



DR NIRAJ'S

WELLNESS & LONGEVITY

LIVE HEALTHIER.
FOR LONGER.

Science-driven care for
lifelong health and wellbeing

SRI MADHUSUDAN SAI INSTITUTE
OF MEDICAL SCIENCES AND RESEARCH



DR NIRAJ'S

WELLNESS & LONGEVITY

Modern medicine has helped us live longer.

The next challenge is to help us
live those years healthier.

The Wellness & Longevity Centre brings together
medical science, mental health, nutrition, movement
and mind-body approaches within one integrated
programme designed to improve Healthspan —
the years of life spent in good health and function.



NOT JUST LONGEVITY. A CONTINUUM OF CARE.

You don't need to be unwell
to begin a longevity journey.
Our programme is designed for
people across the health spectrum:

LIVING WITH CHRONIC HEALTH CONDITIONS

Fatty Liver • Psoriasis • Chronic pain
• Fibromyalgia • Rheumatoid Arthritis
• Chronic fatigue

MENTAL HEALTH DISORDERS

Anxiety • Depression • Chronic stress
• Burnout • Sleep difficulties • OCD • PTSD

BRAIN HEALTH & NEURODEGENERATION

Dementia • Parkinson's disease
• Neurological rehabilitation

HEALTHY AGEING & PREVENTION

A DIFFERENT WAY OF LOOKING AT HEALTH

Traditional healthcare often focuses on individual diseases. At the Wellness & Longevity Centre, we look at the whole health system. Your physical health, brain, nervous system, metabolism, sleep, psychological wellbeing, nutrition, movement and lifestyle are deeply interconnected.

Our approach focuses on four areas:

- **REGULATION**
Supporting autonomic balance, sleep, stress regulation and recovery.
- **RESTORATION**
Addressing modifiable factors affecting physical, metabolic and psychological health.
- **RESILIENCE**
Strengthening the body's and mind's capacity to adapt to stress, illness and ageing.
- **SUSTENANCE**
Helping maintain healthier behaviours, function and wellbeing over the longer term.



