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WELLFEST  
INDIA 2025

JOURNEY TO WHOLENESS BEGINS HERE

ORGANISED BY



# India Exposition Mart Limited Launches Wellfest India 2025

## India's Largest Wellness Celebration Begins!

In a landmark move towards holistic and inclusive healthcare, Wellfest India 2025 was inaugurated at the India Expo Centre & Mart by Padma Shri Dr. N.K. Pandey, Chairman, Asian Group of Medical Institute, in the presence of dignitaries including Dr. Nitin Agarwal, Dr. Neeraj Khanna, Shri Avdesh Aggarwal, and Shri Sachin Sinha.

Held from **August 2–5, 2025**, Wellfest India is being organised by India Exposition Mart Ltd. which brings together two transformative events under one roof—**Ayuryog Expo (7th Edition)** and **Eldercare India Expo (1st Edition)**—bridging India's ancient healing wisdom with modern eldercare solutions.

**Dr. N.K. Pandey, Chairman, Asian Group of Medical Institute**, lauded the initiative as a much-needed integration platform that can support visionary schemes like Ayushman Bharat. "Allopathy alone cannot bridge the existing healthcare gaps. To truly achieve universal wellness, we must bring together Ayurveda, Homoeopathy, Unani, Naturopathy, and Yoga," he said.

**Dr. Nitin Agarwal** emphasised the global surge in demand for traditional healing, citing that the Ayurveda market is projected to grow from USD 14.4 billion in 2023 to USD 76.9 billion by 2030, while India's export of herbal and AYUSH products grew by 20% annually between 2020–2023. "The world is returning to preventive, holistic healing—and India must lead this shift," he added.

Echoing this, **Dr. Neeraj Khanna, Chairman, EPCH**, stressed the importance of such platforms in bridging traditional practices and modern needs, positioning India at the global forefront of wellness.

While Ayuryog Expo showcases India's deep-rooted wellness systems, Eldercare India Expo addresses the needs of a rapidly ageing population, expected to reach 319 million by 2050. From herbal products and yoga therapies to senior living innovations and financial planning—Wellfest India 2025 is a dynamic convergence of tradition, technology, and care.



**Dr. Rakesh Kumar, Chairman  
India Exposition Mart Ltd**

"Wellfest India 2025 is not just an event—it's a movement toward a more compassionate and integrated healthcare ecosystem. By bringing together Ayuryog Expo and Eldercare India Expo, we aim to bridge generational wellness needs with time-tested traditional practices and forward-looking eldercare innovations. This platform symbolises our belief that health is a shared responsibility and a basic right for every individual, regardless of age. As India strides toward becoming a global wellness hub, events like Wellfest will lead the way in driving awareness, innovation, and cross-sector collaboration."

# Glimpses

## of Wellfest India 2025

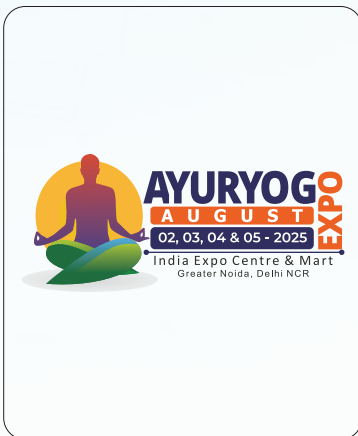
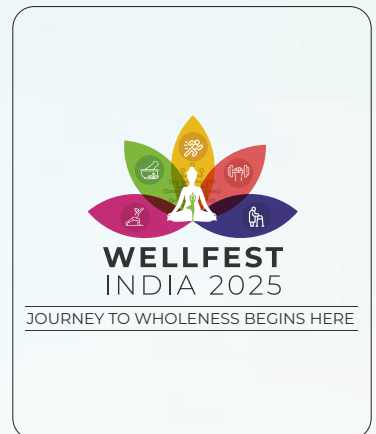




## Wellfest India 2025: Where Wellness Meets Wisdom

Wellfest India 2025 is India's first and only integrative wellness festival that brings together Ayuryog Expo and Eldercare India Expo under one visionary platform. Held from 2nd to 5th August 2025 at the India Expo Centre & Mart, Greater Noida, the festival is a landmark initiative dedicated to holistic health, preventive care, and dignified ageing.

This unique convergence reflects a forward-thinking approach to wellness – combining the depth of India's ancient healing systems with innovative eldercare solutions to cater to every age and every stage of life. Whether you're a wellness seeker, a senior citizen, a caregiver, a medical expert, or a policy advocate, Wellfest India is your destination for knowledge, healing, and community.



