



Dt. Niharika Singh

NUTRITION & WELLNESS

PERFECT BLEND OF AYURVEDIC & MODERN NUTRITION

We provide personalized nutrition plans to manage health conditions, improving overall well-being and aiding recovery through expert dietary guidance and lifestyle modifications.



CONTACT US



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+91 8305779442



Our Website
dietitianniharika.com



Address
SCO 103, World One High Street Mohali

ABOUT

Dt. Niharika Singh's Family Diet Clinic



INTRODUCTION

At our Diet Clinic, we believe in the power of personalized wellness to transform lives. Our mission is to provide holistic health solutions by combining modern nutrition science with the ancient wisdom of Ayurveda. We specialize in creating tailored plans that support disease management and promote long-term well-being. Whether you're looking to manage chronic conditions like PCOD, diabetes, or thyroid disorders, or simply aiming to enhance your overall health, we're here to guide you on a journey to a better, healthier you.

MISSION

Our mission is to empower individuals to achieve their health goals through personalized care and holistic solutions. We are dedicated to blending the best of both worlds-scientific nutrition and Ayurvedic practices-delivering customized programs that help manage diseases and foster overall wellness. By providing ongoing education and support, we aim to inspire sustainable lifestyle changes and help you live your healthiest life.



Relation Between

Diet And Various Diseases

Diet plays a critical role in the prevention and management of various diseases. The food we consume directly affects our body's functions, energy levels, and immune responses, making it a powerful tool in both maintaining health and combating illness. Poor dietary habits can contribute to the development of chronic diseases, while balanced, nutrient-rich diets can help manage and even prevent many conditions.



Diabetes

High sugar and refined carbs can lead to insulin resistance. Balanced diets with low glycemic foods help control blood sugar levels.



Heart Disease

Unhealthy fats and excess salt increase the risk. Fiber-rich, omega-3 foods, and antioxidants help protect heart health.



PCOD/PCOS

Diets that stabilize blood sugar and reduce inflammation, with whole grains and healthy fats, can manage symptoms.



Thyroid Disorders

Nutrients like iodine and selenium are vital for thyroid health. A balanced diet supports normal thyroid function.



Gut Health

High-fiber foods and probiotics improve digestion, while certain triggers like spicy foods should be avoided.

WHAT WE **OFFER** TO OUR CLIENTS



- 1 PCOD/PCOS Reversal Program
- 2 Gut Management Program
- 3 Diabetes Management Program
- 4 Hormone Balance Program
- 5 Thyroid Reversal Program
- 6 Online Yoga
- 7 Holistic Wellness Program
- 8 Weight Management Program
- 9 Stress Management Program
- 10 Infertility Therapy Program

**BOOK YOUR
CONSULTATION NOW**



1000+ Happy Clients



200+ Google Reviews



Only Female Classes



Goal Oriented Diet

Deliverables

in diet and wellness programs

1 Personalized Nutrition Plans

Customized meal plans based on individual goals, preferences, and dietary restrictions.

2 Meal Preparation Guides

Recipes and cooking tips to facilitate healthy meal preparation.

3 Progress Tracking

Tools for monitoring weight, measurements, and dietary adherence over time.

4 Educational Materials

Resources on nutrition, portion control, and healthy eating habits.

5 Wellness Workshops

Group sessions covering topics like stress management, mindfulness, and physical activity.

6 Fitness Plans

Tailored exercise routines that complement the dietary program.

7 Support Groups

Access to community or one-on-one coaching for motivation and accountability.

8 Supplement Recommendations

Guidance on vitamins or supplements if necessary.

9 Regular Check-ins

Scheduled follow-ups to assess progress and make adjustments.

10 Mindfulness Practices

Techniques for promoting mental well-being, such as meditation or yoga.

PROCESS OF PERSONALIZED DIET PLANS



1 INDIVIDUAL CONSTITUTION

Ayurveda emphasizes the concept of doshas (Vata, Pitta, and Kapha), which reflect an individual's unique constitution. A personalized diet takes these doshas into account, tailoring food choices to balance one's specific needs, while modern nutrition focuses on dietary requirements based on health conditions and lifestyle.