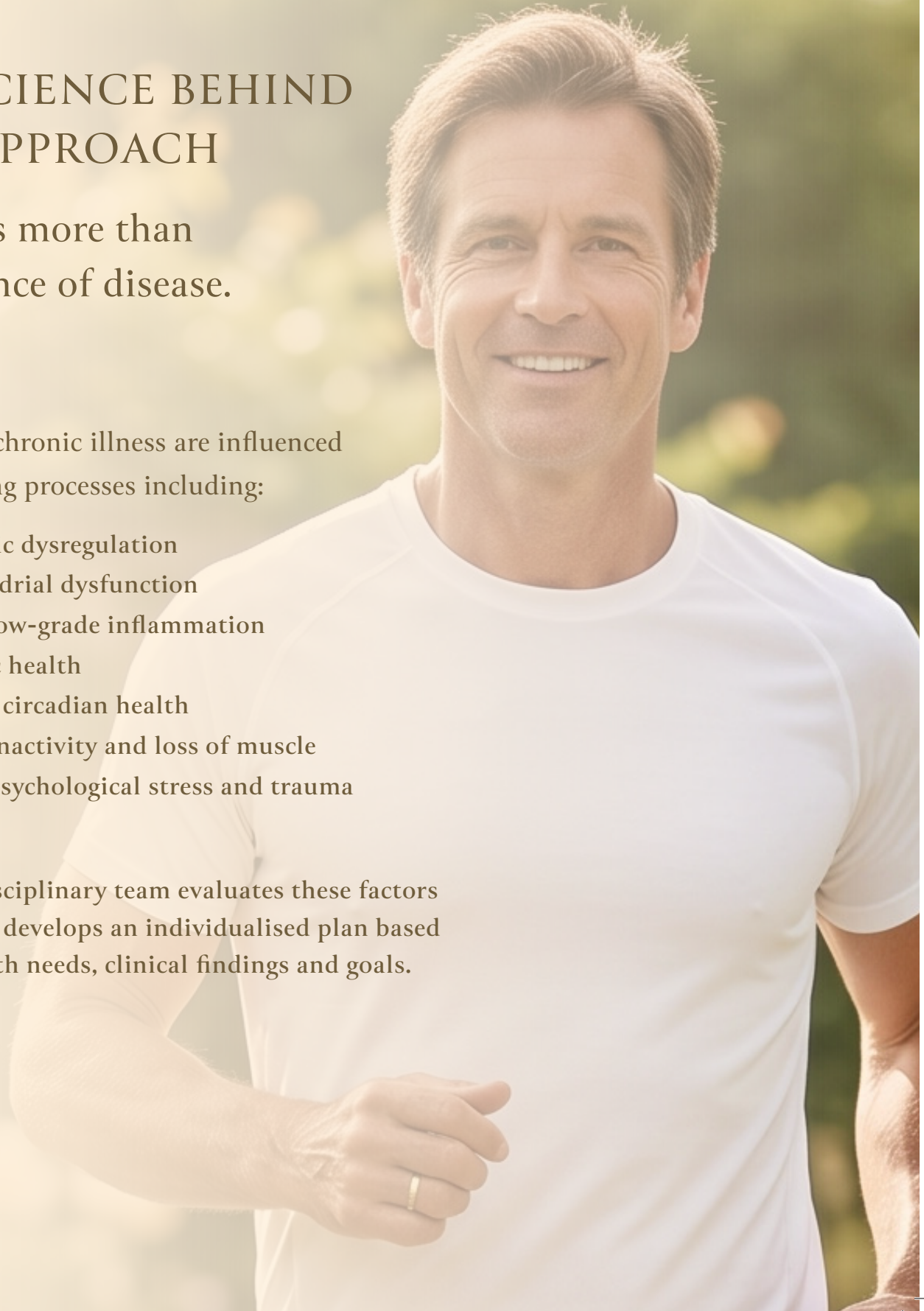
THE SCIENCE BEHIND OUR APPROACH

Health is more than
the absence of disease.

Ageing and chronic illness are influenced
by interacting processes including:

- Autonomic dysregulation
- Mitochondrial dysfunction
- Chronic low-grade inflammation
- Metabolic health
- Sleep and circadian health
- Physical inactivity and loss of muscle
- Chronic psychological stress and trauma
- Nutrition

Our multidisciplinary team evaluates these factors
together and develops an individualised plan based
on your health needs, clinical findings and goals.



YOUR JOURNEY

One Person. One Team.
One Personalised Plan.

01 | COMPREHENSIVE HEALTH ASSESSMENT

Your journey begins with an in-depth multidisciplinary consultation and assessment of your current health, medical history, lifestyle and goals.

02 | ADVANCED HEALTH PROFILING

Depending on individual need, this may include laboratory investigations, metabolic assessment, psychological assessment, cognitive health and other clinically indicated assessments.

03 | MULTIDISCIPLINARY REVIEW

Our specialists bring together findings from different areas rather than treating them in isolation.

04 | YOUR PERSONALISED PROGRAMME

A structured plan is developed around your clinical needs and goals.

05 | MEASURE. REVIEW. REFINE.

Progress is monitored using relevant clinical and functional outcomes, allowing the programme to evolve with you.

ONE CENTRE. MULTIPLE DIMENSIONS OF HEALTH.

Your personalised programme
may draw upon:

- **MEDICAL & HEALTH OPTIMISATION**
Physician-led assessment • Chronic disease optimisation
• Medication review • Risk-factor management
- **MENTAL WELLNESS**
• Psychological assessment • Stress and resilience interventions
- **ADVANCED PSYCHOLOGICAL THERAPIES**
• ACT • Compassion-Focused Therapy
• Mindfulness-based approaches • Trauma-focused therapies
- **NUTRITION & METABOLIC HEALTH**
Individualised nutrition • Weight management
• Sustainable dietary change
- **MOVEMENT & PHYSICAL RESILIENCE**
Personalised exercise • Strength
• Physiotherapy where indicated
- **MIND-BODY WELLBEING**
Yoga • Meditation • Breath practices
• Relaxation and restorative practices
- **GENOMICS & ADVANCED ASSESSMENT**
Where clinically appropriate, advanced investigations may help
further personalise preventive and health-management strategies.

WHAT MAKES US DIFFERENT?

Science-Driven. Clinically
Integrated. Personalised.

Rather than offering isolated wellness treatments, our programme is built around an integrated clinical pathway.

- **HOSPITAL-BASED CARE**
Medical oversight and access to multidisciplinary expertise.
- **EVIDENCE-INFORMED APPROACH**
Interventions are selected according to clinical need and the available scientific evidence.
- **WHOLE-PERSON PERSPECTIVE**
Physical health, psychological wellbeing, brain health and lifestyle are considered together.
- **PERSONALISED, NOT PRESCRIPTIVE**
Not everyone receives the same programme.
- **MEASURABLE**
Where appropriate, we establish baselines and monitor meaningful outcomes over time.
- **CONTINUITY**
The aim is not a short-lived wellness experience, but sustainable improvement in long-term health.



WHO IS PART OF YOUR CARE?