## Ayuryog Expo 2025 – Celebrating India's Healing Legacy

Now in its 7th edition, Ayuryog Expo is India's most comprehensive B2B and B2C platform dedicated to Ayurveda, Yoga, Naturopathy, Unani, Siddha, Homoeopathy, Herbal Products, Wellness Tourism, and Natural Healthcare Solutions. Visitors can expect live demonstrations, knowledge sessions, panel discussions, and an extensive showcase of healing products, therapies, and technologies. From ayurvedic formulations and yoga equipment to organic supplements and wellness retreats, Ayuryog Expo 2025 invites practitioners, researchers, and wellness seekers to explore India's vast and rich healing heritage and is expected to witness huge participation from domestic and international visitors, industry professionals, and wellness enthusiasts.

## Eldercare India Expo 2025 – Empowering Graceful Ageing

Debuting in its 1st edition, Eldercare India Expo is India's only dedicated exhibition focusing on the well-being, safety, and dignity of senior citizens. From medical innovations, physiotherapy, and geriatric care to ergonomic furniture, home safety solutions, elder-friendly architecture, and financial planning services, Eldercare India Expo addresses every aspect of ageing with empathy and innovation. It complements the demands and offers senior citizens and their families not only access to transformative products and services but also a space to engage with policymakers, innovators, and service providers committed to ensuring graceful, empowered ageing. They also get a chance to engage with manufacturers, healthcare service providers, tech innovators in senior care, rehabilitation, and retirement living solutions. Support from the Ministry of Social Justice further ensures institutional momentum, policy dialogues, and national visibility.



## Activities of the Day

### Conference Session on Longevity & Biohacking

The Conference on Longevity & Biohacking at Wellfest India 2025 offered an enlightening glimpse into the future of health span and healthy ageing. Focused on extending not just life but quality of life, the session brought together experts who decoded the science of ageing and practical approaches to slowing it.

Topics ranged from **DNA repair and cellular health to biohacking techniques, lifestyle modifications, nootropic supplementation, and AI-powered longevity models.** The discussion seamlessly bridged modern biotech innovations with India's time-tested wellness practices.

**Mr. Anantharam Varayur**, Co-Founder, Manasum Senior Living, reflected on how active environments, emotional wellbeing, and daily routines impact longevity in senior communities. **Ms. Anupama Bhat**, CEO, Miraii.AI, introduced cutting-edge AI solutions that enable personalised longevity protocols based on bio-markers. **Mr. Raghavan Pichumani**, Founder & CEO, Ayursh, advocated for the integration of Ayurveda and modern biohacking principles for sustainable ageing. The session left audiences inspired with a single message that Longevity is no longer a dream—it is a choice we can design today for a better tomorrow.





## Masterclass on Cyber Safety for Seniors

In a world rapidly shifting online, digital safety has become a crucial part of elder wellbeing. The Masterclass on Cyber Safety for Seniors, led by **Mr. Vishal Mehta**, Founder & CEO, Ayursh, addressed this with clarity, compassion, and practical guidance.

The session educated senior attendees about **common online threats, email and phone scams, password safety, and safe practices for digital transactions and telemedicine portals**. Delivered in a simple and relatable manner, Mr. Mehta's session empowered seniors to embrace technology without fear.

Key takeaways included tips on **spotting fake links, reporting fraud, and using mobile devices securely**. Attendees left the session with not just awareness—but confidence.

*As Mr. Mehta aptly said, "Digital inclusion must come with digital protection—especially for those most at risk."*



## Masterclass on Food as Medicine

The Masterclass on Food as Medicine was a heartening reminder of the age-old wisdom—"Let food be thy medicine and medicine be thy food." Conducted by **Mrs. Bhawani Pothana**, M.S. in Applied Nutrition & Public Health (SJSU, USA), the session demonstrated how everyday meals can become powerful tools for healing and prevention.

Mrs. Pothana showcased how traditional Indian superfoods, when mindfully combined, can dramatically improve **gut health, immune function, and cognitive clarity**. Through simple yet impactful meal plans, she empowered participants to shift from reactive to proactive health management—beginning at their dining tables.

With a blend of nutrition science and ancestral food wisdom, the session reinforced that wellness begins not in clinics but in kitchens.