2 WHOLE FOODS APPROACH

Both systems advocate for whole, unprocessed foods. Ayurveda emphasizes seasonal and locally sourced ingredients, while modern nutrition highlights nutrient density and food quality, promoting fruits, vegetables, whole grains, and lean proteins.

3 INDIVIDUAL CONSTITUTION

Ayurveda places great importance on Agni (digestive fire) and recommends foods that are easy to digest and enhance digestion, like warm, cooked meals. Modern nutrition similarly recognizes the role of gut health, encouraging fiber-rich foods and probiotics.

4 MINDFUL EATING

Ayurveda promotes mindfulness in eating, suggesting that one should eat in a calm environment and pay attention to hunger cues. Modern nutrition also supports this approach, advocating for mindful eating practices to prevent overeating and improve digestion.

5 HOLISTIC HEALTH

Ayurveda views diet as part of a larger lifestyle that includes mental and emotional well-being. Modern nutrition acknowledges the link between diet and mental health, encouraging a holistic approach that integrates physical, emotional, and social aspects of health.

SUCCESS STORIES



many more....

GOOGLE

REVIEWS

p

priya arora

3 reviews

★★★★★ 2 months ago

Best fitness classes for women batch size is small so personal attention is given to each members and diet clinic is additive advantage for reversal of Obesity & Thyroid Highly recommend to all the women Thank u Team fitness Vibe

K

Kuhu Jakhmola

2 reviews

★★★★★ 6 months ago

I have awestruck experience with Fitness vibe. Under the guidance of Mrs Niharika I have understood the importance of healthy diet. I have taken regulated diet plan and have lost 18 kg's in 6 months. Thanks for motivation and support.



Priyanka Kaushal

7 reviews · 1 photo

★★★★★ 3 months ago

Dr. Niharika has truly transformed my approach to health and fitness. Her expertise in understanding my specific requirements and health concerns has been invaluable. She provided me with a balanced diet plan that has made a significant difference. The workout sessions under her guidance were not only effective but also surprisingly enjoyable and fun. As someone who has never been fond of working out, I found myself eagerly anticipating each session. What I particularly appreciated was the diversity in the schedule; each session brought something new and kept me engaged. Dr. Niharika's holistic approach has not only helped me achieve my fitness goals but has also made the journey enjoyable and sustainable. I highly recommend her services to anyone looking to improve their health and well-being in a supportive and effective manner.



Priya Yadav

Local Guide · 15 reviews · 3 photos

★★★★★ 6 months ago

I joined Fitness vibe a 1.5 month back and i already lost 6kgs. My PCOD started reversing. I feel energetic and anxiety levels are down too. Its been an amazing month and i can not wait to transform myself with Fitness Vibe and Niharika Ma'am. Thank you Niharika Ma'am for your support and counselling too.



Neha Jina

2 reviews

★★★★★ 5 months ago

It's easy to put on the kgs but to shred down the kgs it needs a really hardwork & the fitness vibes is one of that path that helped me out to change my lifestyle. Dt Niharika mam has helped me to shred down 8 kgs in 2 months with her wonderful diet plans along with the different workout plans under the strict trainers. The aura of this studio is so cheerful that I never used to miss my any day to going there. The fitness vibes studio remarkably enhance the vibe for fitness.



M

Mridu Kaushal

1 review

★★★★★ 2 months ago

I started a weight loss journey at Niharika diet clinic and it's been amazing. The clinic has lots of fitness classes, and personalized Diet plans. The staff is good and supportive, which keeps me motivated. In just a few months, I've seen big improvements in my fitness and health.



Vidhi Sharma

1 review

★★★★★ 2 months ago

When I came here my wait was 77.3. I was trying a lot but my weight was not getting less then I joined fitness vibe and Niharika Ma'am gave me a diet plan and also did exercise and I lost 3 kg weight in 10 days.. its amazing gym workout.