Depending on your individual
needs, your care may involve:

- PHYSICIANS
- CLINICAL PSYCHOLOGISTS
- PSYCHIATRISTS
- PAIN & INTERVENTIONAL SPECIALISTS
- PHYSIOTHERAPISTS
- NUTRITION & DIETETICS TEAM
- YOGA & MINDFULNESS PRACTITIONERS
- OTHER MEDICAL SPECIALISTS AS REQUIRED

One coordinated team.

One shared goal — better healthspan.





TEAM OF DOCTORS

DR NIRAJ G

Director, Wellness and Longevity

PROFILE

MD, FRCA, FFPMRCA | 25 years +

AREAS OF EXPERTISE

Neurodegenerative Disorders

Metabolic dysfunction

Mental Health Disorders

Pain Medicine

AWARDS & PUBLICATIONS

Stanford top 2% Scientists, 2024

70+ international peer reviewed publications

DR SHRUTI NIRAJ

Consultant Clinical Psychologist

PROFILE

Doctorate in Clinical Psychology

20 years in Mental Health, including NHS, UK

HCPC & British Psychological Society registered

Evidence-based psychological therapies

AREAS OF EXPERTISE

EMDR, Trauma therapy

CFT

ACT

CBT

AWARDS & PUBLICATIONS

International peer reviewed publications

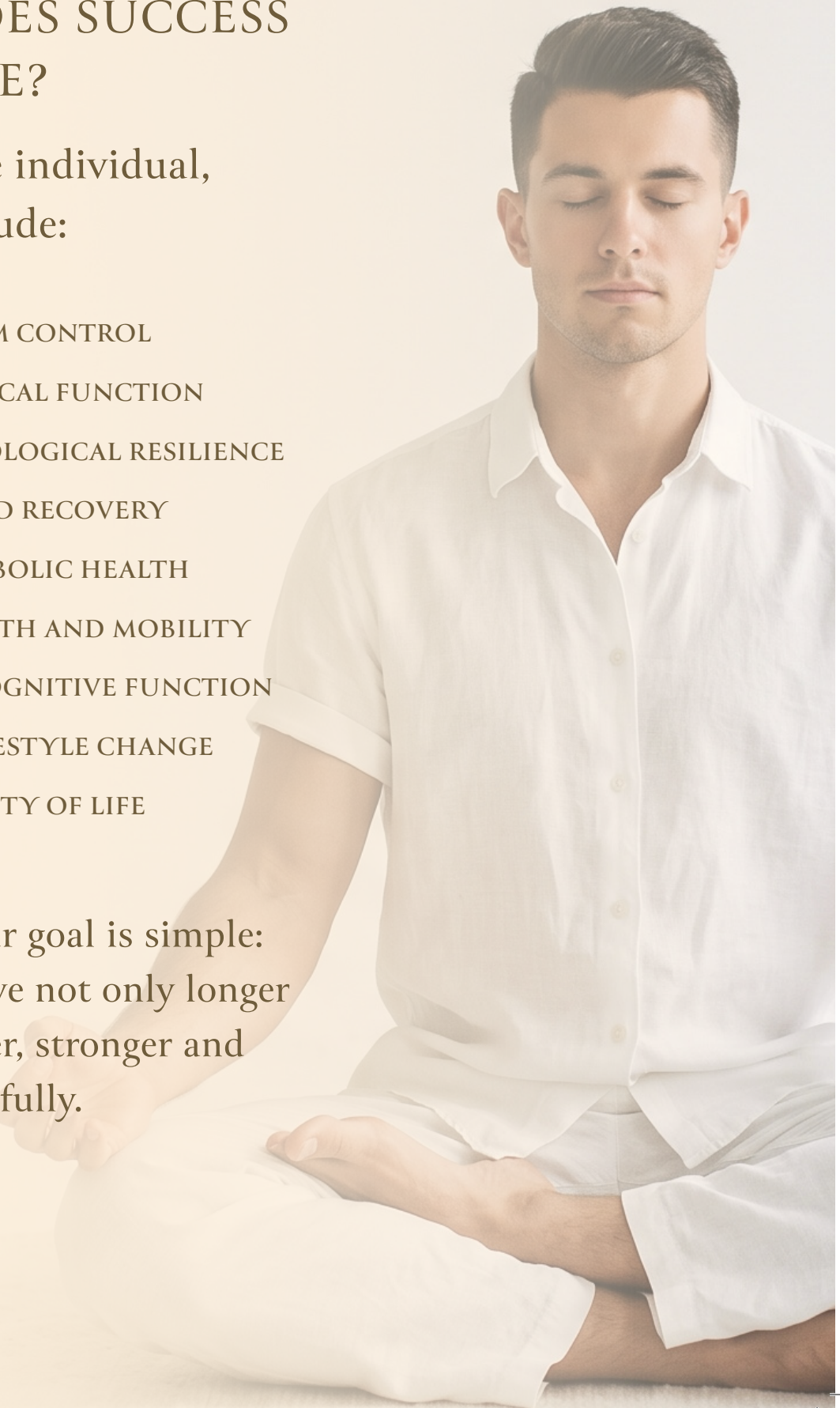


WHAT DOES SUCCESS LOOK LIKE?

