

## Patanjali Wellness, Pune organises a Sattvic Aahar Recipe Challenge

The hashtag #AbKiBaarSattvicAahar is being used on social media by many enthusiasts.



[www.AtmabodhWellness.com](http://www.AtmabodhWellness.com)  
Sinhagad Road, Pune

**Pune, Maharashtra May 8, 2022 ([Issuewire.com](http://Issuewire.com))** - “21st century shall witness the biggest health revolution, where people will get back to nature!” - Swami Ramdev

**Atmabodh - Maharashtra's first residential Patanjali Wellness Center in Pune** offers therapies and treatments based on Yoga, Ayurveda, and Naturopathy bringing services similar to the trusted Yog Gram and Niramyam centers and has been serving people with various lifestyle diseases as well as people interested in detoxifying their minds and bodies. Atmabodh provides researched-based healing of several ailments (such as diabetes, depression, obesity, joint pain, liver & kidney-related diseases, and many others) using a holistic 360-degree approach, including Sattvic Aahar.

What is Sattvic Aahar?

Ayurveda places special emphasis on "aahar" (diet) as a means to a good life, health, and wellness. Sattvic aahar or a pure, and vegetarian diet includes ingredients such as fresh fruits, vegetables, sprouts, beans, etc. Such healthy and wholesome food nourishes the body, mind, and soul.

Why the '**Sattvic Aahar Recipe Challenge**'?

Atmabodh Patanjali Wellness Center, Pune has launched the '**Sattvic Aahar Recipe Challenge**' to encourage people to cook and eat healthily. Wellness and cooking enthusiasts are expected to participate in great numbers and twenty finalists shall be invited to the Pune center in mid-June to receive prizes and a chance to spend a day with Swami Ramdev Ji and Swami Videh Dev Ji, Director of Patanjali Wellness. The challenge is free of charge and open to all. To participate, one needs to simply create a video while preparing a Sattvic dish and upload it on the website at [www.atmabodhwellness.com/sarc](http://www.atmabodhwellness.com/sarc)

"When we are connected to our true Self, we are Healthy. And we are happy. Most of us have deviated from that path. Purpose of our life is to be on that journey of Self-Discovery, of 'Atmabodh'." - Udit Agarwal, Managing Director Atmabodh – Patanjali Wellness Center, Pune.

Start your wellness journey by taking part in this healthy cooking recipe challenge. Applications are open only till 31st May 2022.

## Media Contact

Rashi Gupta

[info@atmabodhwellness.com](mailto:info@atmabodhwellness.com)

9300275000

Gate No 242 Sinhagad Fort road Donaje, Tal Haveli

Source : Atmabodh - Patanjali Wellness Center

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