLS

- Clinical Nutrition Planning
- Patient Counseling
- Lifestyle Modification

- Chronic Disease Management
- Preventive Nutrition Planning
- Health Education & Workshops

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