The goals are individual,
but may include:

- BETTER SYMPTOM CONTROL
- IMPROVED PHYSICAL FUNCTION
- GREATER PSYCHOLOGICAL RESILIENCE
- BETTER SLEEP AND RECOVERY
- IMPROVED METABOLIC HEALTH
- GREATER STRENGTH AND MOBILITY
- MAINTAINING COGNITIVE FUNCTION
- SUSTAINABLE LIFESTYLE CHANGE
- IMPROVED QUALITY OF LIFE

Ultimately, our goal is simple:
To help you live not only longer
— but healthier, stronger and
more meaningfully.



MR ABHISHEK DHACHOLIA

London, United Kingdom

“

“I was suffering from severe anxiety, burnout, and depression, which also led to several physical issues such as inflammation throughout my body and fatty liver. This is not just another hospital or healthcare facility. Everyone here serves with a deep sense of compassion and selfless service. I have never experienced a hospital environment anywhere close to this.”



MRS SAYADEVI
London, United Kingdom

“

“I came to Dr Niraj’s Wellness & Longevity Centre with severe rigidity, a frozen face, anxiety, low mood, postural hypotension, and cardiac failure that had greatly affected my ability to walk. After six weeks of treatment, I smiled for the first time in 10 years and walked without support. Today, I sleep peacefully, feel free from anxiety, fear, and can walk independently. I truly feel like a new person. My heartfelt gratitude to SMSIMSR for giving me a new life.”