# Testimonials



**Padma Shri Dr. N.K. Pandey, Chairman, Asian Group of Medical Institute**

"I am truly delighted to be part of Wellfest India 2025. It's a pleasure to witness such a holistic and integrative platform, where wellness and medical care come together under one roof. This is the future of medicine—not just treatment, but prevention and lifelong health. With over 140 million elderly citizens in India, a number that continues to grow, the need for specialised care, housing, yoga practitioners, nursing, and psychological support has never been greater. This conference opens the door to new solutions, fresh opportunities, and a more compassionate approach to elder care in India."



**Dr. Nitin Agarwal, President, Organising Committee, Ayuryog Expo**

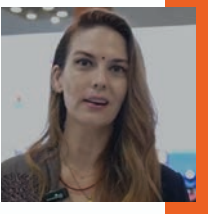
"We have been organising the Ayuryog Expo successfully for the past 7–8 years, and it has become a powerful platform to spread the message of Ayurveda, yoga, and holistic wellness across the globe. With international guests, political leaders, eminent Vaidas, and natural health experts participating, this event has consistently upheld the legacy of India's healing sciences. Figures like Professor H.R. Nagendra and Baba Ramdev have graced our previous editions. This year, we're expanding the scope with Wellfest India, which combines Ayuryog with Eldercare India Expo, creating a larger and more impactful platform. This integrated festival is a message — a reminder — that wellness is our responsibility, both individually and as a society."



**Dr. Neeraj Khanna, Chairman, Export Promotion Council for Handicrafts (EPCH)**

"I must say that while this is the first edition of Eldercare India Expo, it perhaps should have happened much earlier. Given the rapidly growing elderly population in India, wellness and preventive care are no longer optional — they are essential. I see this expo as a highly positive and timely initiative that has the potential to bring about a major shift in how we approach the health and well-being of our senior citizens.

Though I am not a doctor by profession, I have been actively engaged in social service and also manage a hospital in Moradabad. Based on my experience, I strongly believe that we should not wait for emergencies to act. India already has access to wellness infrastructure, medical expertise, and the right equipment — we simply need to shift our focus towards early care, not emergency care.



**Naomi Scott, Yoga Expert from United States**

"I'm genuinely happy to see this event take place. As someone who has been travelling across India for the last decade, I've felt that while India holds deep-rooted wisdom in yoga, Ayurveda, and meditation, there is a growing need for this knowledge to be re-embraced — not as superstition or ritual, but as real science.

This event gives me hope. I truly believe that over the next 10 years, the global demand for authentic wellness practices will rise tremendously, and India will be at the forefront, offering the world valuable, meaningful solutions."



**Kanchan Sharma, Retired Secretary, Punjab Education Board**

"It feels heartwarming to attend such a meaningful wellness event. I'm especially impressed with the focus on elder care. Being from Chandigarh, I see many families where only elderly parents remain while the children live abroad. These seniors need everyday support—not just medical, but emotional and social as well. This initiative can bring companionship, care, and joy to their lives. In countries like Japan, robots offer these services. But here in India, human interaction brings a personal touch, which is deeply needed. It will greatly improve the emotional and mental well-being of our elderly population."



# FREE HEALTH CHECK-UP CAMP

## Your Health, Our Priority!

Get a **FREE** health check-up at Wellfest India 2025 by Asian Institute of Medical Sciences — your trusted partner in preventive healthcare.



Monitor your vitals, consult medical professionals, and receive actionable insights—all without any cost.

**Location:** Hall 4, Booth No. 01/01

**Dates:** 2nd – 4th August 2025

**Venue:** India Expo Centre & Mart, Greater Noida

**“Don’t just attend a festival — invest in your well-being.”**  
Join thousands who are choosing Wellness with Awareness.



## What's Next? | Upcoming Activities (3rd August 2025)

.....Don't miss these engaging sessions over the next two days!

### Masterclass on Media Literacy & AI for Elders

Demystifying the digital world for seniors—AI, fake news, privacy & empowerment.

### Masterclass on Yoga Chair

Gentle, adaptive yoga for seniors using chairs to enhance flexibility & circulation.

### Conference Session: Defy Ageing with Medical Advancements

Explore cutting-edge breakthroughs in anti-ageing, stem cells, regenerative therapy, and longevity medicine.

### Masterclass on Financial Fitness in Retirement

Secure your golden years with expert guidance on wealth management, healthcare coverage, and budgeting post-retirement.



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**AUGUST**  
**EXPO**  
02, 03, 04 & 05 - 2025  
India Expo Centre & Mart  
Greater Noida, Delhi NCR



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