S

Sim Dullet

2 reviews

★★★★★ 2 months ago

Fitness vibe is an excellent health studio with an individualised approach. Specially curated for women, it offers well planned body transforming plans. Members get mixed workouts- dance- yoga- aerobics... Diet is also taken care of, along with a lot of motivation to achieve life transforming goals.

R

Ravinder Kaur

2 reviews

★★★★★ 6 months ago

It has been a great experience coming to fitness vibe. Trainers are really good and understanding very joyful too. I have a knee gap issue and my exercises are curated as per my issue. Niharika is a very good instructor and dietician as well she listens to me and understands my issues very well. I like coming here everyday.



Sapna

1 review

★★★★★ 3 months ago

Hi everyone I am sapna ahlawat ... I have pcod issues and weight gain i take medicines from last two years and those harm my body internally and then i take pcod diet plan from niharika mam and joined her fitness studio to maintain my health and after one and half month i got my periods without any medicine. I am very thankful to niharika mam.

many more....



FREQUENTLY ASKED QUESTIONS



WHAT SERVICES DOES DT. NIHARIKA SINGH OFFER?

Dt. Niharika Singh offers personalized wellness plans that integrate modern nutrition, Ayurvedic principles, and yoga therapy. Services include PCOD management, thyroid reversal, obesity solutions, diabetes control, and stress management.



HOW CAN I BOOK A CONSULTATION WITH DT. NIHARIKA SINGH?

You can book a consultation by contacting us via email at fitnessvibe25@gmail.com or calling us at +91 8427658914. You can also fill out the contact form on our website for more details.



WHAT SHOULD I EXPECT DURING MY FIRST CONSULTATION?

During your first consultation, Dr. Niharika Singh will assess your health history, dietary habits, lifestyle, and wellness goals. Based on this assessment, a personalized plan will be developed that may include nutrition advice, Ayurvedic recommendations, and yoga therapy.



ARE THE WELLNESS PROGRAMS CUSTOMIZED?

Yes, all our wellness programs are personalized to meet individual needs. Dr. Niharika Singh designs each program based on your unique health requirements, preferences, and goals.



HOW CAN I STAY UPDATED ON EVENTS AND WORKSHOPS?

Stay connected with us through our website, Instagram, and other social media platforms for the latest updates on events, workshops, and wellness tips.



DO YOU OFFER ONLINE CONSULTATIONS?

Yes, we offer both in-person and online consultations to make our services accessible to everyone, regardless of location.



WHAT IS THE DURATION OF EACH WELLNESS PROGRAM?

The duration of each program varies based on individual needs and goals. Typically, programs range from a few weeks to several months. During your consultation, Dt. Niharika Singh will provide a recommended timeline.



WHAT PAYMENT METHODS DO YOU ACCEPT?

We accept various payment methods, including online transfers, credit/debit cards, and cash payments during in-person consultations.

Take Charge of Your Health

As you reach the conclusion of this guide, remember that the power to improve your health lies in your hands. Small, consistent changes to your diet can lead to lasting improvements in your overall well-being. Whether you're managing a chronic condition, seeking to prevent disease, or simply aiming for better vitality, proper nutrition is the foundation of a healthier life.

WHY START TODAY ?

- ✓ IMPROVED ENERGY
- ✓ DISEASE PREVENTION
- ✓ ENHANCED MOOD
- ✓ WEIGHT MANAGEMENT
- ✓ BETTER DIGESTION
- ✓ STRONGER IMMUNE SYSTEM

STEPS TO TAKE

- ✓ START WITH SMALL CHANGES
- ✓ STAY HYDRATED
- ✓ LISTEN TO YOUR BODY
- ✓ PROFESSIONAL GUIDANCE
- ✓ PLAN YOUR MEALS
- ✓ PRACTICE MINDFUL EATING



THANK YOU



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**Monday to Saturday :- 10:00-1:00 pm (Morning),
6:30-8:00 pm (Evening) By Appointment Only**



**SCO 103, World One High Street Opposite SBP city of
Dreams Kharar, Landran road, Mohali, Punjab (INDIA)**

“We're here to guide you on your path to holistic health and wellness. Whether you have questions about our services, need personalized advice, or are ready to begin your wellness journey, we're just a message away.”