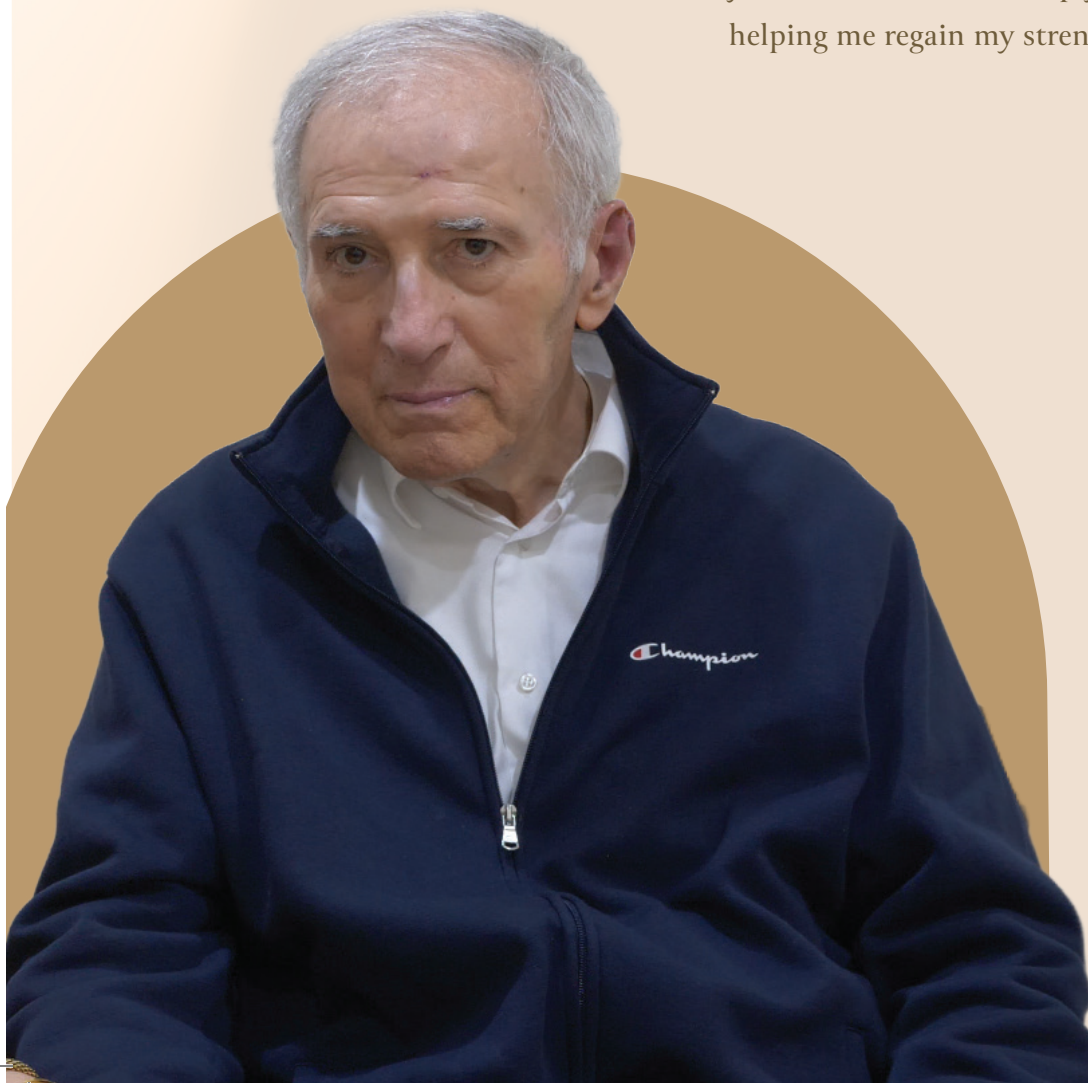


MR AMPELIO VELEDA

Italy

“

“I am 79 years old with advanced Parkinson’s disease. I could barely walk, was unable to stand up unsupported, had severe rigidity, a frozen face, severe pain and swelling in my legs, severe anxiety and insomnia. After four weeks of treatment here, I saw remarkable improvement. I can now stand up from my wheelchair on my own, sleep 4–6 hours peacefully, feel much calmer, and walk nearly 300 yards with ease. I am deeply grateful to the SMSIMSR for helping me regain my strength and hope.”



40 MINUTES
FROM BANGALORE
INTERNATIONAL
AIRPORT



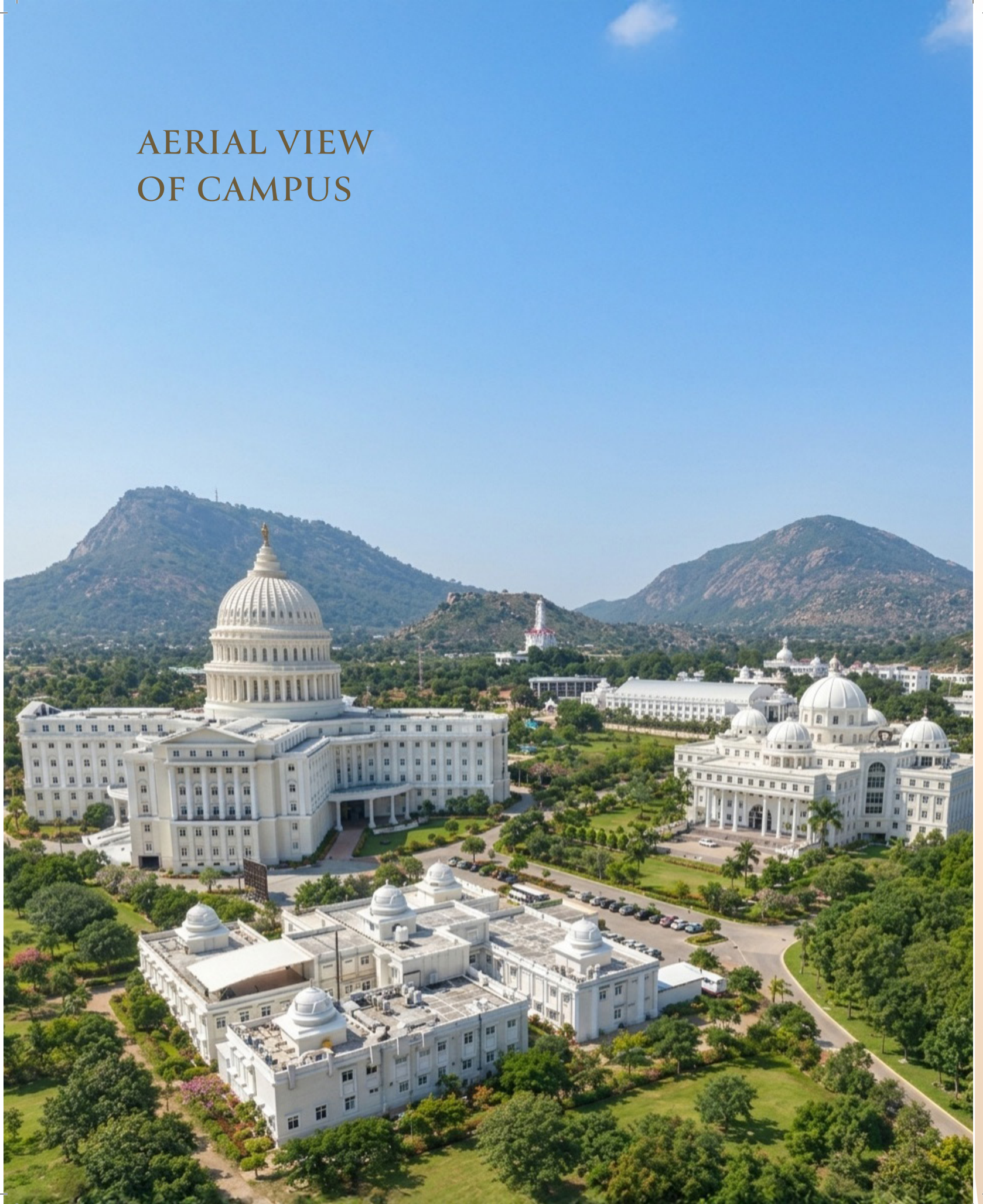
A CAMPUS NESTLED IN NATURE



AT THE FOOT OF NANDI HILLS



AERIAL VIEW OF CAMPUS



PRIVATE WARD





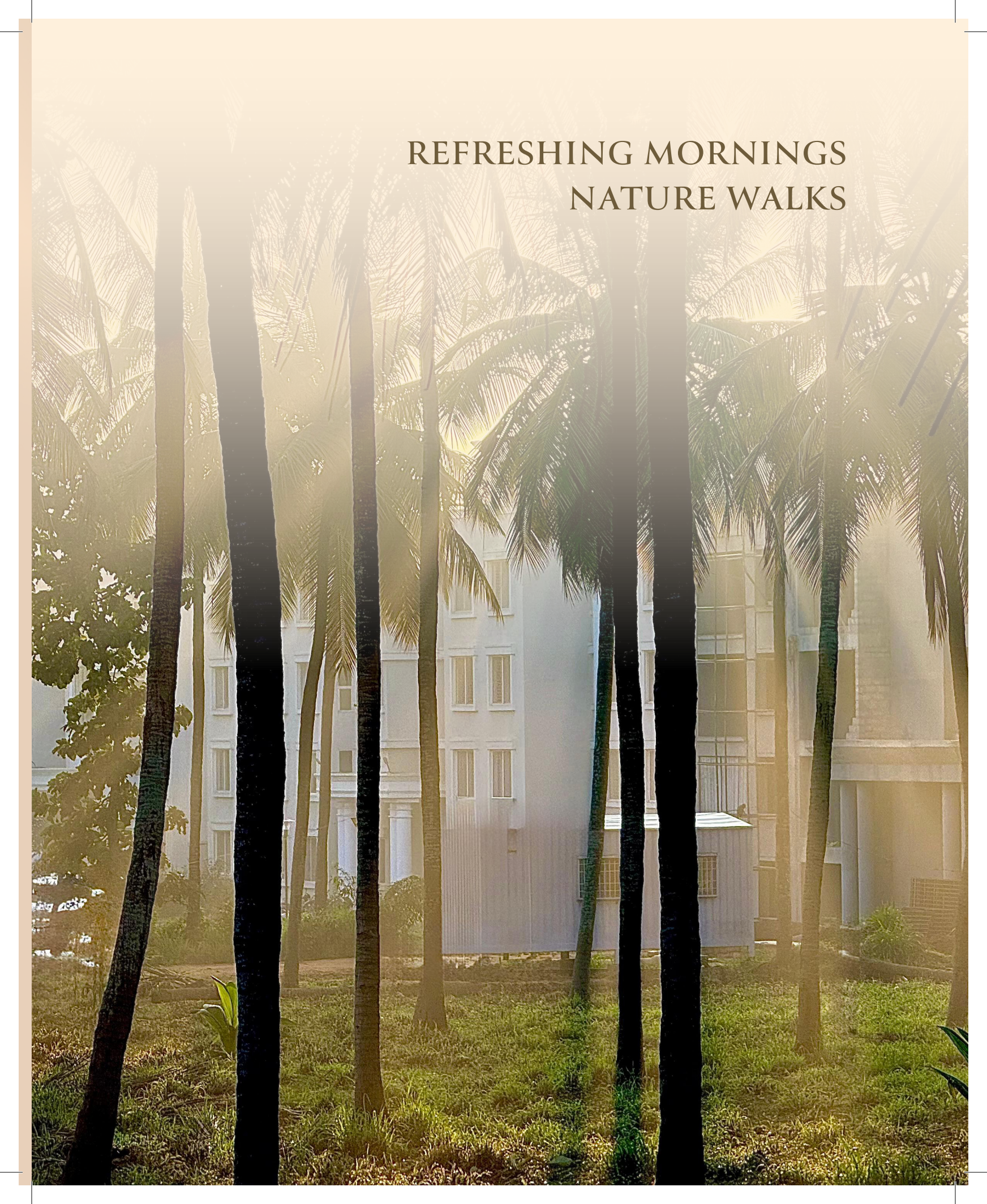
GUEST HOUSE
(SUITE)

GUEST HOUSE (STUDIO)





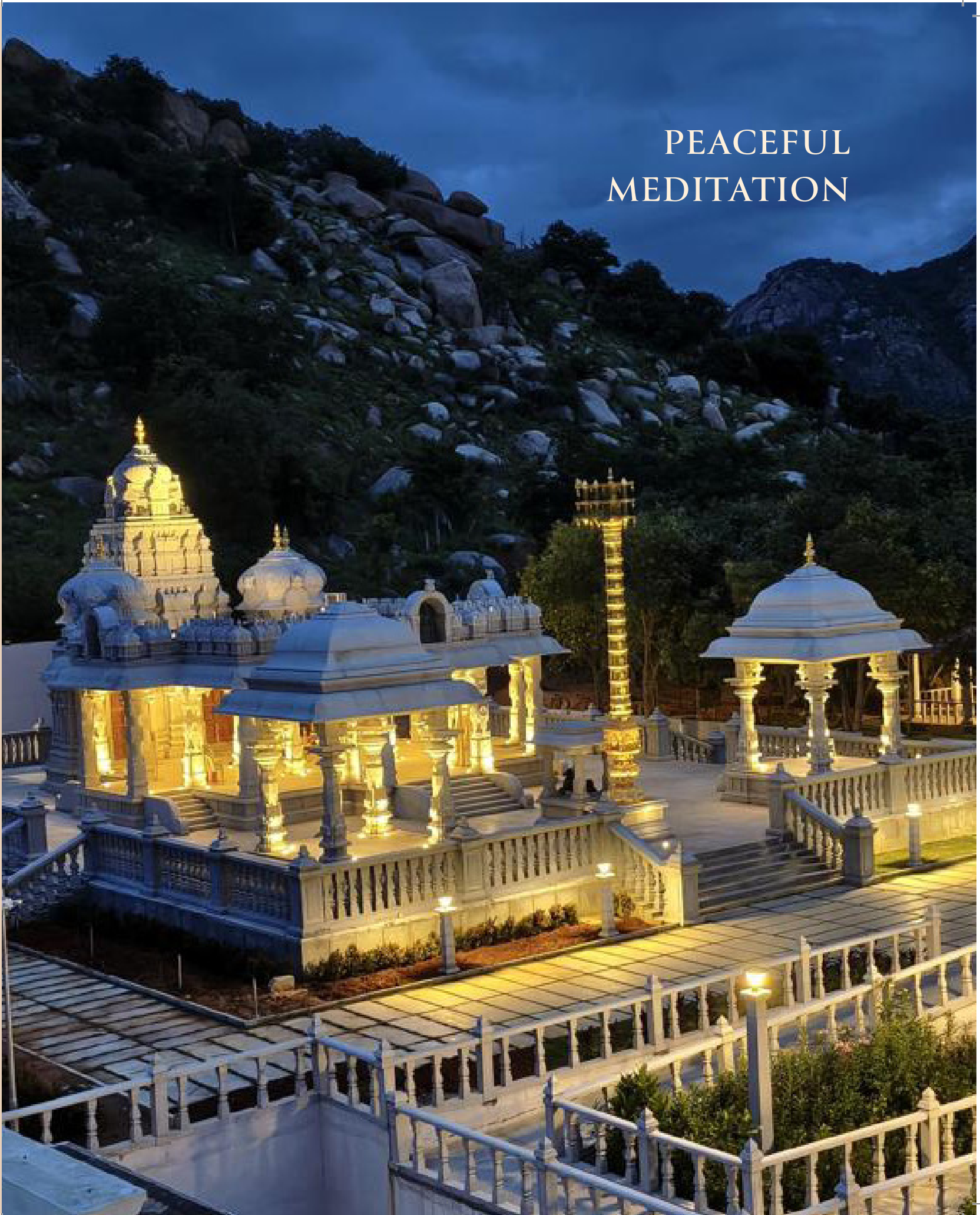
DINING
AREA

The image is a full-page background photograph. It depicts a tropical landscape with several tall palm trees in the foreground. Behind them is a multi-story white building with many windows. The entire scene is bathed in a warm, golden light, suggesting a sunrise or sunset. The text is centered in the upper half of the image.

REFRESHING MORNINGS NATURE WALKS

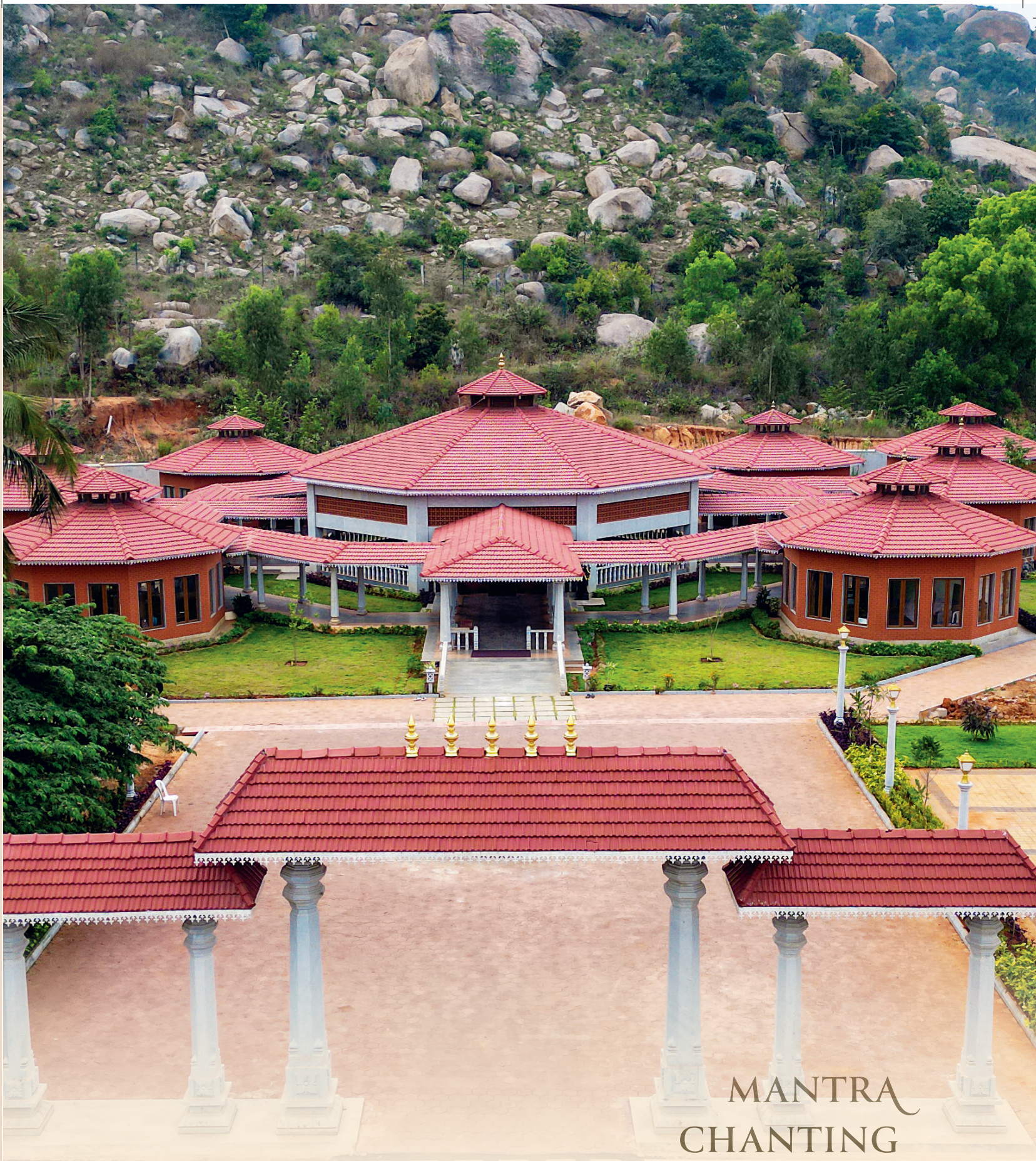
MAGICAL
SUNSETS

PEACEFUL MEDITATION



COW CUDDLING (GOSHALA)





MANTRA
CHANTING



DR NIRAJ'S
WELLNESS & LONGEVITY



SCAN TO BOOK YOUR
COMPREHENSIVE
ASSESSMENT

YOUR HEALTHSPAN JOURNEY STARTS HERE

Whether you are managing a chronic health condition, recovering from prolonged physical or psychological stress, concerned about healthy ageing, or simply want to invest proactively in your future health, we begin by understanding you.

FOR APPOINTMENTS AND ENQUIRIES

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wellness@smsimsr.org

<https://smsimsr.org/wellness-and-longevity>

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